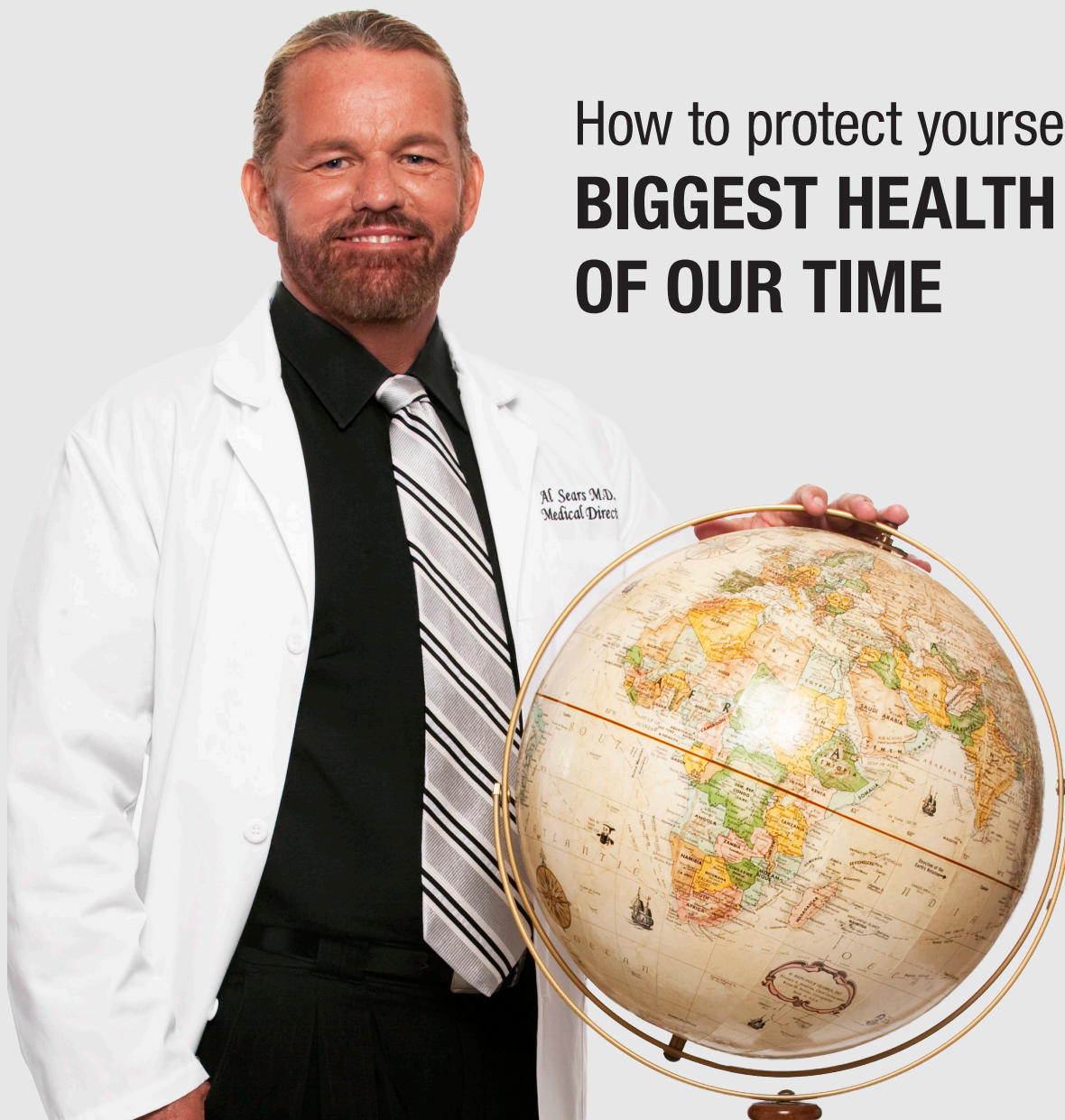




THE ROOT OF ALL CHRONIC DISEASE

How **Syndrome ZERO** causes Cancer, Heart Disease, Diabetes and Alzheimer's

How to protect yourself from the **BIGGEST HEALTH CRISIS OF OUR TIME**



Al Sears, MD, CNS - America's #1 Anti-Aging Doctor

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

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Al Sears, MD

Al Sears, MD is America's #1 anti-aging doctor. He's made it his life's work to challenge conventional medical beliefs and bring his patients the latest breakthroughs in natural cures and remedies to diseases once thought to be "incurable."

Dr. Sears takes a fresh, novel approach to patient health and wellness. Our environment has changed for the worse — and it's affecting your health. He helps patients escape accelerated aging caused by modern toxins, chemicals and other hormonal threats you unknowingly face every day.

Every year, he travels over 20,000 miles to the most remote regions of the world searching for natural healing secrets unknown or ignored by mainstream medicine.

Since 1999, Dr. Sears has published 35 books and reports on health and wellness. He has millions of loyal readers spread over 163 countries.

Today he writes and publishes two monthly e-Newsletters, *Confidential Cures* and *Anti-Aging Confidential for Women*, and a daily email broadcast, *Doctor's House Call*, with more than 500,000 subscribers. He has also appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

Dr. Sears was one of the first to be board-certified by the American Academy of Anti-Aging Medicine (A4M). More than 25,000 patients travel from all around the world to visit him at the *Sears Institute for Anti-Aging Medicine* in beautiful Royal Palm Beach, Florida.

Recently, Dr. Sears proved you can affect the way you age by controlling the length of your telomeres. He made history as the first MD to introduce the Nobel prize-winning, anti-aging breakthrough of our time, telomere DNA therapy, to the general public. And now he's working with the leading scientists in the field of telomere biology to further define how this incredible technology will shape the future of anti-aging medicine.

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Introduction

Americans are known as “Corn Walkers.” Our European counterparts are “Wheat Walkers.” We are walking versions of these *Frankenfoods*.

How did we get here?

Just look at a photograph of your ancestors, even your grandparents. Then look around your local mall or grocery store. You’ll see a huge difference in the way they look. We are fat.

And it’s not your fault.

Everything from the air we breathe, the water we drink and especially the food we eat has been corrupted. Our natural hunter-gatherer diets have morphed into an industrialized, over-processed, grain-filled frakenfood diet.

There’s nothing natural about the food we eat, so in turn, our bodies don’t respond naturally.

Every time you eat today’s toxic food, your body produces more and more insulin to compensate. Your body has also adapted to this unnatural state, so it takes you longer to resolve the problem of all the extra insulin.

This has been going on inside your body for decades. And the longer it goes on, the more your metabolism changes. This insulin overload tells your body to shut down burning fat for energy and shunt every calorie for fat deposition.

I call this Lipogenic Energy Access Deprivation. And it leaves you vulnerable for every disease.

When you’re unable to use energy because your body needs to store it for fat, every single disease gets the upper hand.

For decades, I’ve seen mainstream medicine fail you. I’ve watched the disturbing rise of chronic disease to the point where it eclipsed infectious disease. These are all modern diseases. Our ancestors never had these conditions. I’m talking about:

- Diabetes
- Obesity
- Alzheimer’s
- Cancer
- Heart disease
- Respiratory diseases
- Arthritis
- Chronic kidney disease

Mainstream medicine blames your genes, cholesterol, blood sugar... any scapegoat they can think of. But this never made sense to me. There had to be something bigger going on.

I’ve spent my life trying to connect the dots in this constellation of diseases. And now, I’ve finally found the missing puzzle piece – the root of all these chronic diseases.

I’ve named it **Syndrome Zero**.

And at the rate we're going, in another 50 years every man, woman and child will be affected.

It's just like the old African Proverb. Six blind men came across an elephant for the first time. They all touched the same elephant, but each described a different animal. They couldn't see the whole elephant.

It's the same with Syndrome Zero. Everyone sees different diseases.

But when you look at the big picture, you can see they are all connected.

I've spent years researching this connection. And I've found three broad categories of disease causes that are all linked to this single factor in our environment.

The first category of this disease stems from nutritional deficiencies that lead to diabetes, insulin resistance and obesity. The second category is free radical damage which leads to heart disease and stroke. The third category is hypoxia – a low oxygen environment which can lead to cancer.

In this report, I'm going to tell you about some of the diseases in these three categories plus so much more caused by Syndrome Zero.

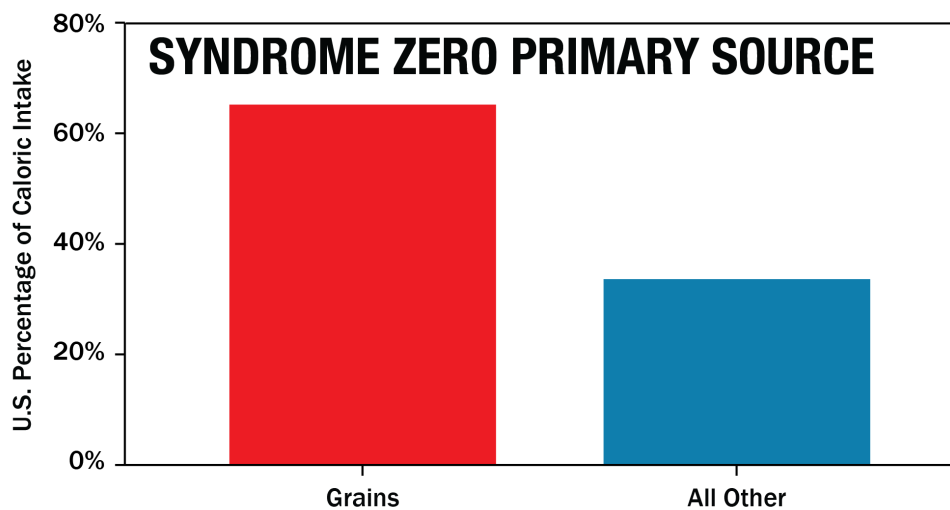
Understanding Syndrome Zero

Since it began to take hold around three decades ago, Syndrome Zero has killed billions of people — and it threatens to kill billions more.

Syndrome Zero is a product of our environment. It has nothing to do with your genes. You were made perfect. But the world we live in today is not. And it has infected you.

Everything from the polluted air you breathe, the water you drink, the products you use and especially the food you eat has created this pandemic.

Our food today is not natural. It's overloaded with starches and grains. According to the World Health Organization, wheat, rice and corn make up 80% of world's calories. In America, grains make up almost 70% of our calories.



Our modern American diet is loaded with starchy grains.

And grains are not what they used to be. Wheat has changed drastically at its basic DNA level. Wheat started out with only 14 chromosomes. But after humans began to domesticate, it evolved to 28 chromosomes. This Frankenfood has 42 today.

Just think about that. Dr. Frankenstein may have created a monster. But at least Frankenstein's monster had the right number of chromosomes.

Our once simple, natural diet based on hunting for food has morphed into one filled with a massive overload of sugar, carbohydrates and starches. Our bodies weren't designed to handle this.

The body reacts by massively overproducing insulin. Eventually, these chronic insulin spikes cause insulin resistance in your cells, which then causes widespread oxidation and inflammation.

Over the course of decades, insulin hijacks your metabolism. You stop burning fat for energy. And shunt every calorie toward fat deposition. This is what I call **LEAD**, or **Lipogenic Energy Access Deprivation**. Lipogenic means "fat creation."

Any time you eat starches, your pancreas secretes insulin. And the more insulin you produce the more your body inappropriately converts starches into fat.

This overwhelms your body's natural ability to produce cellular energy and fight virtually every disease...

Do You Have Syndrome Zero?

If you are fat, tired and hungry, you probably have Syndrome Zero.

Let me explain.

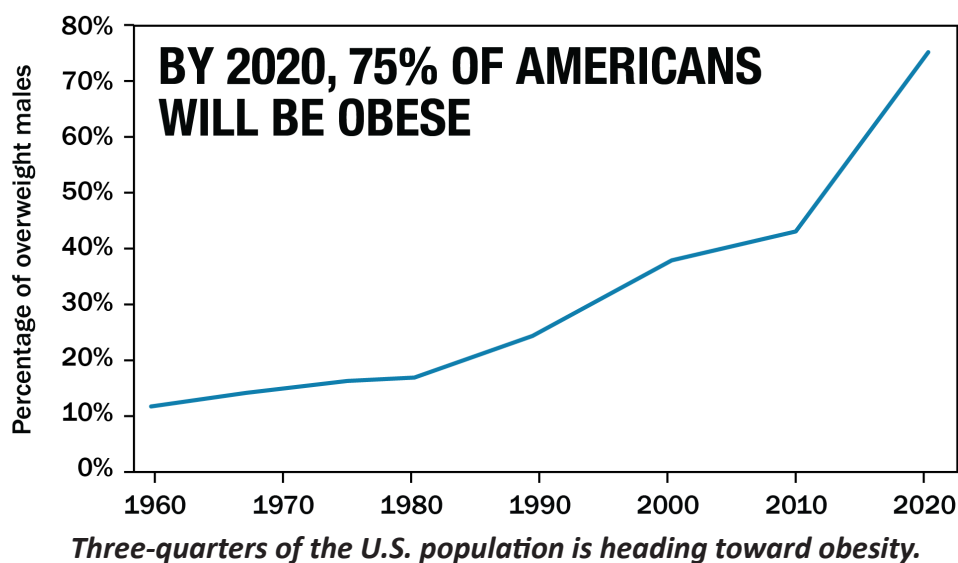
We typically think of insulin as the hormone that regulates blood sugar levels. But there's more to it...

One of the main purposes of insulin is to move glucose from your food into your cells to make energy. But because insulin is also a storage hormone, these chronic insulin spikes make your body act as though it were starving. So it starts to convert the glucose into triglycerides.

In other words, insulin makes your body make more fat.

So if you're finding it hard to lose weight, your body is probably overwhelmed with too much insulin. And you are not alone.

Two out of three Americans are now overweight. More than 2 billion adults worldwide are now considered obese. This problem is only going to get worse...



But Syndrome Zero is so much more than obesity. And there are more scientific ways to identify it. I've been diagnosing this monstrous disease in my clinic for more than a decade now. And every year, I see more and more patients with Syndrome Zero.

I start by running blood and saliva tests. Then I determine a patient's body composition with a DEXA scan, followed by a fasting glucose/insulin intolerance test. These tests will show increased:

- Blood insulin
- Blood triglycerides
- Body fat (adipose tissue)
- Blood homocysteine (oxidation)

These are the results I look at when diagnosing Syndrome Zero. I've seen it over and over again. And the numbers continue to grow.

Now, I'm going to break down some of the modern chronic diseases in today's world. I'll show you how it all links back to Syndrome Zero. And how it's only going to get worse...

How to Identify **SYNDROME ZERO**

The relatively recent shift away from the protein – and fat-based, nonprocessed diet of even our grandparent's and the rise in macronutrients, like starch and other carbohydrates, has caused measurable changes in our bodies.

Tests will show increased:

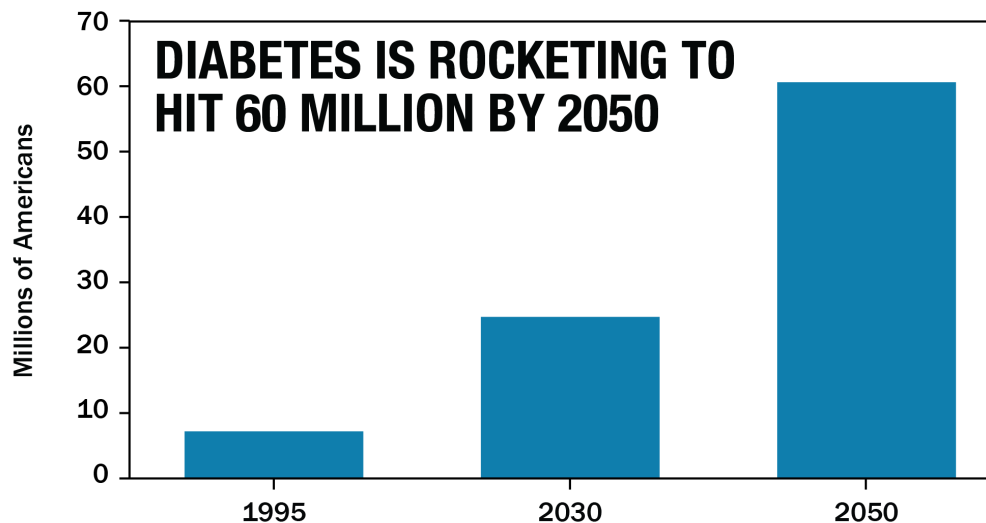
- + Blood insulin
- + Blood triglycerides
- + Body fat (adipose tissue)
- + Blood homocysteine (oxidation)

Everything They Told You About Diabetes is Wrong

If you haven't been diagnosed with diabetes or prediabetes, I bet you know someone who has...

More than 450 million people worldwide have diabetes and more than 500 million have prediabetes. That's around a billion people on the planet – and the numbers keep skyrocketing every year. In the U.S., more than 20 million people have diabetes.

In the next 30 years, an estimated 60 million Americans will have the disease. That's a stunning 900% increase in the number of people who will have the disease.



There were 6 million diagnosed diabetes cases in 1980. Today, that figure has jumped to 23.4 million. By 2050, an estimated 60 million Americans will have the disease.

The disease is classified into type 1 and type 2 diabetes. People with type 1 diabetes don't make insulin. Type 1 diabetes goes as far back as Ancient Egypt, Mesopotamia and Greece – where it got its name.

People with type 2 diabetes make insulin, but they don't effectively use the insulin they produce. We didn't get a handle on type 2 diabetes until the 20th century.

Big Pharma's drugs have done NOTHING to stop this global epidemic – because they do nothing to address *the real problem*.

You see, most doctors think excess glucose is at the root of the problem.

But they have it all WRONG.

The excess production of insulin — *not glucose* — is at the root of Syndrome Zero and diabetes. High blood sugar is just a symptom.

For decades mainstream medicine has blamed your genes for diabetes. But there is nothing wrong with your genes. The problem is how your genes interact with our modern world to boost insulin levels.

Insulin is supposed to carry glucose into your cells to make energy. But with the flood of starches and carbs in our modern grain-heavy diet, your pancreas has to work overtime to produce more insulin. Too much overwhelms the insulin receptors in your cells.

This is how you become insulin-resistant. Glucose can't get into your cells. Instead, it builds up in your blood and you eventually become a type 2 diabetic.

Mainstream doctors just don't get it. Both mainstream medicine and the pharmaceutical industry are focused almost entirely on lowering blood sugar levels with potentially dangerous medications, like *metformin*.

They both refuse to recognize that the explosive rise in diabetes over the past few decades, as well as a constellation of other modern chronic diseases, is the result of Syndrome Zero.

Big Pharma last year made \$50 billion from its global prediabetes and diabetes treatments — and none of them have prevented the incidence of these conditions, let alone Syndrome Zero, from spreading.

In fact, Big Pharma and mainstream medicine regard the overproduction of insulin as a rare and separate issue.

It has a number of treatment drugs — like *proglycem*, an oral diazoxide, as well as *octreotide* and *somatostatin* — which inhibit pancreatic secretion of insulin. But they also stimulate glucose release from the liver and elevate blood glucose levels, making them useless for Syndrome Zero treatment.

Beta cells are the cells responsible for storing and releasing insulin. We're born with all the beta cells we need... and then some. Plus our body produces new ones to replace the old. However, as you get older, everything changes. Your body stops generating new beta cells.

And that's when the glucose overload kicks in.

The food we eat... the surgery drinks... the toxic environment full of pollutants... It all wreaks havoc on your body releasing oxidative stress that weakens and kills your beta cells.

Plus, the massive overload of glucose in your bloodstream weakens your cells' ability to respond to insulin.

This means your beta cells have to work overtime, producing more and more. This exhausts and eventually destroys these insulin-creating cells.

With no replacements, your body is drained of the ability to produce the insulin it needs. This is how you get runaway blood sugar.

And blood sugar is just the beginning...

The failure of your body's insulin response system – the underlying root of Syndrome Zero – directly causes a cluster of serious health concerns, including...

- ✓ Fat gain around the abdomen
- ✓ A weaker, aging heart
- ✓ Fatigue, loss of energy
- ✓ Memory loss and weaker focus
- ✓ Sleeplessness
- ✓ A wrecked metabolism
- ✓ Worse digestion
- ✓ And more

Understanding the World's #1 Killer

Heart diseases continue to be the biggest killer, responsible for about half of all the deaths. Mainstream doctors will blame heart disease on your genes or your cholesterol. But they couldn't be more wrong.

Heart disease is another product of Syndrome Zero.

Cholesterol is present at the scene of the crime not because it's the culprit but because it's the victim.

Did you know that most heart attacks are actually due to insulin resistance?

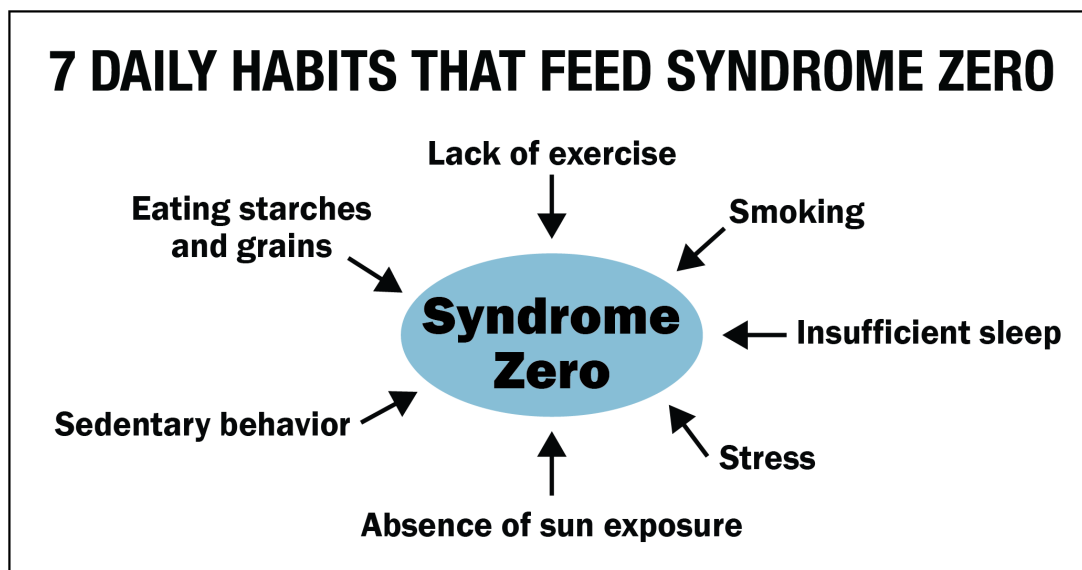
Let me explain.

People with a healthy weight and good insulin sensitivity have a low risk level for heart disease. A person who is unhealthy and obese with insulin resistance has a high risk of heart disease.

You see, there's fat that protects your health and fat that promotes disease. The key difference is the presence or absence of insulin sensitivity.

The higher your insulin resistance, the more at risk you are for heart disease or heart attack.²

So what makes one person insulin sensitive and another insulin resistant? Your diet, environment and lifestyle. I'm talking about:



Excessive amounts of glucose from a modern carb-heavy diet cause your insulin level to spike. As this continues, the excess spike of insulin hijacks your metabolism and creates much more fat.

In a normal environment, our body can't use carbs until they're converted to fat. But we are far from a normal environment. Because we've adapted to not eating fat, we use carbs instead.

When your cells eventually become resistant to insulin, oxidation and inflammation build up and just sit there for years. Your body gets weaker and it leaves you vulnerable for a heart attack.

The Air We Breathe Gives Cancer Legs

Our environment has changed drastically over the last 50 years. It's been pumped full of pollutants that wreak havoc on our bodies. You see, our bodies weren't designed to live in this toxic world.

And that allows Syndrome Zero to take hold.

Since the beginning of the industrial age, man has created more than 100,000 unnatural chemical compounds. These have been spewed or spilled into the air we breathe, the soil our plants are grown in, and the water we drink.

For instance, there was a study done that looked at the blood of babies born in American hospitals. They looked for 415 chemicals and found traces of 287 of them in the babies' blood.¹

They couldn't have gotten there through contact or breathing. They had to get there directly from their mothers and their environment.

Our everyday environment is full of toxins:

- The increased radiation from nuclear bombs
- Microwave radiation

- Vaccines and other medications
- Pesticides and insecticides
- Cosmetic products
- Household cleaners and chemicals
- Processed foods with harmful additives

It all adds up to create this pandemic of Syndrome Zero. It's the underlying cause of all chronic diseases, including cancer...

Cancer is a disease of hypoxia, or a low oxygen environment.

A low oxygen environment means your metabolism has to be fueled by glucose. When we change our metabolism to the production of fat from carbohydrates it also causes a hypoxic environment.

If you have a good oxygen environment, cancer cannot occur. Cancer thrives on hypoxia because it uses sugar for energy induced by a carbohydrate heavy diet and the overproduction of insulin.

Nobel laureate, Otto Heinrich Warburg, was the first to state that cancer is basically a phenomenon of hypoxia. He discovered that cancer cells were low in oxygen due to a change in cellular respiration from using oxygen to using the fermentation of sugar. Fermentation is the metabolic process that consumes sugar in the absence of oxygen.

In fact, do you know what researchers do when they want to make a cancer cell grow faster and stronger? They take away oxygen.³

That's bad news, because we already get a LOT less oxygen than our ancestors did:

- **We've lost 15% of our oxygen-producing trees:** After the last ice age ended, forest covered about 45% of the earth's land area. Now they only cover about 30%.⁴
- **Our oxygen-producing plants are disappearing:** Deserts are taking over land that used to have oxygen-producing plant life on it.⁵
- **The oceans are losing plant life:** Did you know that 50-70% of our oxygen is produced by microscopic plants that live in the oceans? They're called marine algae, or phytoplankton.⁶ Oxygen-producing phytoplankton concentrations are as much as 30% lower today than they were *just 30 years ago*.⁷

We've cut down trees, cities have fewer parks, and there are fewer plants to produce oxygen. Add in pollution around major cities and the result is as much as a 30% cut in available oxygen.

Today, estimates are that we only have about 21% oxygen in our atmosphere... and if you live in a populated area, without many trees and with industrial complexes and cars and other pollutants, you might only have 15 % or less oxygen to breathe.

Professor Robert Berner of Yale University researched levels of pre-historic oxygen. He analyzed the air trapped in fossilized tree amber and found that there was much more oxygen available 10,000 years ago.⁸

But lack of oxygen is not the primary cause of cancer – toxins are.

Yes, cancer cells are low in oxygen primarily because they have changed from taking in and utilizing oxygen for respiration to using sugar instead.

But prolonged exposure to toxins, especially in combination with cells which have not been properly nourished, oxygenated, hydrated and cleansed is THE primary cause of cancer.

It has nothing to do with your genes. Cancer is another tip of the Syndrome Zero iceberg.

Syndrome Zero Attacks Your Brain

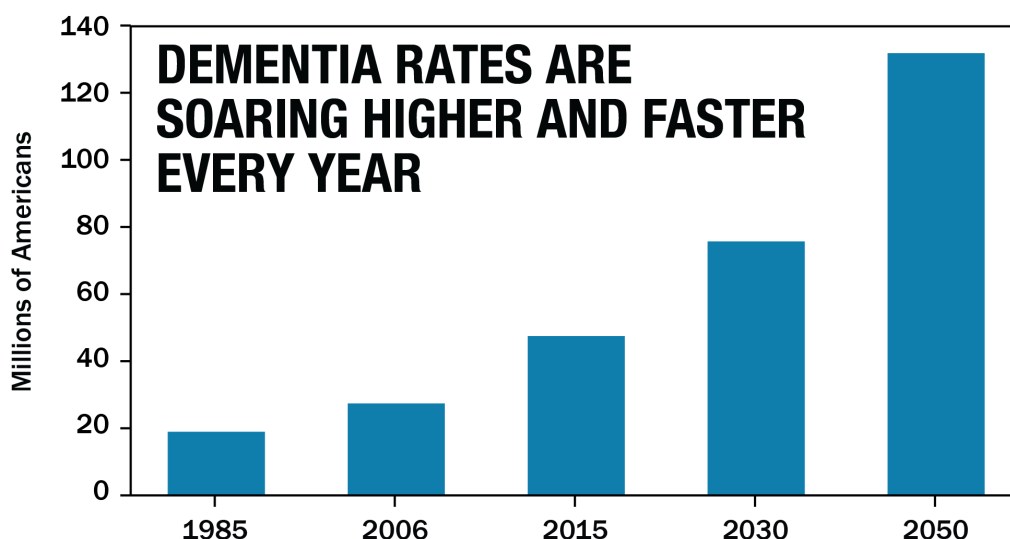
Dementia and Alzheimer’s disease are devastating and cruel conditions. They attack your brain, steal your memories, and scramble your thinking. They can turn even the most intelligent and productive adult into a mental infant.

Like diabetes, heart disease and cancer, most doctors think the problem is genetic. But there’s nothing wrong with your DNA. Alzheimer’s is another disease of our modern toxic world.

Syndrome Zero is the reason we have an epidemic of diabetes and a spike in Alzheimer’s disease.

You see, people with diabetes have a greater chance of getting Alzheimer’s disease. One famous study from Rotterdam showed that type 2 diabetes almost doubled the risk of dementia and Alzheimer’s. And patients taking insulin had more than a four-fold risk.⁹

That’s why Alzheimer’s has been called “Type 3 Diabetes” or “diabetes of the brain.” And the rate of people with dementia in the U.S. will continue to rise. By 2050, the rate will rise by almost 600%.



The rate of dementia in the U.S. is predicted to jump almost 600% by 2050.

Most brain doctors talk about “plaques” building up in the brain and causing dementia. That’s true. But what they miss is this...

Brain plaques are a build-up of amyloid-beta. This protein material is like glue. It prevents neurons from working properly. It gums up your brain and causes memory loss and confusion.

To keep your brain clear, you need a certain enzyme to break down these proteins. But your brain also uses the same enzyme to clear out insulin. In fact, it’s called “insulin-degrading enzyme” or IDE.¹⁰

If you have Syndrome Zero, IDE is too busy clearing out insulin. It becomes overwhelmed. It has no time to break down amyloid-beta. These proteins build up into the glue-like plaques and tangles that are the hallmark of Alzheimer’s.

To stop the rapid global advance of Alzheimer’s you have to address Syndrome Zero. To do that and keep a sharp brain, you have to reduce insulin.

Your Ears Are Starved of Energy

Syndrome Zero is even behind tinnitus, that disturbing buzz or ringing in your ears.

As I’ve explained, with Syndrome Zero, your pancreas produces too much insulin. But too much insulin overwhelms the receptors in your cells and makes them insulin-resistant. And insulin becomes less effective at pushing glucose into your cells.

Mainstream medicine is completely unaware that an estimated 92% of people with tinnitus also have high insulin levels.

In one study from Brazil, 80 people with high insulin and tinnitus were put on a low-carb diet. The diet was designed to return their insulin levels to normal. After two years, patients who stuck with the diet were five times more likely to have improved tinnitus symptoms.¹¹

In fact, 74% had significant improvement in their symptoms. And 15% of the patients had a complete reversal of their tinnitus. All from reducing their insulin levels. It makes sense...

You see, your inner ear, like your brain, has no energy reserves. It depends on oxygen and glucose from the blood supply. When blood sugar and insulin are out of balance, your inner ear is starved of energy.

Don’t Let Your Doctor Push You Into Taking Blood Pressure Medicine

Almost every mainstream doctor in the Western world prescribes beta blockers or ACE inhibitors for high blood pressure. And they put you on them for life.

One of my patients even told me his doctor warned him that if he didn’t prescribe him Big Pharma’s blood pressure medication his medical license could be revoked.

These drugs will lower your blood pressure, but they also mask the real problem. And over time, they turn your heart into a fat, lazy water balloon that can never recover.

What mainstream doctors don't get is that the biggest contributing factor to hypertension is your body's reaction to the nutrition-less, industrialized modern diet of cheap grains and starches. On top of that, each year Americans consume food products that contain heavy metals, pesticides and harmful additives – all with blessing of the FDA.

The result is Syndrome Zero.

Here at the **Sears Institute for Anti-Aging Medicine**, I never prescribe Big Pharma's blood pressure meds. Instead, I take a deeper look and find natural solutions that treat the root of the problem.

You see, at the core of Syndrome Zero is the overproduction of insulin in your body as it tries to cope with the overload of starch and carbs in the typical Western diet.

Besides controlling blood glucose levels and fat metabolism, insulin is also responsible for sodium balance in your body.

Multiple studies reveal that chronically high insulin levels as well the resulting insulin resistance in cardiovascular tissue causes greater reabsorption of sodium in your kidney.^{12,13,14}

This links your insulin levels directly to hypertension. The end result is the deadly risk of heart attack and stroke.

That's why when I treat a hypertensive patient, I use natural remedies that have the power to not only lower your blood pressure numbers, but at the same time attack the source of Syndrome Zero.

Your 6-Step Plan for Reversing Syndrome Zero

At this point, I've connected all the dots for you. I've shown that Syndrome Zero is the underlying condition behind almost every chronic disease and disorder that plagues us today— from obesity, heart disease, cancer and diabetes to Alzheimer's, hypertension and even tinnitus.

All these diseases may have seemed disconnected before, but now you know they are all linked by Syndrome Zero.

Syndrome Zero will affect us all one day, if it hasn't already.

The good news is Syndrome Zero is reversible. And today, I'm going to tell you how to get started.

At the Sears Institute for Anti-Aging Medicine, I have developed a protocol to treat Syndrome Zero. In a moment, I will share my basic 6-Step program with you so you can start fighting Syndrome Zero today. My novel protocol includes detox, diet, minerals and exercise.

Step 1 – Detox: Purging All the Toxins First

To successfully reverse and cure Syndrome Zero, it's crucial to attack the core of the condition. So the first step in my novel protocol is detox.

We weren't designed to live in a modern world of manmade chemicals, toxins and pollutants.

That's why purging your body of pollutants is more important today than ever. Environmental toxins have become a major health threat. These toxins have linked with many of today's chronic diseases.

Detoxing gets rid of the pollutants that upset the metabolic balance in your body. At my clinic, we have two basic detox methods:

1. IV chelation - calcium disodium EDTA to stop the metabolic damage caused by heavy metal poisoning.

I offer safe IV chelation to just about every patient I see here at the Sears Institute for Anti-Aging Medicine. Because almost every person has been exposed to toxins.

For IV chelation, I inject calcium disodium EDTA directly into your bloodstream. It's painless. And in no time, EDTA grabs toxins and pulls them out. In a 90-minute session, you're done and on your way. Patients tell me they feel better almost immediately.

2. Oral chelation - for clearing endocrine disruptors that lead to an overproduction of insulin. This can make you gain weight and feel tired.

You can do oral chelation at home with an agent called DMSA. It comes in pill form.

First, you'll be tested to see what heavy metals are in your system. Then you'll be given a prescription for DMSA. Your exact dosage will be based on your weight, and will usually be administered over the course of several months.

If you can't make it to the Sears Institute for Anti-Aging Medicine, you can detox at home. I recommend detoxing a couple times a year.

- **Use Milk Thistle.** Western medicine is still unraveling the details of how this humble weed restores liver function. I have been able to document its capacity to heal damaged livers by measuring serum liver enzymes. Your liver is your body's natural filter. It allows you to enjoy alcohol while filtering out the toxins. It detoxifies water and food for you as well. The more you tax this organ the more toxins build-up.

For liver detox, milk thistle is my first choice. Milk thistle is the plant *Silybum marianum*. I recommend 200 mg in capsule form twice a day. Look for dried extract with a minimum of 80% silymarin. This is the liver cleansing active ingredient.



You can make a detoxifying milk thistle tea by steeping the leaves and seeds in hot water.

- **Drink Activated Charcoal.** Hospitals have been using this form of charcoal for many years. It's an antidote for drugs, poisons and overdoses. Activated charcoal works by grabbing toxins in its millions of tiny pores and escorting them out of your body in a process called *adsorption*.

Look for activated charcoal as a very fine, black powder. Take 20 grams a day of powdered activated charcoal mixed with water over a period of two or three months. Take two hours before eating a big meal. (Food can disrupt the detox activity of the charcoal.) You can find activated charcoal at your local health food store. Be sure to also drink 10 to 15 glasses of plain water each day.

- **Try Modified Citrus Pectin.** This is made from the inner peel of citrus fruit. It's one of the most powerful detoxifying substances I've ever found. USDA researchers gave modified citrus pectin to people for six days and measured the amount of toxins excreted in their urine before taking it and 24 hours after. They found it increased the amount of mercury excreted in urine by 150%.¹⁵ You can find modified citrus pectin online. I recommend taking 5 grams a day.

Step 2 – Begin Your “Zero” Diet

I've been working with patients for many years to reverse Syndrome Zero. And I don't focus on lowering blood sugar. Instead, I help my patients improve insulin receptors that have been overwhelmed with a bad diet.

An insulin-lowering diet is one of the most important factors in beating Syndrome Zero. For that I recommend the Zero Diet.

A Zero diet is moderate in protein, very high in fat and very low in carbohydrates. When you eat this way carbs can't trigger insulin. And since your body doesn't have carbs to burn for energy, you burn body fat instead.

The Zero Diet is different than a ketogenic diet. A Zero diet focused on zero glycemic index scores.

The Glycemic Index (GI) is one of the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; it's almost the same as eating table sugar.

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. That's where the Glycemic Load is a great help. It measures the amount of carbohydrate in each service of food.

Foods with a glycemic load under 10 are good choices — these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to avoid these foods.

Eat as much as you want of these “freebie” foods with a zero or near-zero GI score:

Eggplant	Mushroom	Cucumber
Snow peas	Summer squash	Cauliflower
Artichokes	Broccoli	Zucchini
Peppers	Asparagus	Celery
Spinach	Cabbage	Lettuce

You can find my complete glycemic guide online at www.alsearsmd.com/glycemic-index/.

Studies confirm that very low-carb diets *improve insulin sensitivity*. In one study of overweight women, a diet with less than 10% of calories from carbs improved insulin sensitivity. But a low-fat, high-carb diet made insulin sensitivity worse.¹⁶

With today’s modern diet, your body uses glucose as its main form of energy. By lowering the intake of carbs, your body returns to its natural state known as ketosis. Ketosis is a natural process the body initiates to help us survive when food intake is low. This allows you to break down fat instead of storing it.

To do this, you need to starve your body of carbohydrates not calories or fat. Carbohydrates are like burning kindling to make a fire. It flickers then burns out fast, just like your body does. But fats are like big logs. A little slower to get started, but ultimately the fire burns stronger and longer.

The Zero Diet uses body fat to burn as energy. This is your best tool for fighting Syndrome Zero. And there are so many benefits to the Zero Diet.

- ✓ Weight loss
- ✓ Lower blood sugar
- ✓ Mental focus
- ✓ Increased energy
- ✓ Lower insulin
- ✓ Improved blood pressure
- ✓ Normalized hunger

I warn my patients that the Zero Diet requires planning ahead. So I tell them what I do. Every week I take the time to plan out my meals for that week. I also keep a journal to log my food and exercise. It keeps me motivated to stay on track.

And with the zero glycemic as your guide, there is still plenty of fun and creative foods you can have. Foods like pizza and mashed potatoes. It’s easy to use grated cauliflower to make a delicious pizza crust, or mash cauliflower for “potatoes.” I actually prefer the flavor and I don’t feel bad about having seconds.

Following a Zero diet is simple... Again, the key is moderate protein, very low carbs and very high fat.

Too much protein can kick you out of ketosis, while too little protein may cause muscle loss and increased appetite. Your body usually breaks down carbs into glucose for energy, but when you stop eating carbs, your body uses fat instead. Fat is your primary source of energy so make sure you're getting enough of it.

Stay Away From These Modern Diet Threats

- Grains – wheat, corn, rice, cereal
- Refined sugars – honey, agave, maple syrup
- High-glycemic fruits – apples, bananas, oranges
- Starchy tubers – potato, yams

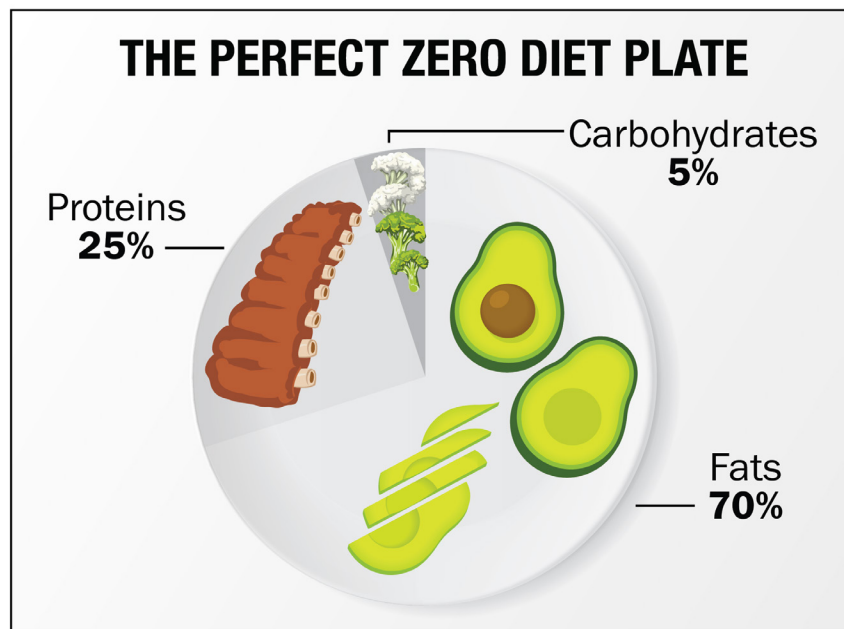
Enjoy These Healthy Natural Choices

- Natural, unprocessed meats – fish, beef, lamb, poultry, eggs
- Organic leafy greens – spinach, kale
- Above ground vegetables – broccoli, cauliflower
- Organic high-fat dairy – hard cheeses, high fat cream, butter
- Nuts and seeds – macadamias, walnuts, sunflower seeds
- Avocado and berries – raspberries, blackberries, and other low glycemic impact berries
- Sweeteners – stevia, erythritol, monk fruit, and other low-carb sweeteners
- Other fats – coconut oil, high-fat salad dressing, saturated fats

In the beginning you may notice a little fatigue, brain fog, weakness, low libido, or bad breath. That should clear up in a week or two as your body adjusts to burning fat instead of sugar. Soon your energy and mental sharpness will sky rocket.

Always check with your doctor when making a change in your diet or routine, especially when you're not used to eating this way. A doctor can check your blood work frequently and tell you when you're in ketosis. That way, you can make small moderations to keep yourself there.

I recommend every meal to consist of 70% fats, 25% protein, and 5% carbohydrate.



When your body doesn't have carbs to burn for energy, you burn fat instead.

And when it comes to carbs, a Zero diet relies on low glycemic foods that are slower to spike insulin.

A Zero diet is your first line of defense against Syndrome Zero. Again, here are the basic rules:

1. **Go super-low carb.** Did you know your daily requirement of carbs is zero? You don't need carbs at all. You can easily make carbs from fat or protein. Carbohydrates should make up no more than 5% or 10% of your total calories. The easiest way to start is by avoiding all processed foods. Also avoid grains, rice, pasta, beans and legumes, and starchy vegetables.

A good rule of thumb is to avoid vegetables that grow underground. Choose non-starchy vegetables that grow above ground. Good choices include kale, spinach, broccoli, cabbage and green peppers. Limit your fruit choices to berries that are lower in sugar.

But the best rule for picking your carbs, is to rely on the zero glycemic. These are great options and you don't have to worry about counting your cabs. Just have as much as you like.

2. **Choose the right fats.** Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy and canola. Instead, choose fats like olive oil, coconut oil, avocado, butter, ghee and heavy cream.

I also recommend MCT (medium chain triglycerides) oil for a zero diet. Your liver converts it directly to ketone bodies. You can use MCT oil to make mayonnaise and salad dressings, or add it to smoothies.

3. **Eat the right protein.** Beef, organ meats, fish, and eggs are your best sources of protein. If possible, eat grass-fed beef and wild-caught fish. Choose eggs from pastured chicken. Other good sources of protein include chicken, turkey, wild-caught salmon and other cold-water fish. Nuts and seeds such as almonds, peanuts, cashews, sunflower and pumpkin seeds also have plenty of protein.

Detox Your Kitchen for a Fresh Start

Before you get started on your Zero diet, clean out your kitchen to give yourself the best possible chance of succeeding. Remove all the temptations. Just like you detoxed your body, now it's time to detox your kitchen and get rid of all the harmful and toxic foods.

Here's a list of things to remove during your kitchen detox:

- Candy
- Cookies
- Sugar in all forms
- Muffins
- Breakfast cereals
- Potato chips
- Popcorn
- Snacks (dried fruits, etc.)
- Crackers
- Wheat flour
- Pasta
- Rice
- Potatoes
- Beer
- Bagels
- Bread
- Soup cans
- Beans
- Soft drinks
- Fruit juices
- Applesauce
- Jams
- Margarine
- Everything that says "low fat" or "no fat"
- Ketchup
- Bottled sauces
- Store-bought spice mixes (taco, BBQ, fajita, etc.)
- Ready-made salsas
- Ice cream
- Buns
- Cakes
- Frozen waffles

Put Your Zero Diet in Action

Here's a sample meal plan you can use to get started on your new Zero diet. Always eat until you feel satisfied.

I also recommend drinking bone broth during your first week. Doing this daily during the first week will help you get enough water and salt. This can avoid early side effects, like headache, lethargy or irritability.

These side effects are common during day 2-4 when starting a strict low-carb diet, but with the broth they are usually minor. Try drinking eight ounces once or twice a day during the first week.

You don't need to include snack in your meal plan. On a low-carbohydrate diet with more fat and a bit more protein you will probably not need to eat as often. If you find yourself getting hungry between meals you're probably not eating enough fat.

Remember to always consider the source of your food. Eating healthy won't help if your food isn't getting the same healthy treatment. Look for these key descriptions: organic, grass-fed, non GMO, antibiotic and hormone free, non-pasteurized, cage-free, wild-caught, unprocessed and free-range. Keep those in mind when shopping for your meal plan ingredients.

Zero Diet Meal Plan	Breakfast	Lunch	Dinner
Day One	Scrambled eggs	Hamburger patties in a lettuce wrap with mayonnaise	Chili-covered salmon with spinach
Day Two	Bacon-wrapped egg cups	Charred veggie and fried goat cheese salad	Pesto chicken casserole with zucchini, spinach and summer squash
Day Three	Baked egg and avocado in a ham muffin with cheese	Chicken salad with mayonnaise, walnuts and celery on a lettuce wrap	Crab cakes wrapped in bacon topped with ghee
Day Four	Coconut milk latte	Bacon wrapped cheese sticks with a cucumber-dill-mayonnaise salad	Baked chicken with herb butter
Day Five	Ham, egg and spinach omelet	Bacon, tomato, cheese, mayonnaise "sandwich" in a lettuce wrap	Cauliflower crust pizza
Day Six	Boiled eggs with mayonnaise	Chicken alfredo spaghetti squash with broccoli	Shrimp with lemon herb butter and homemade coleslaw
Day Seven	Fried eggs with bacon and mayonnaise in a lettuce wrap	Roasted mushroom and walnut cauliflower grits	Pork shoulder chops with green beans and avocado

Keep an eye on my website for more recipes for the Zero diet. But here's one of my favorites.

Bacon-Wrapped Egg Cups

Ingredients:

- 12 slices of sugar-free bacon
- 12 large farm-fresh organic eggs
- ½ cup heavy cream
- ½ cup shredded cheese (cheddar or mozzarella)
- 2 cups chopped and steamed broccoli or spinach
- ½ teaspoon salt
- ¼ teaspoon black pepper

Preparation:

1. Preheat oven to 350 degrees.
2. Grease a 12-cup muffin tin well with butter or coconut oil.
3. Cook bacon in medium skillet over medium heat until almost crisp. When cooked, quickly line the muffin tins with a piece of bacon for each.
4. Whisk eggs, heavy cream, salt and pepper together in a large mixing bowl. Fold in cheese and broccoli.
5. Pour an equal amount of mixture into each muffin tin.
6. Bake for 20 minutes or until lightly browned on top and firm throughout.
7. Allow to cool for 10 minutes and then remove the egg muffins. Store in the refrigerator. Enjoy!



These bacon-wrapped egg cups were easy to make and a real hit at my house.

Tips and Hacks to Make Your Zero Diet Easy

Change is hard. And no one is perfect, not even me. So don't feel bad if you slip here and there. And don't deprive yourself from the things you enjoy. If you want a glass of wine, have one. Just in moderation. Consider it a treat and motivation to stay on track.

Here are a few tips for staying on Zero when you're faced with the daily normal life changes:

- If you're hungry between meals, add more fat — like butter, mayo or olive oil — to your next meal. And consider increasing the portion size. Make sure to eat until you're satisfied at every meal.
- Don't want to cook as often? To make preparation easier, make an extra portion of dinner to eat for lunch the next day.
- Restaurants: Usually not a big problem. You can ask to have potatoes/fries switched for a salad. Ask for extra butter.

- Fast food: When in a pinch, Boston Market can be a decent option (avoid the bread). At hamburger chains the hamburgers are usually your best option. Avoid soft drinks and fries, obviously. Drink water. Pizza toppings are usually okay, but avoid the crust.
- Nuts or cheese are good “emergency food” when there are no other adequate options to be found.
- If you follow the Zero diet every day it’s less of a problem to make a few exceptions when you are invited out. If you’re not sure what will be served you can eat something at home before you leave.
- Completely avoid potatoes, rice and pasta. Try swapping it with easy side dishes like: salads, boiled broccoli, cauliflower or Brussels sprouts, vegetables au gratin, vegetables stewed in cream, avocado, vegetable spaghetti.

Step 3 – Boost Your Natural Survival Instincts with Intermediate Fasting

After a couple of weeks of adapting your body to your new Zero diet, I recommend intermediate fasting.

You see, you were NOT designed to eat three meals a day... and certainly not the six small meals some doctors and dieticians have been recommending.

For hundreds of thousands of years, humans had no regular or reliable food sources. Our primal ancestors feasted when hunting was good. Then they had to survive periods of famine.

Over hundreds of thousands of years, these cycles of feast and famine became ingrained in the genetic code that’s coiled inside every one of your cells.

You might think starvation would drain their energy. But in fact, your power is increased. Short bouts of fasting kicked up the energy production in their cells.

You see, your body evolved so that fasting became part of your body’s hidden power to survive and thrive.

That’s why I use it as an important part of my protocol against Syndrome Zero.

Fasting works at the cellular level to boost efficiency in your mitochondria. These little organelles in each of your cells extract energy from the nutrients you eat and produce more than 95% of your body’s energy.

Each of your cells has hundreds and even thousands of these little power generators.

But there’s a problem... over time, your cellular power plants wear out. They break down. And like old power plants they start to burn dirty. They produce lots of free radicals that lead to aging.

Scientific research reveals a deep connection between the overproduction of insulin and the resulting insulin resistance at the root of Syndrome Zero with mitochondrial dysfunction.

Studies show that misfiring mitochondria can quickly lead to insulin resistance, especially in skeletal and heart muscle cells – bringing on chronic fatigue, muscle weakness, as well as cardiovascular disease.^{17, 18}

But the good news is the same studies also show that by powering up your mitochondria, you dramatically reduce insulin resistance at the same time.

That's why I recommend "peak fasting" as a powerful weapon against Syndrome Zero. You see, with short periods of fasting, your body thinks it's being starved. It goes into survival mode.

It removes unhealthy mitochondria and replaces them with new ones. You start to produce fewer free radicals. And these young mitochondria send your energy production into overdrive.

In other words, your body needs periods of "starvation" to perform key biochemical maintenance.

In one study from the University of Florida, 24 people alternated a day of "fasting" with a day of "feasting." The on-and-off fasting improved weight, blood pressure, heart rate, glucose levels, cholesterol and inflammation – and it reduced insulin levels.

Animal studies also show fasting extends your lifespan by activating the SIRT3 longevity gene. In a number of studies, greater SIRT3 activity extended the lifespan of mice.¹⁹

It can also prevent or lessen the severity of cancer, stroke, heart disease, autoimmune disorders and allergies.²⁰ And brief periods of fasting can also help you lose weight. It works by putting your body into a fat-burning zone.

"Periods of fasting puts your body into a fat-burning zone."

Your body takes 8 to 12 hours to burn off a meal. Only then does it start burning off your fat stores. If you eat every 6 or 7 hours, you're always burning your last meal. You never get to burning off your fat stores.

Now when I talk about "peak fasting, I'm not talking about starving yourself. Simply cycling between periods of eating and fasting on a daily or weekly schedule gives you the same benefits our primal ancestors had with their feast and famine cycles.

Here's the intermediate-fasting strategy I recommend to my patients:

- 1. Ease into it.** Start by closing the kitchen after dinner. If you eat nothing between 8 p.m. and 8 a.m. you're already fasting 12 hours a day.
- 2. Then take it further.** Try eating only during a six- to eight-hour window. You eat either breakfast and lunch, or lunch and dinner. For example, eat one meal at 11 a.m. and a second before 7 p.m. Or eat breakfast at 8 a.m. and your second meal before 4 p.m.
- 3. Enter your fat-burning mode.** When you "peak fast" for 14 to 16 hours a day, you give your body time to completely burn off your last meal and shift into fat-burning mode. Once your body shifts to burning fat you avoid the hunger pangs, cravings, and sugar "highs" and "lows" that come with other diets.

After you finish your fast keep the toxins out of your system. Don't forget food quality counts. Avoid sugar and processed foods. Reduce the amount of carbs you eat and make sure you get plenty of healthy proteins. And eat plenty of good fats like avocados, grass-fed butter, coconut oil, eggs and nuts.

Step 4 – Correcting the Damage with Nutrients, Vitamins and Herbs

Your body has amazing abilities — it can heal itself.

That’s something you’re unlikely to hear from mainstream medicine — but the truth of it has never been more important in the age of Syndrome Zero.

The next step in my Syndrome Zero protocol is helping your body heal with the help of the right nutrients.

One of the primary sources of the widespread damage caused by Syndrome Zero is the devastating impact it has at the cellular level.

Your see, the chronically high insulin levels at the root of Syndrome Zero not only causes *lipogenesis* — literally “fat creation” — your body also loses its ability to absorb a special vitamin that your body needs for cell protection.²¹

I’m talking about **vitamin E**, an often ignored but hugely important fat-soluble antioxidant that prevents fat cells from oxidizing and going rancid.

Remember, I told you Syndrome Zero causes massive waves oxidation and inflammation that lead to any number of the chronic conditions associated with the syndrome.

Well vitamin E acts as a powerhouse against the ravages of Syndrome Zero.

A new study, conducted by researchers at the Linus Pauling Institute at Oregon State University and the Human Nutrition Program at Ohio State University, reveals the power of vitamin E to combat these dangerous *lipogenic* effects of chronically high insulin levels.

Nutrition surveys estimate that 92% of men and 96% of women in America don’t get enough daily intake of vitamin E²² — largely because of the dramatic decline in fresh fruit and vegetables in the typical American diet.

But the situation is even more desperate, because Syndrome Zero has now reached pandemic proportions around the world, threatening literally billions of people — and your body needs vitamin E to fight it.

The discovery of impact of vitamin E on Syndrome Zero is real breakthrough, because mainstream medicine has no cure for this modern-day plague. In a double-blind, crossover clinical trial, researchers showed that patients with spiking insulin levels and metabolic syndrome need at least 30-50% more vitamin E than healthy people.

And you need vitamin E’s antioxidant powers to douse the flames and repair the damage caused by these high levels of oxidative and inflammatory stress. Vitamin E is also critical for gene expression, immune function, the repair of wounds and the damage of atherosclerosis, and is important for vision and neurological function.

This critical nutrient is actually eight vitamins in one — four *tocopherols* and four *tocotrienols*. And together they make up the most important fat-soluble antioxidant known to man.



You see, tocopherols and tocotrienols mop up free radicals — biochemical molecules that cause the oxidation and inflammation in the first place.

The study focused on the depletion of tocopherols in metabolic-syndrome patients, but research from my own clinic reveals tocotrienols have even greater antioxidant potency.

They curb the runaway oxidation and inflammation that allows Syndrome Zero to balloon into multiple life-threatening conditions.

I recommend vitamin E supplements to fight Syndrome Zero. But here's the problem. Vitamin E supplements usually include just tocopherols. So here's what I tell my patients:

- Make sure you get supplements that contain **natural vitamin E** — not its synthetic form. Vitamin E in the form of all-rac-alpha-tocopherol-acetate or dl-alpha-tocopherol should be avoided. There are serious questions about their safety and whether your body even recognizes such substances.
- Supplement with **50 mg of tocotrienols twice a day**. Ideally, the purer the tocotrienol the better. And because vitamin E is fat-soluble, take it with a meal.

I also recommend these three key nutrients to my patients as part of my Syndrome Zero recovery protocol:

1. **Cerasee:** I first learned about the cerasee vine from my friend Ivey Harris in Jamaica. Ivey is a seventh generation traditional Maroon healer. More than 100 scientific studies prove cerasee's value in treating blood sugar problems. For example, two studies show cerasee could play a key role in helping to balance insulin in your body.^{23, 24} And another study showed it had positive effects on the serum glucose levels of those taking it, following both fasting and eating.²⁵

In Jamaica, they usually use the young leaves to make "bush tea" and drink it for breakfast. You can make it at home. Just add 10 grams of dried or fresh cerasee leaves to ¼ liter of boiling water, simmer then strain it into a cup.

2. **True Cinnamon:** This kitchen spice has a powerful effect on both hypertension and Syndrome Zero. Studies show it can lower both your systolic and diastolic rate.²⁶ At the same time, it battles Syndrome Zero by reducing insulin resistance in your cells. It has also been shown to lower blood sugar in diabetes and prediabetes patients by as much as 29%.²⁷

The cinnamon you choose is important. Look for "true" cinnamon (*Cinnamomum verum*) — also called *Ceylon cinnamon*. I recommend about one gram per day — that's *about half a teaspoon's worth*. Use it in yogurt, smoothies, stews, and on desserts. If you prefer to take a cinnamon supplement, look for one that says "water-soluble" on the label.



Ceylon — or "true" — cinnamon comes from the bark of the Cinnamomum verum tree. True cinnamon can reduce insulin resistance and maintain blood sugar control.

3. **Gymnema Sylvestre:** For more than 2,000 years, people in India used Gymnema Sylvestre control blood sugar. The herb is also called "gurmar," which means "destroyer of sugar" in Hindi. This

name describes the way that chewing the leaves interferes with your ability to taste sweetness. Because this amazing herb decreases the sensation of sweetness in many foods, it may reduce your cravings for sugary snacks, too.

In one study, 22 patients struggling to maintain normal blood sugar levels took *Gymnema Sylvestre* daily for 18 to 20 months.²⁸ By the end of the study, 100% of the patients showed excellent blood sugar levels.

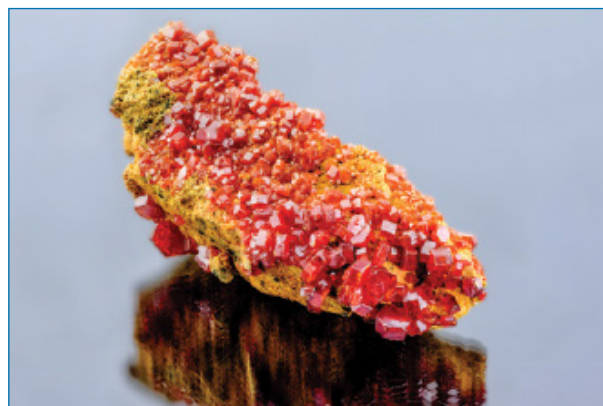
4. **Chromium:** Ignored by most doctors, this metallic trace element allows your body to utilize insulin properly — instead of triggering your body to make and store more fat. It has also been proven to reduce blood sugar levels by getting glucose out of your bloodstream and into your cells for energy. And clinical studies show it lowers high blood pressure directly related to high blood sugars.²⁹

Chromium naturally occurs in foods like fruits, meats, cheeses and vegetables. Yet nearly 90% of American adults are chromium deficient. If you prefer chromium supplements, look for those that are the most bioavailable chromium. I recommend a 400 mcg chromium polynicotinate supplement with patients, to be taken once a day and always with meals for best absorption.

5. **Vanadium:** Human studies show that this both improves insulin sensitivity and lowers blood pressure levels in hypertensive patients.^{30, 31}

Multiple studies — in both human and animal trials — have now shown that vanadium mimics most of the metabolic effects of insulin. This means it can be used as a natural substitute for insulin — and it's entirely unaffected by insulin resistance.

The best food sources of vanadium are mushrooms, shellfish, black pepper and parsley. Supplements are also available online and in most health food stores. For long-term use to treat Syndrome Zero, I recommend 5 mg per day.



Vanadium mimics the action of insulin in your body.

Step 5 – Protect Your Brain from Syndrome Zero

Nature provides the perfect remedy for everything that might go wrong with the human body. And that includes your brain.

Arming yourself with this knowledge has never been more important in the age of Syndrome Zero.

And science backs me up on this...

A recent study reveals that a special compound called *fisetin* found in strawberries protects your brain from Alzheimer's disease.

As I mentioned earlier, recent scientific research reveals a deep connection between the insulin resistance at the root of Syndrome Zero and an increased risk of Alzheimer's disease.³²

You might not have ever heard of this powerful antioxidant. It is a type of plant pigment that gives color to many fruits and vegetables. But it has been shown to maintain levels of **glutathione — your body's most potent antioxidant that protects brain and nerve cells.**

Scientists only identified fisetin in the past 10 years.

But the research has been stunning. A new study from the Salk Institute for Biological Studies is just one example. It shows that fisetin may prevent Alzheimer's and dementia. And it could protect you against memory loss.³³

In the study, researchers worked with mice. They genetically engineered the mice to age prematurely and develop Alzheimer's. Half the mice were given fisetin with their food. The other half served as a control group. After seven months the difference was striking...

The control group showed more stress and brain inflammation than those given the fisetin. They also did much worse in cognitive tests.

But mice given fisetin had the brain function of a healthy young mouse. In other words, the fisetin halted memory loss in mice prone to Alzheimer's.

Other research shows that fisetin is very good at creating new brain growth.³⁴ It also increases the strength of the brain's long-term memory pathways.³⁵

Fisetin seems perfectly designed by nature for your brain. It's one of the only compounds that can cross the "blood-brain barrier." That's the network of blood vessels that allows essential nutrients into the brain but blocks other harmful substances.

Once inside the brain, fisetin is powerful. It limits the buildup of proteins like beta-amyloid that create the plaques and brain tangles found in Alzheimer's.³⁶ It slows the progress of Huntington's, another fatal brain disease. And it decreases inflammation in brain cells called *microglia* that are linked to neurodegenerative diseases.³⁷

Other research shows fisetin protects the brain against damaging compounds in the blood. I'm talking about things like aluminum chloride and ammonia. It also boosts brain levels of serotonin to elevate mood and energy. And it increases noradrenaline, a hormone that helps increase attention, perception and memory.

You have to eat a lot of fruits and vegetables to get the amount of fisetin your brain needs for optimal protection. Even with strawberries, you'd have to eat almost four cups a day to get enough for the brain benefits.

That's why I advise my patients to take a supplement. Look for one made from "wax tree," an Asian species of sumac that is rich in fisetin. Make sure the label identifies it as 98% fisetin. Take 100 mg per day.

Step 6 – Train Your Metabolism to Stop Making Fat

By now, you know how devastating and wide-reaching Syndrome Zero is.

As I've been telling you, research shows excess insulin is at the root of not just diabetes, but also obesity,

fatty liver disease, hypertension, Alzheimer's, tinnitus and many others. And excess insulin is caused by our toxic modern diet.

The more carbs you eat, the more insulin builds up in your bloodstream. It overwhelms the receptors in your cells. It makes them **insulin-resistant**. Insulin becomes less effective at pushing glucose into your cells.

With Syndrome Zero your pancreas produces **too much** insulin. The energy from your food can't get into your cells. Your blood sugar levels soar. You feel tired and foggy. You're hungry and have cravings. And you can't lose weight whatever you do.

So far, I've told you several steps in my protocol for treating Syndrome Zero including diet, detox and nutrients. But one of the most important steps in beating this pandemic is exercise.

But before you go sign up for a marathon, there's something you need to know...

Not all forms of exercise work to reverse Syndrome Zero.

You see, it's not about how **long** you exercise but how **intensely** you work out. And more importantly, it's about teaching your body to be adaptable. In doing so, you'll start to burn fat.

Let me explain...

Our ancestors were naturally fit and healthy. Their daily routines provided them with the physical challenges that kept their bodies lean and muscular. Today, our modern exercise and sedentary lifestyles have done nothing to fix this problem.

Two out of three Americans are now overweight. And diabetes is nine times more likely than it was just 30 years ago.

We need to recondition our bodies to adapt to burning fat. The answer is short bursts of high intensity intervals.

New research shows that high-intensity interval training (HIIT) is best for reversing insulin resistance.³⁸ In one study, 40 sedentary adult women at risk for diabetes engaged in a 10-week HIIT program. The women with the worst insulin resistance got the biggest benefits from HIIT in terms of sugar and insulin in their blood.

The study found that HIIT makes your body more sensitive to insulin so blood sugar levels stay low and glucose can get inside your cells to produce energy.

Another study showed that exercise intensity was a stronger predictor of improved blood sugar control when compared to steady exercise without bursts of intensity.³⁹

And one long-term study compared the benefits of HIIT to regular cardio in 43 diabetes patients. After 12 weeks the researchers found that both types of exercise improved body fat mass, cardio-respiratory fitness, and fasting blood glucose. But the benefits were greater in the HIIT group. And only HIIT improved patients' A1C levels.⁴⁰ That's a measure of average blood glucose levels over three months.

I realized long ago the value of increment increases of intensity in exercise. That's why I was inspired to create a principle I call **PACE (Progressively Accelerating Cardiopulmonary Exertion)**. That's what makes PACE so unique. The goal is to hit a peak of intensity in a short timeframe and then rest.

After only a few weeks implying my PACE principles, my patients reported lower blood sugar levels and better insulin sensitivity.

During intense exercise, your body burns glucose as a muscle fuel, therefore preventing it from being stored as fat. PACE also lets your body store less energy as fat, but more as ATP, the energy currency of your cells, and creatine, an organic acid that allows ATP to be recycled.

To beat Syndrome Zero or avoid it all together you have to train your body to get an adaptive response. An adaptive response is the change your body makes when it's given a challenge or a new stimulus. Your body makes adaptive responses all the time, just not always good ones.

For example, when you eat high-glycemic foods, your body makes an adaptive response by creating more insulin. Over time, this will make you fat and put you at high risk for diabetes. The idea is to get your body to make the adaptive responses you want and need for your health.

Intense exercise encourages your body to make adaptive responses that are life-affirming. And it's during recovery that these changes start to take place. You have to push yourself to exertion, rest then increase. This is how your body will adapt.

To fight Syndrome Zero, you need an exercise routine that mimics our native ancestors, who were naturally fit and healthy. They didn't rest or live sedentary lifestyles like we do today. They had to adapt to survive. They pushed themselves to exertion, rested then pushed again.

When you exercise this way, you set in motion a series of changes:

- Your native afterburner kicks into gear, melting away fat for hours after you finish.
- Your muscles refine their capacity for quick, powerful responses.
- Your pituitary gland triggers the release of youth-enhancing growth hormone.
- Your heart's output grows and becomes stronger, gradually adapting to develop greater reserve capacity and maximize the amount of blood it can pump with each beat.
- Your lung capacity expands to meet the new demand for more oxygen.

Remarkable Proof You Can Still Transform Yourself After 50



My patient Terri trained her body to make an adaptive response to burn fat – 90 pounds of it – by using my PACE principle.

Progressivity is the key to a thriving, long-term. This is what will get your body to the point where it will burn fat. This is vital for fighting Syndrome Zero because your body is already storing more fat by producing too much insulin.

Your Zero diet is the first major step toward living Syndrome Zero-free. Exercise is your second punch in your path to a healthy life.

Speed Your Recovery with These Powerful Therapies

At this point you should be on the path to a healthier life. Syndrome Zero will affect us all one day, if it hasn't already. I've given you the tools to fight and even prevent this pandemic that's sweeping the world.

Remember, the best way to fight Syndrome Zero is with:

- ✓ Detox
- ✓ Zero Diet
- ✓ Nutrients
- ✓ PACE Exercise

These are the basic tools you need. But there's so much more that can help you in your fight against Syndrome Zero.

First, you need to see a doctor that can diagnose this disease. I only know of one in the South Florida area and you were just there.

A doctor can give you a more extensive diet plan, based on clinical tests to monitor your ketosis. As part of my clinic protocol, I take my patients through phases to help adjust. I also treat my patients with vitamins, minerals and herbal supplements to help return your body to its natural healthy state.

In my clinic, we not only explain your PACE program, but we will physically walk you through some exercises and tailor it to your needs. I may even jump in with you for an exercise!

On top of these, my clinic provides treatments you just can't do at home, but would be very beneficial for the treatment of Syndrome Zero.

1. **Ozone Therapy** – Oxygen atoms can't exist alone, so they like to pair up to form the breathable form of oxygen we all know as O₂. If you add one more oxygen atom to O₂ and you get ozone, or O₃. When ozone gets into your blood, that extra atom of oxygen breaks away and zaps the bad guys like viruses and cancer cells.

I use a special machine to make the O₃ from medical-grade O₂. Then I draw a small amount of the patient's blood. Next, I infuse the blood with medical-grade O₃ mixed with O₂. Finally, I slowly reintroduce the oxygen-rich blood back into the patient with an IV.

The activated oxygen releases its energy throughout the body. It improves circulation, stimulates stem cell production, and flushes out toxins. Ozone can lower inflammation and help remove free radicals.

- 2. Heat Therapy** – At my clinic, I offer heat therapy through an infrared light. Infrared light therapy is simple and painless but highly effective. This unique treatment harnesses the healing power of specific wavelengths of light that can treat pain, increase circulation and reduce inflammation. The process is as simple as sitting under a light. Energy from the lights penetrates beneath the skin and is absorbed by deep tissues.

One key to infrared light therapy is nitric oxide. Nitric oxide is a short-lived gas that is crucial to the health of the arteries. It relaxes the arteries, helps regulate blood pressure, fights free radicals, and discourages blood clots. Infrared prompts the release of nitric oxide, which enhances blood flow and brings oxygen and nutrients to your tissues.

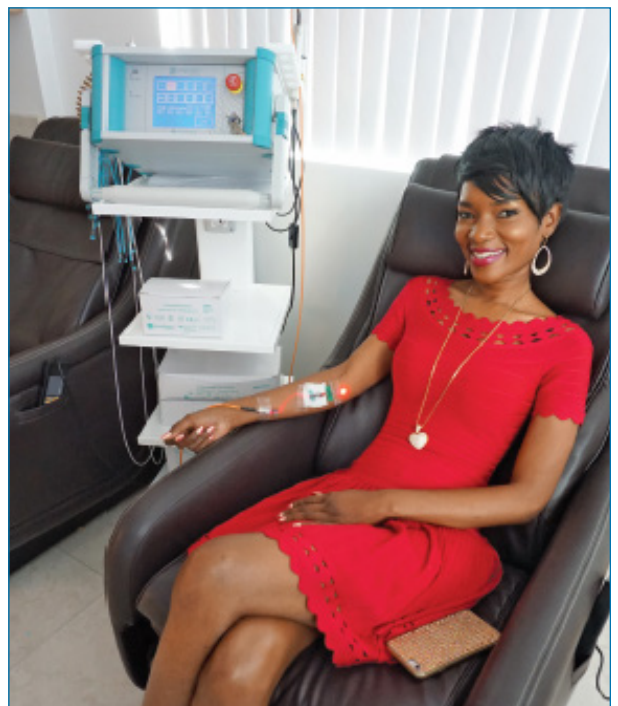
- 3. Hyperbaric Oxygen Therapy (HBOT)** – HBOT is simply breathing in 100% oxygen under higher pressure than we have normally in the air. Oxygen restarts the same growth processes you enjoyed as a child. It encourages the regeneration of tissues, blood vessels and nerves. Increasing the intake of oxygen loads the red blood cells, thus promoting healing and all manner of regeneration. HBOT triggers your body's natural healing process.

HBOT works by healing inflammation. As I mentioned earlier, Syndrome Zero leads to inflammation which is at the root of every autoimmune disease. My patients tell me HBOT gives them restored energy. They get relief from aches and pains in their muscles, joints and back. And they recover their brain function, something that typically suffers in autoimmune diseases.

- 4. IV Laser Therapy** – IV laser therapy works because it has an energizing impact on your mitochondria. Those are the tiny powerhouses in each of your cells that are responsible for giving you energy. Superficial lasers have been used for years to treat cuts and wounds. But IV lasers can penetrate much deeper. They're able to reach your tissues and heal more serious concerns. IV laser therapy is known for lowering inflammation, reducing chronic pain, boost your immunities and promote tissue healing.

- 5. IV Nutrients** – Supplements are great for helping your body get all the nutrients you need, but getting the right nutrient amounts from diet and even supplements can be tough. By sending nutrients, like vitamin C or glutathione, directly into your bloodstream, you accelerate healing and reverse hard-to-treat conditions.

At my clinic, I offer a "Myers" IV cocktail. A Myers' cocktail typically contains a potent mix of magnesium, calcium, vitamin C and a B-vitamin complex. It's specially designed



My wife, Barbara, gets IV laser therapy every year before we travel out of the country to boost her immune system.

to boost your immune system and restore your energy levels. It's one of several tailored IV micronutrient therapies we offer.

- 6. Stem Cells** – Stem cells are like your body's replacement cells. These master cells can replace any cell that's damaged or dying. When they're deployed, stem cells heal and regenerate the tissue or organ they're assigned to, and can help you make stunning recoveries. And the best place to get stem cells is actually from your own fat tissue.

In my clinic, we use a unique method of extracting stem cells from your adipose stomach fat and combining them with platelet-rich plasma (PRP) therapy to inject back into your body. Platelets contain hundreds of proteins called "growth factors." The natural growth factors in PRP are critical in key stages of wound healing.

Stem cells are my go to protocol for problems ranging from blood sugar and cholesterol to heart health, fatigue, and digestion. It's a key component in helping my patients fight Syndrome Zero.

I think now you have the tools to begin your fight against Syndrome Zero. You can learn more and stay up-to-date on the latest Syndrome Zero treatments on my websites:

www.alsearsmd.com

<https://searsinstitute.com/>

But please feel free to reach out with any question or concerns. You can call 561-784-7852 or email my staff at patientadmin@alsearsmd.com.

To Your Good Health,



Al Sears, MD, CNS

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