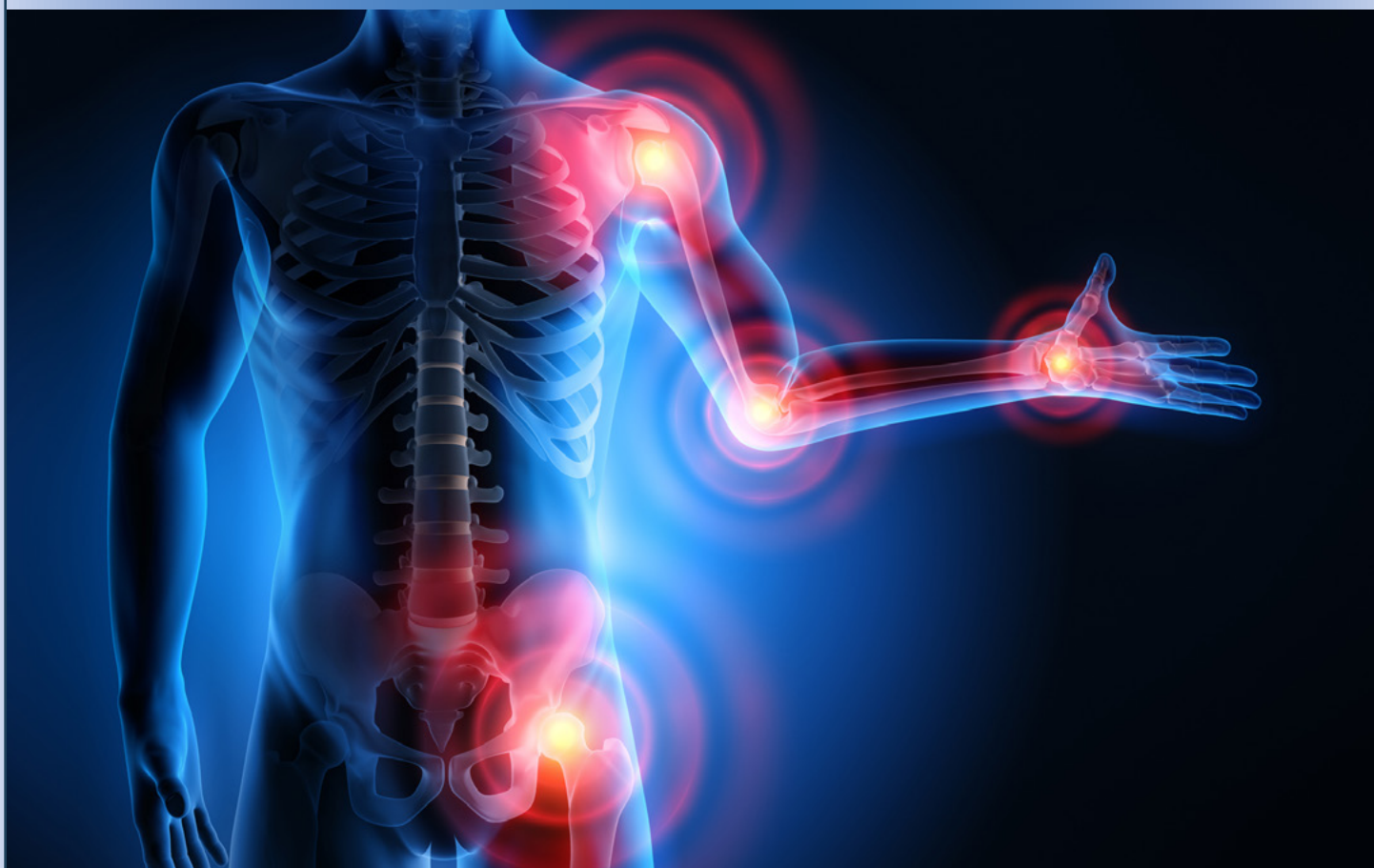


The Doctor's Prescription for **ERASING INFLAMMATION**

*How to Fight Back Against this Hidden
Cause of Cancer, Alzheimer's, Heart
Disease, Diabetes, Pain, and MORE*

By Dr. Fred Pescatore



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The Doctor's Prescription for **ERASING INFLAMMATION**

Introduction	4
--------------------	---

Chapter 1

CRP: The simple blood test that could save your life in more ways than one	5
--	---

Chapter 2

CL-4: The cancer-fighting breakthrough that research shows can wipe out the deadliest type of cancer cells.....	6
---	---

Chapter 3

Flavanol C: Roll back the brain's "age" to restore memory performance...Reverse cognitive decline...And help you stay mentally sharp at every age.....	11
--	----

Chapter 4

Rescue-N: The "Magic Bullet" discovery that helps slash the risk of a fatal heart attack.....	14
---	----

Chapter 5

"90-mile knees": The New Zealand secret that helps regrow cartilage and erase pain in sore, arthritic joints	16
--	----

Chapter 6

Neoflavonoid B: The natural inflammation-busting secret that stops runaway blood sugar in its tracks	18
--	----

Citations	21
-----------------	----

INTRODUCTION

On February 23, 2004, *Time Magazine* exposed inflammation as the “Secret Killer” behind today’s deadliest diseases.

Since then, numerous studies have confirmed that chronic inflammation causes a countless number of health issues including heart disease, cancer, Alzheimer’s disease, diabetes, obesity, fatty liver, arthritis, back pain, and depression.

Of course, it’s important to understand that inflammation isn’t always the enemy. In fact, in itself, inflammation is actually a *good* thing. It’s how your body protects and heals itself. Without inflammation, your wounds and infections would never get better.

Here’s how it works: Any time you injure yourself or you’re exposed to some sort of infection, your immune system responds by sending out substances called “inflammatory mediators.” Histamine, prostaglandins, and cytokines are probably the most well-known.

These inflammatory mediators increase blood flow. They also allow more white blood cells to get through your blood vessel walls to the site of the infection or injury. All of this is necessary for healing.

But this process can also cause redness, fever, swelling, and pain. This sort of response is known as *acute inflammation*. And it generally goes away on its own within a few days.

But the problem starts when inflammation doesn’t go away and it becomes *chronic*.

This prolonged, chronic inflammation sets off a cascade of events inside the body that can ultimately lead to the serious—and deadly—diseases I mentioned above.

Which is why I believe keeping inflammation in check should *always* be your No. 1 health priority.

In this special report, I’ll tell you more about the role chronic inflammation plays in some of today’s most urgent health epidemics—and what you can do to rein it in safely and naturally.

A handwritten signature in black ink, appearing to be 'Dr.' followed by a stylized name.

CRP: The simple blood test that could save your life in more ways than one

I am a huge believer in the value of blood tests for identifying inflammation.

And low-grade inflammation is *easily identified* just by looking at one key biomarker: C-reaction protein, or CRP.

C-reactive Protein, or CRP, is produced during the inflammation process. And research shows that elevated CRP levels are associated with increased risk of heart disease¹, cancer², type 2 diabetes³, Alzheimer's⁴, and many other chronic conditions.

I'll go into more detail about each of these conditions—and what you can do about them—in the following chapters of this report. But first, when it comes to CRP in general, it's important to note

that you can (and should) have your levels measured regularly. It is possible to have elevated CRP and not be aware of any symptoms.

CRP is measured with a simple blood test that any lab can perform.

I recommend getting your CRP tested twice per year. Generally speaking, scores are categorized as follows:

- Less than 1.0 = Low risk
- 1.0 to 2.9 = Intermediate risk
- Greater than 3.0 = High risk

If your levels are 1.0 or above, it's critical to take action to rein them in. And the strategies I'll tell you about in this report will help you do just that.

CL-4: The cancer-fighting breakthrough that research shows can wipe out the deadliest type of cancer cells

Scientists have made a HUGE discovery in their quest to figure out why some people get cancer...*and some people don't...*

And this time, it has nothing to do with genes or family history.

In fact, researchers at one of the top cancer centers in America made this startling announcement:

90% of people who get cancer...*DON'T have a family history of cancer.*¹

Instead, they've identified a type of "cancer rocket fuel" that can *speed up* the growth and spread of cancerous cells.²

This could be the reason why so many men get prostate cancer³...

And why so many women get breast cancer⁴...

And it's not at all what you think.

The discovery of this hidden "cancer rocket fuel" is SO big, it could change the future of cancer treatment in America...

Because now that scientists understand what "cancer's rocket fuel" is...they were able to zero in on a powerful way to combat it...

More on that in just a moment.

But first, let me explain a little more about this deadly discovery.

This "cancer rocket fuel"—the hidden force that can multiply tumors—is *inflammation*.

Of course, we all know how inflammation can cause pain...

But hardly anyone has been told it can speed up *cancer!*

In fact, I call it "cancer rocket fuel" because that's exactly how it works...

It aids the "takeoff" of cancer in the body...helping it grow and spread...

Like pouring gasoline on a fire.

When inflammation becomes *chronic*, cancerous cells hijack the body's inflammatory signals...

And use them to keep growing...and spreading...until you're looking at full-blown cancer.

In a recent landmark report, researchers at Yale University School of Medicine say it's very clear:

Out-of-control inflammation can kick-start cancer

They cited more than 300 *scientific studies* to prove it.⁵

And that's just the beginning.

Top cancer research centers from around the world have noted a strong link between inflammation and colon cancer⁶...gastric cancer⁷...breast cancer⁸...lung cancer⁹...

And the list goes on.

Researchers at Johns Hopkins University showed that when increasing amounts of this "cancer rocket fuel"

turned up in benign prostate cells...

Aggressive prostate cancer was 78% more likely to follow.¹⁰

Now for the good news...

You can find evidence of this “cancer rocket fuel” in *your* body through the simple CRP blood test I told you about in Chapter 1 (*But, again, many doctors don't test for it unless you ask*).

And if your levels are elevated, you can rein them in with the natural breakthrough I mentioned earlier in this chapter.

In fact, research shows this discovery is so powerful it can help

REVERSE cancer-causing inflammation

I call this breakthrough CL-4 because it's been shown to help fight cancer at every stage of disease...From the very beginning through stage 4.

It comes from the *Curcuma Longa* plant...but you may know it better as curcumin.

More than 7,400 studies on curcumin have been published by research centers all around the world—even at Stanford, Baylor, and MD Anderson Cancer Center...

Including 63 human trials...with 5 going on right now.

Research to date has been so impressive, scientists have called it: “One of the most promising phytochemicals that target various cancers and [inflammatory] diseases.”¹¹

According to a report published just last year in *Phytotherapy Research*, curcumin has been shown to help lower the amount of inflammation in the body.¹²

And that's a critical first step.

Researchers wanted to see how curcumin affected CRP levels.

After analyzing 32 *studies*, they found curcumin significantly lowered CRP in people with chronic inflammatory diseases.

But it doesn't stop there.

Additional lab studies found curcumin also lowered 5 more markers of inflammation:

- IL-6¹³
- MDA¹⁴
- NF-kB¹⁵
- PGE-2¹⁶
- COX-2¹⁷

All of which have been linked to the spread of cancer and a higher risk of cancer death.

The best way to understand curcumin's massive potential is to look at what it did for Dianne Frederickson.

In 2007, Dianne was diagnosed with an incurable, inflammation-driven blood cancer known as multiple myeloma.¹⁸

With aggressive treatment, the average survival time is just 5 years...

And after three rounds of chemo and four stem cell transplants, it looked like Dianne's 5 years were about to expire.

“Nothing worked... There was just too much cancer,” Dianne said.

She was so sick, she didn't even qualify for a single clinical trial.¹⁹

Out of options, she heard about curcumin in an online support group and decided to try a daily dose of it.

And that's when everything changed...

As the months went by, instead of watching Dianne slip away, doctors watched in awe as her blood counts returned to normal...

And stayed that way for five more years.

They decided to publish her miraculous case in the *British Medical Journal*,²⁰ effectively declaring...

Curcumin had saved Dianne's life

Her doctor told the media: “When you review her chart, there's no alternative explanation for her recovery.”²¹

For a cancer patient like Dianne, it sounds like the closest thing you can get to a miracle.

But the incredible potential of curcumin doesn't stop there.

Lab studies reveal this incredible natural compound...

- Shuts down more than 195 molecular pathways and cancer-causing signals in the body...while most chemotherapy drugs were designed to tackle *just one*.^{22,23}

A leading researcher at Baylor University, Dr. Ajay Goel, has explained that the ability to target so many different genes and pathways is a key reason curcumin has so much potential—and why researchers are studying it as a way to improve chemotherapy results.^{24,25}

Curcumin also:

- Revs up the body's most powerful cancer-defense mechanism: the Tumor Suppressor Gene p53.²⁶

This gene exists to halt tumor formation *in its tracks*...and it's already in your body naturally! It works by making sure that mutated cells are either repaired...or destroyed.

So you can see why it's such a big deal that curcumin can turn it up.

But here's the No. 1 reason I believe every single cancer patient in America (and around the world) needs to know about curcumin...

Researchers at 28 universities have shown this natural compound even has the power to

Wipe out the deadliest type of cancer cells

They're called cancer stem cells, or CSCs.

Even though oncologists don't talk about them, they lurk in the heart of every tumor...

For every 100 or so cancer cells in a patient's body...there's one stem cell calling the shots, driving the others to multiply and spread.

In fact, *they're* the very reason why chemotherapy fails so often.

Chemo doesn't kill these stem cells.

Sometimes, it even makes them STRONGER.

They're practically bulletproof.

So that's why what I'm about to tell you could be a complete game-changer in the war on cancer...

A team of stem cell researchers tested a commonly used chemo drug, called cisplatin, against an aggressive line of lung cancer stem cells in their lab²⁷...

And the results were *abominable*.

A mere 6% of these deadly cells were destroyed...

While the other 94% were left UNTOUCHED.

But, when researchers combined the chemo drug with curcumin, the combination OBLITERATED 8 times MORE cancer stem cells than the chemo drug could do alone...

Wiping out nearly half of them in one shot.

It's stunning that just 1 spoonful of this stuff has SO much cancer-fighting potential!

It's no surprise, then, that preliminary human trials have been encouraging.

A 2021 review in the journal *Molecules* reported that human trials combining curcumin with standard chemo drugs improved²⁸:

- Side effects
- Overall response rates
- And even survival times

With this much potential...you're probably wondering why you haven't heard about this from your own doctor.

And the unfortunate truth is, *he probably doesn't know about it.*

Curcumin isn't taught in medical schools.

It's not part of the standard protocol.

And because it's natural, there are no fancy, pharma-sponsored TV commercials about it.

But that's just part of the story...

One researcher—who's also a medical school professor in London—noted that:

Even though “chronic inflammation is the precursor of 99 per cent of all cancers”...and curcumin is “a strong anti-inflammatory agent”...

“The lack of funding for research has prevented most [patients] from benefiting from [it].”²⁹

And it’s not hard to see why...

If you can go online and order this natural compound for yourself right now—without a prescription—then how would Big Pharma make any money off of it?

It’s not a conspiracy.

It’s just the facts about how our broken medical system works.

One frustrated Harvard researcher put it like this: “Clinical trials are typically conducted on drugs developed by labs seeking huge profits.”³⁰

That’s right—the money’s just not there for a natural treatment like this one...

No matter how powerful it appears to be.

Plus, there’s the matter of cost... Right now, you can get curcumin for about a dollar a day.

That doesn’t fit into Big Pharma’s big-profit scheme.

For example, pharma giant Eli Lilly just launched a new lymphoma drug.

Retail price? *\$21,000 a month*³¹...

A week later, Gilead Sciences launched a new breast cancer drug at \$16,069 for a *three-week* supply.³²

And a report from Congress revealed these shocking price tags *aren’t* rare...they’re the norm.³³

The average cost of a new cancer drug now tops *\$283,000 a year*.³⁴

If this sounds insane...that’s because *it is*.

Because the simple fact is...

No pharmaceutical drug on the planet can do what curcumin can do

So far, curcumin, or CL-4, has been found to supercharge the effects of at least 6 chemo drugs³⁵—including the colon cancer drug 5-fluorouracil (5-FU), which is so well-known for failure that patients call it “5 Feet Under.”

A study published in the journal *Carcinogenesis*

revealed curcumin reduced chemo-resistance to 5FU by 30%.³⁶

And that’s just the beginning...

- In a Phase I clinical trial of 25 people, curcumin was shown to prevent high-risk precancerous lesions from progressing into cancer.³⁷ During the study period, 7 people saw their condition improve in 12 weeks.
- At a U.K. hospital, curcumin was tested as a desperate, last-ditch attempt to save patients suffering from stage 4 colorectal cancer.³⁸ For 5 out of 15 terminally ill patients, curcumin stopped cancer in its tracks for three to four months.

That’s more than 200% longer than some chemotherapy drugs—and without the same gut-wrenching side effects.

- A small study tested a curcumin-quercetin combination with a group of patients who had a disorder known as FAP.³⁹ These patients were at a high risk for colon cancer, currently had anywhere from 5 to 45 polyps, and had previously had part of their colons surgically removed.

Three to nine months of treatment with the curcumin-quercetin combo reduced the number of polyps by 60%, and reduced polyp size by 50%.

- Curcumin could offer hope to people suffering from the most difficult to treat form of breast cancer known as “triple-negative.” This type of cancer does not respond to any traditional treatments. But researchers in China found that curcumin kills these breast cancer cells, and a team in Taiwan has had success with combining doxorubicin and curcumin in in vitro studies.^{40,41}
- In animal studies and in vitro testing, curcumin reduced the amount of prostate-specific antigen (PSA) produced by prostate cancer cells, and triggers cancer cell death.⁴²

Curcumin is also a powerful anti-cancer ally because it blocks the formation of new tumors—to prevent cancer or stop it from coming back.

Normal, healthy cells have a built-in “expiration date.” But cancer cells don’t.

They keep regenerating until a tumor-fighting gene sends them a signal to stop. When cancer starts to

grow, it means your tumor-fighting genes are asleep at the wheel...that is, curcumin bursts in with a bullhorn to wake them up. Once these genes snap back to attention, they force cancer cells to die—slamming the brakes on tumor growth.

Scientists nicknamed one of these genes as “The Guardian” because it helps protect you from nearly every type of cancer.

In a groundbreaking human clinical trial from China, with 126 patients, researchers found that curcumin “wakes up” The Guardian and makes it stronger.⁴³

Curcumin triggered the death of more cancer cells. At the same time, the compound helped patients fight a deadly syndrome called cachexia—a form of muscle wasting and weight loss that can be fatal to cancer patients. Weight gain could be seen within 10 days of beginning curcumin.

Maximizing curcumin’s healing potential

If you’re in a fight for your life, you need to know that not just any old curcumin will do. And while I believe that adding it to your food is beneficial to your health, simply cooking with it is not the best way to maximize its anti-cancer benefits.

When turmeric powder is used as a spice, it typically contains only about 3% curcumin.

Early studies uncovered the fact that curcumin is not easily absorbed on its own. (Scientists call that poor bioavailability.)

In some studies, patients were given as much as 8 grams (8,000 mg) of curcumin, which can irritate the gastrointestinal system. It is not known how the results could have been affected by using a form of curcumin that was able to be absorbed more easily.

Luckily, nutraceutical technology has come a long way. Now, there are several potent, bioavailable forms of curcumin on the market, including:

- Meriva®, a patented time-release curcumin extract. It is a “phytosome” form of curcumin that’s paired with fat—a combination that’s much easier to absorb.

One 2011 study suggests Meriva is absorbed 29 times better than plain old curcumin.⁴⁴ In an in vitro study, Meriva was shown to overcome chemo-

resistance in colon cancer cells, making the chemo drug oxaliplatin more effective.⁴⁵

- Curcumin C3 Complex®, another high-absorption form of the nutrient that uses nanoparticles. It is currently being used in several clinical trials at MD Anderson Cancer Center, and in a study in Britain on inoperable colon cancer in combination with a chemo regimen known as FOLFOX.^{46,47}
- BCM-95®, a bioavailable form that also includes components of turmeric oil. Studies by the manufacturer show that it BCM-95 is 6.9 times more bioavailable than regular curcumin, and that it can be detected in the bloodstream within 1 hour and sustain active levels for more than 8 hours.⁴⁸
- Theracurmin®, is a “nano” formulated, water-dispersible extract. It has been studied alone and in combination with chemotherapy for pancreatic⁵¹, bladder⁵², and prostate cancer⁵³, among others. A study by the manufacturer suggests it is 27 times more absorbable than regular curcumin.⁵⁴

These forms of curcumin are “branded,” quality-controlled extracts. In general, I prefer these kinds of nutrients because I find they have more science behind them, and they are designed to increase absorption.

Because the research on curcumin and cancer is still emerging, talk to your doctor about the best way to use this powerful extract in your specific treatment plan.

As a general guideline, 500 mg of a bioavailable curcumin extract is a great place to start for overall health and cancer prevention. But the therapeutic doses during active cancer treatment will be higher.

Some research suggests 1,000 to 3,000 mg (1 to 3 grams) daily in divided doses, depending on the disease stage.

There are thousands of studies on curcumin in the National Institutes of Health research database called PubMed. I’ve cited some of the most interesting studies in the references section of this report.

Talk to your doctor about what these studies may mean for your particular case.

Flavanol C: Roll back the brain's "age" to restore memory performance...Reverse cognitive decline...And help you stay mentally sharp at every age

In the previous chapter, you learned how dangerous inflammation is when it comes to cancer. But that's not the only risk it poses to your health.

In fact, scientific evidence reveals it could also be a culprit behind the Alzheimer's epidemic.

Researchers at the University of California measured CRP levels in 305 subjects over the age of 90.¹ They found that subjects with levels 0.5 or above had increased risk of dementia compared to those who didn't have detectable levels of CRP in their blood.

But it's not just "old" people who are at risk.

A landmark report in the journal *Neurology* revealed that after tracking 12,000 people for 20 years, those in their 40s, 50s, and 60s with the highest levels of inflammation saw the steepest mental decline.²

Research keeps stacking up, and it's strong evidence that inflammation is a leading cause of memory loss.

But if you were to ask your doctor, chances are, he'll tell you memory loss is just part of getting older...and if it does turn out to be Alzheimer's, there's not much you can do.

It's understandable many people might make this mistake...

After all, it's a well-known fact Big Pharma's Alzheimer's drugs are basically worthless.

Even *Consumer Reports* has warned against them, saying they do little to help most people—and come

with huge risks.³

So a lot of doctors and patients accept this to mean there's no hope.

But that's simply NOT true.

In fact, there's plenty of exciting developments showing how combatting inflammation in the brain may be the key to turning the tide on the Alzheimer's epidemic.

RESTORE memory and brain function without a single drug

Let's start with one of the most exciting discoveries I've come across recently: an inflammation-erasing nutrient I call "Flavonol C"...though you probably know it by its more common name—cocoa.

While everyone is familiar with cocoa, most people don't realize just how powerful its nutrient profile is. And that's especially true when it comes to combatting inflammation.

Research shows cocoa can reduce levels of CRP by 17 percent, as well as improving three other biomarkers of inflammation.⁴⁻⁶

But that's just the beginning...

In a study at Columbia University, researchers gave a drink packed with cocoa (Flavanol C) to healthy volunteers in their 50s and 60s.⁷

Then they compared their memory test scores and brain MRIs to a group who did *not* get the drink.

The results were utterly jaw-dropping...

In fact the differences in the group who got the Flavanol C were so dramatic, the lead researcher said: “If a participant had the memory of a typical 60-year-old at the beginning of the study, after three months that person on average had the memory of a typical 30- or 40-year-old.”⁸

In other words, these subjects shaved 20 to 30 years off of their brain’s age!

Can you imagine what it would feel like to have a memory that’s 30 YEARS younger?!

This level of improvement is enough to affect your day-to-day life in ways that really matter.

It could make all the difference in whether you’re able to punch in your ATM pin number without a moment’s hesitation...

Or whether you spend an hour looking all over the house for your reading glasses—when they’re sitting on top of your head.

You just aren’t going to get results like these from a prescription drug.

Even after *decades* of searching, Big Pharma hasn’t produced ANYTHING that measures up.

In fact, at this very moment, Big Pharma is busy rolling out its brand-new Alzheimer’s drug, Aduhelm, which costs \$28,200 a year.⁹

It comes with deadly serious risks¹⁰...and caused several experts on the FDA’s review panel to QUIT in protest...*Because they weren’t convinced that the drug even WORKED!*¹¹

It’s just not worth the risk...or the price tag.

If mainstream doctors and Big Pharma execs would simply follow the research, they’d already know that cocoa—which is safe, natural, affordable, and widely available—could potentially transform the way we treat memory loss in America.

And best of all, it’s just one out of an *entire group* of phytonutrients that scientists believe can help fight inflammation in the brain.

I refer to cocoa as Flavanol C because it belongs to a

class of nutrients known as flavonoids. Flavonoids are the antioxidant compounds that give plant foods their color.

And they’re one of the most effective tools nature has to offer for keeping inflammation in check—especially in the brain.

These powerful nutrients have been shown in animal studies to help¹²⁻¹⁴:

- IMPROVE blood flow to the brain...
- Keep toxic proteins away from it...
- And even help grow NEW brain cells!

One of the best ways to increase your flavonoid intake is to eat plenty of flavonoid-rich foods. And perhaps the best thing about flavonoids is just how *easy* they are to get. They’re *everywhere* in your diet. If you’re eating the *right* diet, that is.

Flavonoids are abundant in foods like blueberries, strawberries, leafy green veggies, artichokes, eggplant, cabbage, tomatoes, leeks—and two of my personal favorites—tea and cocoa/dark chocolate.

Try adding a handful of blueberries to your next salad. (One study shows that eating just two servings of blueberries a week slows memory decline by up to 2.5 years.) You can also brew up a nice warm cup of green tea as an afternoon “snack.”

Or, you can make your own Flavanol C-rich beverage. Look for cocoa powder that’s at least 80-90 percent cacao (I personally use 100 percent, since it has the most flavonols). Mix it with unsweetened almond or coconut milk and a little stevia (just enough to cut the bitterness).

Of course, the simple fact is, you may not be able to get the levels of flavonols you really need to make an impact from food alone. I mean, there’s only so many blueberries and tomatoes—and even chocolate—one person can eat.

So you may also want to consider adding flavonoid supplements into your daily regimen.

Quercetin is a flavonoid found naturally in foods like onions and garlic, and quercetin supplements are widely available. I recommend 50 milligrams per day.

Three other flavonoid supplements also top my list—because each help maintain a healthy blood supply in the brain.

- **Diosmin** and **hesperidin** are flavonoids found in citrus fruits. I recommend 250 milligrams per day of diosmin, and 25 milligrams of hesperidin. For both these supplements, divided doses are the best way to keep blood levels high.
- **French maritime pine bark extract** is a supplement that helps build collagen and elastin, which keeps your blood-brain barrier intact, preventing toxins from reaching your brain. I recommend a minimum intake of 100 milligrams daily.

Also, look for a powdered superfood blend. These beverage-mix formulas are popping up everywhere these days, and more and more of them are starting to include berries in addition to other superfoods.

- I highly recommend a “purples” mix that focuses on flavonoids. Look for a brand that contains things like blueberry, acai, blackberry, figs, black cherries, black raspberries, eggplant, purple cabbage, purple carrots, and beets—just to name a few.

If you haven’t tried a purples superfood, I encourage you to check one out. They’re an easy, delicious way to add a brain-boosting, inflammation-fighting “cocktail” to your diet. Your brain—and the rest of your body—will thank you for it.

Rescue-N: The “Magic Bullet” discovery that helps slash the risk of a fatal heart attack

After decades of hearing nothing but doom and gloom about cholesterol for heart health...

Researchers at UCLA made a mind-boggling discovery: It turns out HALF of all people who have heart attacks...DON'T have high LDL cholesterol.¹

So what's going on?

Have we all been hoodwinked?

Well, the numbers don't lie. And it turns out inflammation is deadlier for your heart than LDL cholesterol.

Research shows that C-reactive protein (CRP) is actually the strongest warning signal of impending heart attack, heart disease, and stroke.²

In fact, according to the Harvard Women's Health Study, women with the highest CRP scores were more than FOUR TIMES as likely to die from heart disease OR have a heart attack or stroke than those with lower levels.³

In other words, inflammation QUADRUPLES the risk of heart disease.

That's because inflammation damages artery walls, encourages plaques to form, *and* hardens arteries.⁴

It's a recipe for disaster.

I've been sounding the alarm about this for over 20 years—while at the same time trying to show the world it IS possible to reduce inflammation and protect your heart *without* prescription drugs.

In fact, there are some specific things I recommend to my patients that make it easier than you might imagine.

There's one breakthrough in particular that I've come to think of as the only real “Magic Bullet” in my arsenal. And one of its most impressive benefits is that it can help rescue you from a heart attack. Which is why I've nicknamed it “Rescue-N.”

I call it this after my favorite source, the macadamia nut, or—as its also known, the rough-skinned Queensland nut (or RSQ-N).

But, really, Rescue-N refers to any food that's rich in monounsaturated fatty acids, or MUFAs. That includes avocados, olives and olive oil, and nuts and nut butters (unsweetened, of course).

Research shows these healthy fats are one of the best tools we have for protecting and repairing the heart.

In fact, in 2002, a landmark study concluded that men who ate MUFA-rich nuts as a part of healthy diet and exercise cut their risk of sudden cardiac death in half.⁵

The results were so strong the researchers insisted “fatal [cardiac] events could be converted to nonfatal events”—with this shockingly simple, natural breakthrough you can find in any supermarket.

It's so powerful, you don't even need to have it every single day for it to work—although there are a LOT of reasons why you'll want to.

Because, in addition to slashing inflammation, MUFAs do the three things every cardiologist in America wants to see⁶:

- ✓ Cut triglycerides
- ✓ Lower LDL cholesterol
- ✓ *And* increase HDL

So it's absolutely mind-boggling that they wouldn't pay more attention to this!

But you can bet that if you walk into a cardiologist's office today, the only treatment option you're going to hear about will be statins.

And if you ask me, that's just plain WRONG.

I've helped thousands of patients improve their heart health with safe, natural, drug-free solutions—including Rescue-N (MUFAs).

Take the story of Steve D., for example.

Over time, Steve's cholesterol had risen 55 points... but his "good" HDL cholesterol was *much too low*, at just 25.

He'd tried what the mainstream recommends—an extreme low-fat diet—but it didn't work.

Now his doctor was talking about medication.

After hearing about the success one of his friends had had with my recommendations, Steve came to see me too.

He agreed to try my approach—which of course included Rescue-N.

And, wouldn't you know it—Steve was able to slash his cholesterol by 40 points...and increase his "good" HDL cholesterol by a healthy 25 points!

And he did it all in just *SIX WEEKS!*

I'm used to seeing results like this with my patients...

Which is why I consider Rescue-N (MUFAs) the "Gold Standard" for reducing inflammation and restoring the health of our internal environment.

But you still haven't even seen everything MUFAs can do...

These wonder-nutrients can also help trim belly fat by up to 20%!⁷

That's important, because belly fat—medically known as "visceral fat"—creates more inflammation.⁸

And the reverse is true as well.

For instance, a report in the American Heart Association's journal *Circulation* confirmed: Shedding belly fat and excess weight reduced CRP levels by 32%!⁹

Every cardiologist in America would agree dropping excess fat from your middle is so important for your heart.

And MUFAs can help you do just that.

In fact, research shows they can cut your stores of heart-risky, visceral belly fat in as little as 4 weeks.¹⁰

While most sources recommend olive oil as the go-to source of MUFAs, I actually prefer macadamia nuts and macadamia nut oil for a couple of reasons.

First and foremost, macadamia nut oil boasts 15 percent *more* MUFAs than the highest quality olive oil.^{11,12}

But aside from that, there are some potential issues with a lot of the olive oils you'll find on supermarket shelves.

The "pure" and "light" varieties of olive oil are often heavily processed blends, and they're also lower in polyphenols and antioxidants. But buying extra-virgin olive oil isn't an ironclad guarantee of health either...

In fact, an exposé published several years ago found that many of these oils are spiked with low-quality, non-olive oils.¹³ Not exactly the vote of confidence most health-conscious consumers are after.

You can find macadamia nut oil in natural food stores, as well as numerous online retailers including amazon.com.

“90-mile knees”: The New Zealand secret that helps regrow cartilage and erase pain in sore, arthritic joints

As you’ve seen, there are many stealthy ways inflammation can destroy your health. But PAIN is one of the top reasons new patients come to see me...

And where there’s pain, you can bet there’s inflammation.

Unfortunately, Big Pharma does NOT have a safe solution to offer you!

Their anti-inflammatory pain drugs are some of the most dangerous on the market—with potential side effects of stomach bleeding, heart failure, stroke, and even death.^{1,2}

And this danger doesn’t even need a prescription: Over-the-counter painkillers send 56,000 Americans to the emergency room every year.²

That’s why I want to tell you about a safer, drug-free solution that could help stop crippling arthritis pain in its tracks, and even grow new knee cartilage.

It’s a natural arthritis fighter from New Zealand’s “90-Mile Beach” that’s so powerful it just might give you “90-Mile” Knees...

This discovery first caught the attention of the scientific community in the 1960s and 70s, when researchers were studying the Maori, a group of indigenous people.

The Maori had a reputation for being more agile *and* more flexible in old age than other aging New Zealanders.³

And soon, researchers zeroed in on the reason for this: A staple of the Maori diet is a unique seafood called

green-lipped mussel, found all along 90 Mile Beach—and nowhere else in the world.

Laboratory research shows that green-lipped mussel extract turns down inflammation at the cellular level.⁴

But what really has scientists excited—and what makes this extract deserve the nickname “90-Mile Knees”—is that it may help the body repair and restore cartilage in sore, arthritic joints.⁵

Plus, a human trial showed 80% of patients who took green-lipped mussel extract reported significant pain relief after 8 weeks of use.⁶

But one of the most compelling reports comes from an orthopedic surgeon in New Mexico who was astonished to see that with the help of this 90-Mile Knee secret, patients with arthritis were canceling their knee replacements!

He did an informal study of his own, offering it to 120 patients with knee arthritis.⁷

After they used it for one year, the surgeon noted that 84% had benefited.

Patients suffering from intense Level 7 pain at the beginning of the study reported a barely-there Level 2 by the end!

Plus, two patients even *tossed their canes in the trash!*

That’s extraordinary on its own...But the x-rays were the biggest standout—revealing some patients had even REVERSED the disease!

This was truly shocking, because arthritis patients lose

about 0.26 mm of cushioning space in their knee joint every year, on average, as cartilage breaks down.

Which is why this New Mexico surgeon was *astonished* to see that eight of his patients **GAINED** as much as 1.2 mm of space after taking green-lipped mussel extract!

Mainstream medicine has been saying for years that

cartilage can't heal itself... "*When it's gone, it's gone.*"

But the research on green-lipped mussel extract shows that's just not true.

You can find green-lipped mussel extract in supplement form at vitamin shops as well as from online supplement retailers. I generally recommend 1,000-1,500 mg per day in capsule form.

Neoflavonoid B: The natural inflammation-busting secret that stops runaway blood sugar in its tracks

Centuries ago in China, village doctors used a simple herbal remedy to treat one of their most devastating illnesses—a lethal form of diarrhea known as dysentery. They also used this remedy to treat what they referred to as “Wasting-Thirst Syndrome.” Today, we know it better as Type 2 diabetes.

But, in those very primitive times—long before donuts and delivery pizza—dysentery was an even bigger killer than diabetes. So, over time, its blood sugar effects faded into obscurity, and it became known as THE cure for diarrhea...for stomach upsets of all kinds, in fact.

Fast-forward to the 1980s, when a team of researchers accidentally re-discovered its diabetes-defeating potential...

What is this ancient healing miracle?

The Traditional Chinese Doctors called it Zhi Mu. It’s also referred to as Neoflavonoid-B, but today it’s most commonly known as berberine, which translates as “golden thread.”

The modern-day rediscovery of berberine’s blood sugar potential began in 1983 in a hospital in northeast China.

A local doctor, Ni Yanxi, was treating several patients for diarrhea...patients who also had diabetes.¹ As expected, berberine took care of the patients’ stomach issues. But much to Ni Yanxi’s surprise, something else happened too...

All of his patients’ blood sugar levels had gone down significantly.

He re-tested his results to make sure he was right. Once again, berberine brought down subjects’ blood sugar—this time by a whopping 86%, with effects that started in as little as an hour after taking it.²

And with that, the diabetes-defeating potential for berberine was reborn.

Over the past 40 years, study after study—conducted in the best laboratories all over the world—have proven berberine’s amazing blood sugar balancing powers.

In fact, clinical trials indicate that this “golden thread” even stands up to the mainstream’s “gold-standard” treatment.

In one study, again conducted in China, researchers put berberine to the test against Metformin, one of the most widely prescribed blood sugar drugs.³

The researchers were blown away to find that in both groups...

- A1c readings plummeted 21%
- Post-meal blood glucose fell 44%—from 356 to 199
- And, fasting blood glucose dropped nearly 72 points!

Researchers even called the results “identical”!

And all of these benefits began after just one week.

Looking at results like this, it’s hard not to think of berberine as perhaps the biggest diabetes breakthrough of the 21st century.

Of course, it's also easy to be skeptical when one substance seems to "do it all"... and scientists are.

But their studies have started to unlock some of Neoflavonoid B's (berberine's) healing secrets.

In fact, research has revealed a new understanding of how diabetes develops.

Scientists believe that, like the other diseases you've read about in this report, diabetes is caused by a low-grade, chronic inflammation (as is high cholesterol, high blood pressure, and other chronic diseases).⁴

And that's how many Traditional Chinese Medicine remedies work—they quiet inflammation, bringing the body's internal mechanisms into balance.

Studies show berberine can help ease this inflammation, and, in turn, to get blood sugar into check.⁵ But it's not just about curbing runaway blood sugar.

But there's still more to the story...

A group of scientists in Haikou, China, have come up with a hypothesis on the link between inflammation and blood sugar problems. And, believe it or not, they pinpoint an imbalance in gut bacteria as the culprit.

Their research, published in the July 2011 issue of *Medical Science Monitor* suggests that an imbalance in gut bacteria causes the low-grade inflammation that, in turn, leads to diabetes.⁶

When the imbalance is corrected, diabetes doesn't develop.

And these researchers believe that berberine has significant power to kill bad bacteria, thus reducing inflammation...and balancing blood sugar.

And because inflammation can also cause high blood pressure and high cholesterol...this next discovery makes perfect sense:

Berberine has also been shown to help lower triglycerides and cholesterol better than metformin! This stunning data was revealed in a 2008 head-to-head pilot study, in which a group of 16 people took metformin and 15 took berberine.⁷

Researchers concluded berberine "may serve as a new drug candidate in the treatment of type 2 diabetes."

In fact, there's only one area where metformin has higher numbers than berberine...side effects!

Metformin's got plenty of potential side effects, including:

- Fatal lactic acidosis⁸
- Anemia⁹
- Irreversible nerve damage¹⁰

But there's still more to show you about berberine.

Some compelling scientific evidence suggests that berberine also helps promote weight loss.

Researchers gave participants 500 milligrams of berberine three times a day for 12 weeks.¹¹ By the end of the study, the subjects had lost an average of about 5 pounds per person. They also had a 23 percent decrease in triglycerides.

And additional research has shown that berberine actually prevents fat accumulation.¹²

Whether we call this natural marvel Neoflavonoid B, berberine, or the "golden thread," one thing is for sure: When I first saw the research on it, I knew I had to use it at my office.

I started out with a handful of my most troublesome patients. Their blood sugar levels were sky high...their weight just kept creeping up...and they were taking multiple medications. But almost right away, wouldn't you know—in all five of them, blood sugar decreased so much I actually needed to lower their medications (which is why it's important to work with your doctor if you decide to take berberine).

Since then, I've used berberine in all of my patients with diabetes and blood sugar problems—and in the overweight patients—with incredible success. In fact, I would venture to say that berberine has changed my practice more significantly than almost any other nutrient I can remember.

You can find berberine supplements in vitamin shops and from online retailers, including amazon.com.

I recommend starting with 500 mg of berberine per day, and monitoring the effect on your blood sugar. You can work with your doctor to safely increase the dose gradually, up to 1,500 mg per day—until you reach the optimum blood sugar level.

Throughout this report, I've been telling you that

chronic inflammation is the root-cause of practically every disease...and that bringing it under control should be your No. 1 health priority.

And that's not just something I *believe*. I've seen the results firsthand. After focusing on inflammation reduction, I've seen patient after patient get this chronic problem under control—and get better.

A wealth of science supports the role of a *healthy lifestyle* in getting inflammation under control. And this is exactly the type of inflammation-lowering

advice you've found throughout this report.

But there's much more you can do to fight this deadly enemy. In fact, I've developed an entire protocol dedicated to natural solutions for the silent epidemic of inflammation.

It's called the Essential Guide to Combatting Inflammation—and it truly is essential when it comes to living a long, healthy future.

To learn more about this protocol or to enroll today, [click here](#).

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