

THE TRUTH ABOUT OZEMPIC

7 Doctor-Approved Ways to
Beat Big Pharma at Their Own Game

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The Truth about Ozempic:

7 Doctor-Approved Ways to Beat Big Pharma at Their Own Game

The things I'm about to share with you in this report are going make some Big Pharma executives *boiling mad*.

Because I'm going to expose 7 life-saving ways YOU can beat the system—*THEIR* system—the one that put these guys on the gravy train for life.

I'm going to tell you about...

- The ingenious—and SAFE—way I've helped my patients get blockbuster weight loss drugs like Ozempic and Wegovy for at least HALF OFF...*Or even less!* It's all thanks to a little-known pharmacy loophole most Americans *never* hear about...
- The *natural* diabetes treatment that could put Big Pharma's other huge diabetes drug *out of business*...
- The pennies-per-day “Memory Mix” Alzheimer's treatment that can slow memory loss AND reduce brain cell damage by a stunning 90%...
- The powerful Arthritis Antidote for painful knees that's widely known in New Zealand, but *never* talked about in America... because it is NOT made by Big Pharma...I'll show you how it helped some patients CANCEL their knee replacements and throw their canes in the trash!
- The 100% natural “T-Max” cancer treatment that's already being used in more than 700 hospitals in Japan...*And it's even worked for patients with some late-stage cancers*. It costs *thousands* less than chemo—without the side effects.

- The spice-rack secret that can improve fading eyesight in just 90 days...Patients using this simple solution could read two extra lines on a standard eyechart.
- An island delicacy making Caribbean locals virtually heart-attack proof...This is, by far, the easiest—and most delicious—heart prescription you'll ever get!

If you think it's all impossible, just keep reading...

I'm about to show you the details right here.

The truth is I've got quite a long list of healing secrets for you...

Secrets to help you BEAT Big Pharma's chokehold on the mainstream medical system...

Secrets that could change—or even save—your life.

I'm sharing these because I'm *sick* of watching modern medicine fail America's seniors...

And I want to put effective, affordable solutions into *your* hands.

I've spent more than 30 years treating countless patients who come to me after conventional medicine has failed them...

And I can't sit by and watch it happen to you.

So let's get started...

CHAPTER 1

The truth about Ozempic (and how I've helped my patients get this blockbuster drug for half the price...or even LESS)

You can hardly turn on the news without hearing about Big Pharma's latest wonder drugs, "GLP-1 agonists." You're probably more familiar with them by their brand names—Ozempic, Wegovy, Mounjaro, and Zepbound.

Originally approved for diabetes, they are now surging in popularity, helping people all over the country drop unwanted pounds.

The headlines have been dizzying...¹⁻⁴

“Chocolatier loses 105 pounds with Ozempic”

- from The TODAY Show

“St. Louis woman loses 50% of her body weight with Wegovy

- seen on FOX

The *New York Times* proclaimed:

“This is what a miracle drug looks like”

FOX Business even reports:

“Americans taking Ozempic will boost the U.S. economy”

And there's a growing list of celebrities touting the drug's success too, from Kelly Clarkson to Elon Musk...and of course, Oprah herself. (*Did you catch her TV special about it?*)

Yet not all the news has been good...

There are reports of a range of side effects, some of which can be serious, as well as concerns about several things we simply *don't* know about these drugs.

That's why you might be surprised by what I'm about to say, and many other doctors consider this statement controversial, so let's get it out of the way first...

When it comes to GLP-1 drugs like Ozempic and Mounjaro, I believe Big Pharma *almost* got it right...with one massive thing **WRONG**.

You see, I've committed my life's work to helping others, at any age, achieve—and maintain—a healthy weight. I've been doing it my entire 30+ year career as a medical doctor.

It's something that I take quite seriously, because I myself was an obese child and adolescent.

And I still have the psychological scars to prove it.

It's one of the main reasons why I wrote my first book, *Feed Your Kids Well*, and three other bestsellers on the topic of weight loss.

While I've been extremely successful helping people (including myself) lose weight and keep it off—it's a lifelong battle.

And, sadly, many give up.

Millions of people who are struggling with obesity are *also* facing its life-threatening complications...including diabetes, heart disease, joint damage, and a *much* higher risk for Alzheimer's, stroke, and even cancer...

And with these drugs, change is possible. In fact...I've witnessed weight loss in 99.9% of my patients who take them.

But that's not all.

I've *also* witnessed Type 2 diabetes disappear, high blood pressure go away, high cholesterol levels vanish...

Which could mean never having to take another statin drug, beta-blocker, or diabetes pill.

Not to mention self-esteem going into overdrive.

I've had one patient even tell me, "This is the best I've *ever* felt."

Another patient lost 66 pounds in 5 months, and no longer needed medications for cholesterol, anxiety, or high blood pressure...and they were finally able to start being much more active.

This is truly life-changing...

So if a patient needs these GLP-1 drugs—Ozempic, Wegovy, Mounjaro, and now Zepbound—to take a giant leap back from deadly health risks, I'm happy to talk to them about it.

And I don't believe you should feel any shame in talking with your doctor, either.

But remember, I said Big Pharma **almost** got it right...

So what IS the biggest problem I see with these drugs?

It's corporate greed.

Profits over patients

With drug makers charging more than \$1,000 a month—and insurance companies refusing to cover them in many cases, many people can't afford these drugs.

If that's you, then you might be tempted to look for another way to get them.

Maybe you've thought about trying an online pharmacy, or a website you heard about on social media...

But please, trust me when I say, DON'T DO IT.

You could be putting yourself in danger and it's just not worth the risk!

Especially because there's a better, SAFER way to get access to them for a reasonable price.

More on that in just a moment. But first, let's back up and take a closer look at how these medications work...

The mechanics behind the “miracle”

First, these drugs stimulate the pancreas to release insulin. This helps push sugar out of your blood and into your tissues. (This is why doctors prescribe them to patients with Type 2 diabetes.)

Second, they slow transit time of the food through your system, so you stay fuller, longer.

And finally, these medications work as a bona fide appetite suppressant by mimicking glucagon peptide-1 (GLP-1)—a hormone your body produces naturally in response to eating.

You see, as GLP-1 rises in your intestines, it signals to your brain that you're FULL. So, the more GLP-1 in your system... the less hungry you feel... and the less you eat.

That's why these GLP-1 agonist drugs tend to help so many people lose weight more easily.

Of course, as with any drug, there are some effects you should know about before taking one of these medications.

Common side effects—and 5 surprisingly simple ways to manage them

You may have heard about “Ozempic face,” where your skin sags and wrinkles severely. But it's worth pointing out that this sagging is the result of the rapid weight loss itself—not the drug. It can happen no matter HOW you lose weight.

Personally, I haven't seen this problem in any of my patients. That

said, the best way to avoid sagging skin is to get moving. Exercising is one of the best ways to help your skin return to normal after losing weight.

It's especially helpful if you can work in weightlifting and resistance training to build up your muscles, while you're losing weight. This will fill in some of the space left behind after you lose fat. It also promotes skin elasticity.

Now, while I haven't seen any instances of "Ozempic face" in my patients, what I *have* seen are some of the more common side effects, including nausea, vomiting, diarrhea, and constipation.

But there are **five surprisingly simple ways to manage these symptoms...**

Namely, drinking more water, eating smaller portions, eating more slowly, and avoiding fatty and greasy foods. And it's especially important to learn how to stop eating when you feel full while taking this drug.

Less common, but more serious, side effects that have been associated with Ozempic and other GLP-1 agonists include:

- Pancreatitis, an inflammation of the pancreas that causes abdominal pain
- Gastroparesis, in which movement of food out of the stomach slows or stops
- Bowel obstruction, which prevents food from passing through the intestines
- Gallstone attacks and bile duct blockages

Again, these side effects are rare, but not impossible.

These are the very basics of what you should know before considering a weight loss medication.

But there are also four other important factors to consider before filling a prescription for Ozempic or any of the other GLP-1 drugs...

1.) First, they're **very expensive**. And if you take Ozempic or Mounjaro "off-label" for weight loss, Medicare or other insurers won't cover them as of this writing, since they are technically designed to help control prediabetes or Type 2 diabetes. Many insurers also have restrictions on coverage for Zepbound, which IS approved for weight loss.

And with out-of-pocket price tags well into the thousands, this puts these medications out of reach for a lot of people. But, again, there IS a way to safely access these medications **WITHOUT** having to take out a second mortgage. I'll tell you about it in just a moment, but first, let's move on to the second factor you need to consider before taking a GLP-1 drug...

2.) Because of the drugs' soaring popularity, there are a lot of **dangerous counterfeit products** popping up in the supply chain. So, when filling a prescription for Ozempic, Mounjaro, or any of the name-brand drugs, stick with major, retail pharmacies, such as CVS or Rite Aid. (Never get the drug from an online retailer without a prescription.)

3.) Ozempic and the other GLP-1 medications are **weekly medications you must inject into your stomach or thigh**. This might turn some people off. But don't worry—no big needles are involved. And even the most squeamish of my patients seem to do fine with the "autoinjector"—where you simply press a button to insert the medication.

4.) Fourth—and this one's a biggie—it's very likely you'll have to **stay on the drug for life**. I realize that may be daunting to some people.

But I also wonder... what difference does it make if you *do* have to stay on this drug forever? And, more importantly, why is the medical community so crazed about that possibility? After all, many drugs tend to be prescribed with the notion that they are lifetime drugs. I mean, when was the last time a doctor *unprescribed* a drug to you?

That said, I have had dramatic success with at least reducing the dose or frequency of Ozempic injections. So, as always, it boils down to continuing the conversation and looking at how the drug is impacting *your* individual health as time ticks on.

With all of this in mind, if you do decide to try a GLP-1 medication, here's the No. 1 thing I tell seniors before getting started...

If you're over age 65, start slow. That means begin on the *lowest* dose—and see how your body responds.

In general, I find seniors taking Ozempic have nothing more to worry about except slower transit time of food through the digestive system.

In fact, I even have a 93-year-old woman in my practice taking Ozempic, and she loves it! Of course, like everyone taking these types of drugs, seniors should work closely with a trusted physician.

(One more side note: You will need to go off Ozempic two weeks prior to any kind of surgery, including cataract surgery.)

Now, back to the biggest elephant in the room when it comes to the GLP-1 drugs...

Big Pharma puts a massive pricetag on health

Novo Nordisk, the maker of Ozempic and Wegovy, made \$18.5 BILLION from these drugs in 2023...⁵

It's now Europe's most valuable company based on the success of these drugs alone.

And they're just getting started.

So they're not about to give up those profits without a fight.

And even though insurance companies stand to benefit from these drugs by *not* having to pay the costs of diseases caused by obesity, in many cases, they're still flat out refusing to cover them.

So how do we make these potentially life-saving drugs more affordable?

Well, this is yet another instance where you'll need to be your own advocate, and take advantage of a pharmacy "loophole" created by none other than the FDA.

You see, thanks to all the media attention surrounding them, the demand for Ozempic, Wegovy, Mounjaro, and Zepbound has reached

fever pitch. So much so, the pharmaceutical companies haven't been able to keep up, which has led to shortages of some of these drugs.

And when there are documented shortages of patented pharmaceutical medications, the FDA allows a specific network of pharmacies called compounding pharmacies to “fill in” the gaps by offering patients compounded forms of the active ingredients.

That's right—our FDA actually *created* this “loophole”...and for once it actually benefits patients, and not Big Pharma.

In the case of GLP-1 agonists, the active ingredients are as follows:

- Ozempic, Wegovy: semaglutide
- Mounjaro, Zepbound: tirzepatide

Because the compounded versions don't bear the brand names, they're a fraction of the price. In fact, in some cases, the compounded versions cost as much as 66 percent less than the brand names!

Which means you can get your hands these blockbuster weight loss drugs *for less* right now, if your doctor has in fact prescribed them for you.

So if you're considering one of these drugs and your doctor agrees it's a good fit, ask him or her to send your prescription to a compounding pharmacy.

(That's what a *good doctor* can do for you—find you what you need in a way that makes it a win for everyone involved. Or at least, that's what they *should* be doing.)

To find a compounding pharmacy in your area, visit the Alliance for Pharmacy Compounding's website, www.a4pc.org, and click on the “Find a Compounder” link on the left side of the webpage. You may also want to check to see if your local compounding pharmacy is accredited by the Pharmacy Compounding Accreditation Board by visiting <https://www.achc.org/find-a-provider/>. Your state's board of pharmacy website is also a good resource.

Just remember, this is a serious medicine—it's very powerful, it's very

effective, but it's not something you should take lightly.

That's why I believe you should work with a healthcare provider you know and trust, who uses your full health history to determine if these drugs are safe for you, and who can help you get it from a trusted source. Not some fly-by-night website or 15-minute telehealth appointment with a doctor you'll never see again.

The big picture

The bottom line in all of this is that obesity *is a disease*.

And you must remember that it's IMPOSSIBLE to be obese *and* healthy.

So, when I discuss prescribing GLP-1 medications as a “weight-loss solution,” it is NOT for aesthetic purposes. It has nothing to do with how you'll look in a swimsuit during these dog days of summer... or whether you'll fit some standard ideal of beauty.

It's 100 percent about your health.

I want you to be healthy and strong and live the best life possible—and I want the same for your children, grandchildren, and great-grandchildren.

Because I know firsthand how *hard* it is to struggle with weight day in and day out. My personal, decades-long weight-loss journey continues to this day. It takes a lot of hard work and dedication to change your relationship with food... to change how you think about your body image... and to start an exercise regimen.

For me, I'm committed to waking up every day and choosing to make smart dietary choices, move my body, and practice self-care—all of which help boost my self-confidence. But I'll be the first to admit that it's not always easy.

Your journey may sound a lot like mine... and maybe you've been successful achieving your ideal weight by working hard to maintain a healthy lifestyle.

But if that's not *your* story—you might consider some extra help from

semaglutide (or another GLP-1 agonist) to get to the top of that hill.

And that's OKAY.

There's no doubt that GLP-1 drugs are the start of a new weight loss revolution.

So now that you have all the details that will help you navigate it safely—while spending less money—go ahead and work with your doctor to give yourself the kickstart you need. Then, gradually, but surely, work to rebalance your diet, dump the sugar and carbs, and start moving your body.

After all, that will always be my FIRST prescription for weight loss that lasts a lifetime. But *so what* if it falls in line after a little help from a drug?

Because whatever helps *you* achieve a healthy weight—and then *maintain* it—will do your body a world of good, in more ways than one.

Chapter 2

The *natural* diabetes treatment that could put Big Pharma's other huge diabetes drug out of business

If Ozempic, Wegovy, Mounjaro and Zepbound *aren't* for you, but you still have blood sugar concerns, you might be prescribed *another* drug that makes Big Pharma billions of dollars every year...

Metformin.

But what if I told you there's a *natural diabetes treatment* shown in clinical studies to work *just as well* as Big Pharma's big drug?

It's a specialized natural extract known as Neoflavonoid-B—also commonly referred to as berberine.

And this natural diabetes treatment could one day cut BILLIONS out of Big Pharma's bottom line.

First of all, Neoflavonoid-B has been shown to increase GLP-1 *naturally* in animal studies.¹

But that's *not* what it's most famous for.

In fact, centuries ago in China, village doctors used this simple herbal remedy to treat one of their most devastating illnesses—a lethal form of diarrhea known as dysentery.² 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. 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...

The modern-day rediscovery of berberine's blood sugar potential began in 1988 in a hospital in northeast China. A local doctor was treating several patients for diarrhea...patients who also had diabetes. As expected, berberine took care of the patients' stomach issues.

But much to the doctor's surprise, something else happened too...

All of his patients' blood sugar levels had gone down significantly.³

And with that, the diabetes-defeating potential for berberine was re-born. Over the past several decades, 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 berberine stands up to the mainstream's "gold-standard" treatment.

Take a look at this...

In a head-to-head study, researchers tested Neoflavonoid-B (berberine) against the blockbuster drug metformin.⁴

And they were completely blown away by the results.

In fact, researchers called the effects "identical"!

With Neoflavonoid-B:

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

Neoflavonoid B: The biggest diabetes breakthrough of the 21st century?

It's 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.

Research has revealed a new understanding of how diabetes develops. Scientists believe that diabetes is caused by a low-grade inflammation (as is high cholesterol, high blood pressure, and other chronic diseases).

And that's how many Traditional Chinese Medicine remedies work—they quiet inflammation, bringing the body's internal mechanisms into balance. Studies show it takes just a bit of berberine to ease this inflammation, and, in turn, to get blood sugar into check.

But it's not just about curbing runaway blood sugar...

Even better, berberine has the power to fight diabetes at any stage of the disease:

- **For newly diabetic patients**, it could help increase insulin sensitivity.⁵
- **For patients who have been suffering for years** and have low insulin production, it could help the pancreas make more insulin again.⁶
- **And for someone facing serious complications**, it can even help fight the damage to the kidneys and nerves, and even protect the eyes.⁷

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

Berberine attacks the root of the problem

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.⁸ 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:

Neoflavonoid-B has *also* been shown to help lower triglycerides and cholesterol BETTER than metformin!⁹

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. 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 had higher numbers than Neoflavonoid-B...

Side effects!

Metformin's got plenty of 'em—including:

- Fatal lactic acidosis¹⁰
- Anemia¹¹...
- Breathing problems¹²...
- Dementia¹³...
- Irreversible nerve damage¹⁴

On the other hand, with Neoflavonoid-B, patients could finally improve their diabetes naturally!

Over the past 33 years, study after study in the best laboratories all over the world have shown this natural secret can curb runaway blood sugar...

And you can get it for just a few dimes per dose.

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

Berberine also helps promote weight loss

I mentioned above how recent research has shown that berberine acts as a natural GLP-1 solution. And other research backs up those findings by showing its weight loss effects...

Researchers gave participants 500 milligrams of berberine three times a day for 12 weeks.¹⁵ 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.

Previous studies by the same researchers showed that berberine actually prevents fat accumulation.¹⁶

Plus, researchers discovered yet another surprising benefit of berberine. The study participants also had a whopping 59.5% increase in their levels of vitamin D3 (the active form of the vitamin, also known as calcitriol levels). The researchers concluded that this makes berberine a contender for maintaining healthy bone density.

There were no indications of safety problems from taking berberine. All the standard heart, liver, and kidney function tests came out fine.

I've been using berberine in my private practice for years now. I started out with 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.

One of my patients, whom I'll call "Randy Miller" for confidentiality, used berberine and a combination of my other recommendations for metabolic repair and weight control. He described his transformation like this:

“I’m diabetes-free and 90 pounds lighter. And I’m completely off all medication. His plan just works. This just might be the most lifesaving decision you make in your entire life.”

And I’ve even heard success stories from readers, too.

Paul Kelley from Phoenix got in touch to share his experience using berberine with some of my other blood sugar recommendations, saying:

“It’s truly a miracle...It keeps my blood sugar levels rock steady no matter what.”

Isn’t it time for *you* to be in on this, too?

Berberine is inexpensive and widely available from vitamin shops, natural food stores, pharmacies, and online supplement retailers.

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

Chapter 3

The pennies-per-day Alzheimer's treatment that can slow memory loss AND reduce brain cell damage by a stunning 90%

There has been very little news coverage of this natural treatment...

Because most of the headlines are spent on Big Pharma's latest Alzheimer's disaster—

This time, it's a risky drug called Aduhelm which was priced at \$56,000 a year...

With NO solid evidence that it even worked!¹

The results were such a disaster, the pharmaceutical company announced in January 2024 that it was pulling Aduhelm from the market.²

But well before Aduhelm went down in infamy, I was talking to my patients about a natural alternative...

A natural “Memory Mix” of nutrients that costs just pennies a day.

And unlike Aduhelm, not only does it WORK...but it works unlike anything neuroscientists have seen before, because it helps protect the memory circuits in your brain that Alzheimer's attacks FIRST.

Let me show you.

Researchers at Oxford University showed this “Memory Mix” works by slashing high levels of a brain-poisoning toxin found in the bloodstream³...

And no, I'm not talking about beta-amyloid or tau proteins or anything Big Pharma has been focused on.

I'm talking about homocysteine.

If you've heard of it before now, chances are it was in terms of heart health. And this substance is a reliable marker of heart disease.

But it turns out, this much-ignored toxin also directly attacks the gray matter in the brain...

Stripping away memory and reasoning, and **DOUBLING** the risk of Alzheimer's disease.⁴

The irony is...

Some of Big Pharma's most popular prescription drugs—like metformin and the cholesterol-lowering medication cholestyramine—actually put MORE of this toxin into our bodies⁵...

But they don't talk about that, do they?

That's why I want everyone to know about this natural "Memory Mix."

Especially because it involves a simple, safe, inexpensive combination of three simple nutrients: vitamin B6, B12, and folic acid.

That's it!

Yet, as common and widely available as these nutrients are, research shows they pack a powerful punch when it comes to your brain.

For instance, researchers at Oxford University used brain MRIs to track how well this simple B-vitamin "Memory Mix" works to protect gray matter.

Over a period of two years, these MRIs clearly showed this "Memory Mix" reduced the damage by 90%.⁶

That's unheard of...

But there's more.

A second study at Oxford revealed using this "Memory Mix" improved word recall by 69%!⁷

PLUS, using the treatment every day could make a patient 5 TIMES more likely to stay Alzheimer's-free.⁸

The results were so significant, one of the lead researchers from the Oxford study went so far as to say that this simple B-vitamin Memory Mix is...

“The first and only disease-modifying treatment that’s worked.”

And with rates of Alzheimer’s expected to skyrocket in the coming years to 115 million Americans (or 1 in 3)...it couldn’t have come along at a better time!

Best of all you can get a basic B vitamin complex that contains all three of these “Memory Mix” nutrients for just pennies a day

And yet, even with these breakthrough results...many mainstream doctors will insist, “There’s no hope for Alzheimer’s disease.”

I wholeheartedly disagree.

I’ve seen in my own patients the remarkable effects these three simple B vitamins can have on cognitive function—and on overall health. So if you’re not already supplementing with B vitamins, it’s time to get started.

The doses used in the studies were:

- 0.5 milligrams of vitamin B12 (equivalent to 500 micrograms)
- 20 milligrams of B6
- 0.8 milligrams of folic acid (equivalent to 800 micrograms)

You can get quality B vitamin supplements in any natural food store or vitamin shop, as well as from online supplement retailers.

Chapter 4

The secret New Zealand “Arthritis Antidote” that has patients cancelling their knee replacements and tossing their canes in the trash!

If you have arthritis, chances are your doctor will prescribe an anti-inflammatory medication and send you on your way. But these 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 way to stop crippling arthritis pain in its tracks—and even grow new knee cartilage.

It's all thanks to a natural “Arthritis Antidote” from New Zealand that's so powerful, it can help the body repair and restore cartilage in sore, arthritic joints.

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 New Zealand's 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 is that it may help the body repair and restore cartilage in sore, arthritic joints.⁵

Wouldn't that be a gift the next time you sit at the piano...or meet up with your buddies for a round of golf?

And of course, when you're in pain, the little things matter a lot, too... like being able to open a tight jar...or sew up a loose button without aching knuckles and wrists.

Well now you're in luck:

A human trial showed 80% of patients who tried New Zealand's "Arthritis Antidote" reported serious pain relief after 8 weeks of use.⁶

That's great news...but one of the most compelling reports comes from an orthopedic surgeon here in the U.S.

He was astonished to see that with the help of green-lipped mussel extract, patients were CANCELING their knee replacements!

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

After using the "Arthritis Antidote" for one year, the surgeon noted that 84% of the patients 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!*

Can you imagine?

X-rays revealed some patients had even REVERSED the disease—gaining as much as 1.2 millimeters of cushioning space in their knee joint!

So if you have arthritis pain...and you think dangerous painkillers are the only option...

Please do not give up.

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.

Nobody should have to live with pain even one moment longer.

There will never be TV commercials about this “Arthritis Antidote” because it's *not* from a Big Pharma lab...and you won't be seeing it on the evening news, either...

But it's an effective natural option you deserve to know about. Especially since green-lipped mussel extract is inexpensive and widely available.

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.

Chapter 5

The all-natural “T-Max Therapy” that doubled cancer survival rates for “hopeless” patients—without grueling side effects... or six-figure price tags

While cancer treatment in the U.S. is focused on surgery, chemo, and radiation, there's a natural treatment called T-Max Therapy being used in more than 1,000 healthcare facilities worldwide—and more than 700 of those are hospitals in Japan.

In fact, it's the country's #1 natural cancer treatment. And the reason is simple:

Higher remission rates...with virtually *NO RISK*.

Not only is it the most promising cancer breakthrough of the past 50 years...*it's also the easiest*.

You see, T-Max Therapy could actually be considered a “functional food.”

It's as safe as eating a plate of vegetables...but much more powerful.

T-Max therapy involves a mushroom-based immune supplement known in scientific circles as Active Hexose Correlated Compound (AHCC).

In fact, AHCC has so many benefits that go beyond the scope of this report—with studies supporting its use against everything from diabetes and viral infections to chronic inflammation and stress reduction. Enough, in fact, that I wrote an entire book on the subject (*AHCC: The Medical Breakthrough in Natural Immunotherapy* which you can find on Amazon.com). The book goes into much more detail about the research that has been conducted on AHCC over the years.

But for now, I want to focus in on this mushroom-based therapy's

effects on cancer.

Of course, there are hundreds of different supplement formulas on the market made from mushrooms. So what sets AHCC apart?

Well, most other mushroom-based supplements provide only the fungi's "fruiting body." AHCC, however, draws from the mycelia (or roots) specially cultivated medicinal mushrooms, where active ingredients concentrate.

The manufacturing process breaks down these beneficial components to make them more absorbable. What you end up with is a pharmaceutical-quality supplement packed with immune-stimulating polysaccharides.

Most common mushroom-based health foods and supplements derive their effects from a particular kind of polysaccharide called beta-glucan. The problem is, our bodies don't contain enzymes to digest beta-glucan effectively. So while these other mushroom-based therapies do help somewhat, you're not getting their full potential.

AHCC does contain beta-glucan. But it also contains another type of polysaccharide, called alpha-glucan—or Alpha G. And Alpha G is what sets AHCC apart from other mushroom products.

Our bodies are able to break down Alpha G with the naturally produced enzyme amylase. Which means you're getting its full immune-boosting benefits.

But what does any of this have to do with fighting cancer? To answer that question, it helps to take a closer look at the role your immune system plays in both prevention and remission.

The “cure” for cancer starts with your immune system

The fact is, you have cancer forming in your body every single day...at this very moment, in fact.

This is a reality of the disease-forming process that few people realize.

That's because if your body is healthy, you won't even know it's

happening. Microscopic tumors develop, and your immune cells hunt them down like Pac-Man to gobble them up before they can grow larger. This is called cell-mediated immunity—and it's sustained by your body's natural killer (NK) cells, macrophages, T-cells, and cytokines.

In fact, doctors assess these immune cell populations in order to form cancer prognoses. Because your odds against any disease are only as good as your defenses.

Ultimately, it's easy to see why having a healthy immune system is so essential. And as you may have guessed, this immune defense is precisely where AHCC comes into play.

As its nickname suggests, AHCC “T-Max Therapy” works by boosting the body's cancer-killing T-cell activity to unprecedented levels.

This is important because cancer patients have notoriously low T-cell activity compared to healthy patients.

One clinical trial revealed that T-Max Therapy **TRIPLED** cancer-killing T-cell activity for patients with terminal cancer—boosting their levels back up to the same level healthy people have.

T-Max Therapy is a way to rev up the body's natural immunity to take on cancer...

And it's quite literally a matter of life and death.

In a groundbreaking nine-year study of 269 patients with liver cancer, *80% of the AHCC group had survived...while only 53% of the control group did during the same time period.*

Those results are *dramatic*—but that's not all I have to share with you.

Studies have also shown dramatic increases in survival rates among cancer patients, even those with late-stage or terminal diagnoses. One placebo-controlled study of advanced-stage liver cancer patients, for example, showed that 6 grams of AHCC per day doubled survival time. Other, long-term, placebo-controlled studies reaffirm these results, revealing significantly higher survival rates among liver cancer

patients taking 3 to 6 grams of AHCC per day.

Take a look at these results from a large study of terminal patients with various forms of cancer, including gastric cancer, colon cancer, liver cell cancer, pancreatic cancer, lung cancer, breast cancer, and ovarian cancer.

Out of 195 patients—*none of whom were expected to live*—114 experienced partial improvement or *complete* recovery

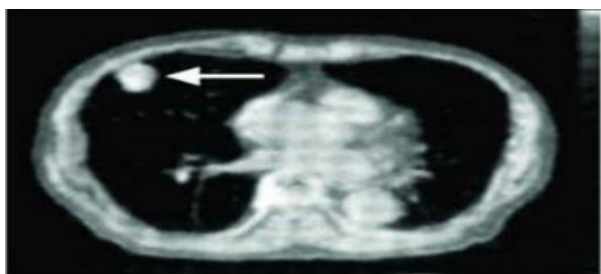
There were also 27 cases in which cancer progression was stopped within 6 months of using T-Max Therapy.

All together, that's 72% of terminal patients who experienced benefit.

Results like that are practically unheard of here in the U.S.

But to understand what a difference this could make, take a look at these scans, provided by doctors in Japan...

Here's one 70-year-old patient's inoperable lung cancer tumor...

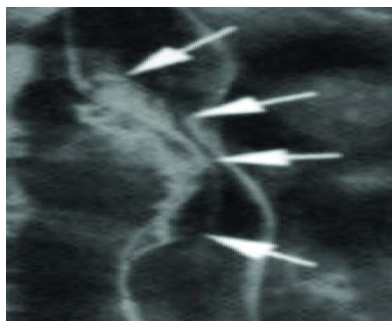


And here's what it looked like after 8 months of T-Max Therapy, plus other immunotherapies:

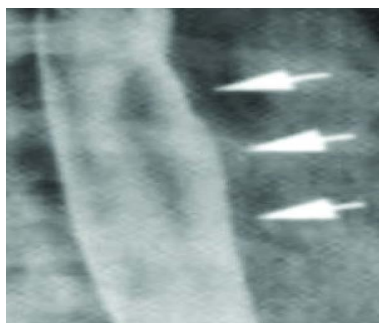


You can see the tumor shrunk down to almost *nothing*.

Here's another patient, just 55 years old, who was suffering from a tumor blocking the esophagus:



And here's a scan after just **4 months** of T-Max Therapy, plus other immunotherapies:



It's clear as day—the tumor nearly **disappeared**.

Any treatment that can help late-stage cancer patients like this is worth its weight in gold.

Plus, growing research shows that T-Max Therapy with AHCC can *reduce* notoriously difficult chemo side effects, such as nausea, vomiting, appetite loss, hair loss, liver damage, low white blood cell counts, and anemia.

Again, you can read more about all of the studies I've mentioned here—and many more—in my book.¹

But in the meantime, suffice it to say, “T-Max Therapy” with AHCC

could make a real difference in the battle against cancer...

And I just can't understand why more U.S. doctors aren't talking about it, let alone *using* it.

But I can certainly *guess* why...because once again, this breakthrough is *not* backed by Big Pharma.

It doesn't cost thousands upon thousands of dollars.

In fact, AHCC supplements are available from several online retailers, and most formulas cost just little over \$1.50 a day, although dosages vary.

It's a small investment to make—but if you or someone you love is fighting cancer, the payoff could be huge.

Chapter 6

The spice-rack secret that can improve fading eyesight in just 90 days

My aunt developed age-related macular degeneration (AMD) when I was just a kid.

It was a relatively “new” disease back then, just starting to gain recognition from the medical establishment. So doctors had little to offer her... and we all watched helplessly as her eyesight steadily and irreversibly slipped away.

Of course, we know a lot more about AMD now. Like how to fight it with targeted nutrition—whether it’s by following an antioxidant-rich Mediterranean-style diet, or by taking therapeutic doses of vitamin C, vitamin E, beta-carotene, zinc, and copper.

These solutions may not sound particularly exciting or cutting-edge. But they work — and that’s a big deal.

Ultimately, diseases like AMD are the reason I’m so adamant about giving old standbys their due. All too often, people write off powerful nutrients as “boring” or “ineffective” just because they’ve been around for a bit.

But every once in a while, you come across that rare ingredient that has it all—the sexy backstory, the sterling reputation, and the support of brand new, breakthrough research.

And sometimes, this research is truly astonishing... like one recent scientific study that revealed that a single natural ingredient helped restore failing eyesight in just 90 DAYS... and helped patients with vision loss read *two extra lines* on the eye chart.

That’s with NO drugs, NO surgeries, and NO eye drops!

Can you imagine what sharper vision would mean to you?

Being able to read the menu easily when you're out to eat...

Noticing that the colors of nature look brighter...

Having sharp, clear vision for detailed tasks when you're working out in the garage, or helping your grandkids with their math homework?

It's powerful enough to be **life-changing...**

And believe it or not, this vision-restoring secret may already be hiding in your own kitchen...

I'm talking about saffron—an exotic, fragrant, delicate spice that's instantly recognizable to any seasoned foodie.

And it turns out, saffron can *also* deliver a *knockout* punch to AMD.

Yet, I'll bet your ophthalmologist has never mentioned it.

In order to understand what makes saffron so effective, it helps to have a basic understanding of AMD and its devastating effects on vision.

As its name suggests, macular degeneration destroys your macula.

That's the most sensitive part of your retina, located in the back part of your eye. It's filled with the light-sensing cells responsible for sharp, central vision.

There are two main types of macular degeneration—dry AMD and wet AMD.

Dry AMD is by far the most common, accounting for roughly 90% of all cases. It's a slow-moving disease that causes the critical sensory cells in your macula to break down and die. Typically, a person will start off with dry AMD, but one in 10 people will progress to wet AMD.

Wet AMD is marked by the growth of abnormal blood vessels beneath your macula. This results in a leakage of blood and fluid that damage the macula a lot more quickly than dry AMD.

Research shows that saffron benefits patients in the early stages of both types of AMD. That's due, at least in part, to the abundant amounts

of the antioxidant carotenoids it contains, called crocin and crocetin. And it appears to work its magic by protecting macular cells against blindness by boosting their sensitivity to light.

Bringing the world into focus

Let's start with some short-term findings: As part of a small 2010 study, 25 patients with early, dry AMD received either a 20 mg saffron supplement or a placebo every day for two consecutive three-month periods.¹

Results from a focal electroretinogram (fERG)—a test that measures the activity of retinal cells in response to light—revealed much higher sensitivity in the macula after saffron supplementation.

Saffron also delivered significantly sharper vision at a distance among early AMD sufferers—and that's no small feat after just 90 days.

Eager to see what saffron could do over a longer treatment period, these researchers completed a follow-up study in 2012.² And the outcome was every bit as promising. Results showed even greater improvements in visual acuity and retinal sensitivity that lasted the full 14-month trial.

Also noteworthy? A 2013 trial from the same research team that found that these benefits are consistent among *all* AMD patients, regardless of any genetic risk factors influencing the disease.³

A larger six-month trial in 2016 from a different group of scientists found that saffron's benefits are no fluke.⁴ This time, 60 patients with either wet or dry AMD were given 30 mg of saffron or a placebo daily.

Comprehensive testing after three and six months showed significant increases in retinal sensitivity to light. Plus, patients with wet AMD showed significant decreases in apparent blood vessel abnormalities.

Cooking with saffron won't cut it

The one thing you may have noticed from all this research is that the studies relied on saffron in supplement form, rather than the spice.

And there's a good reason for that.

If you've ever cooked with saffron, you know it's not cheap. And its main purpose is to add subtle flavor to a dish, not overwhelm the plate. So you're never going to be able to get the full benefit of saffron from cooking with it.

But thanks to high-quality (and far more affordable) saffron extracts—available both in combination formulas and as stand-alone supplements—you don't have to. I recommend taking 30 mg of a standardized extract every day.

Chapter 7

The Island Secret that's making some Caribbean residents nearly *heart-attack-proof*

The media doesn't take it seriously, but a certain not-so-forbidden island fruit could be one of the easiest-to-follow "prescriptions" on Earth.

I'm talking about cacao—chocolate.

Scientists originally discovered its power from the people of the Kuna Yala Islands, who live off the coast of Panama. They noticed that the Kuna Indians who moved to the mainland had the same rate of heart disease as the typical Panamanians.

But those who stayed on the island and ate a traditional diet, which was very high in cacao, had a near-zero risk of heart disease. That's when the interest in looking at the benefits of chocolate began.^{1,2}

Since then, there has been a lot of back and forth on the subject of whether chocolate is good for you.

But I think there's enough evidence to say that cacao is, in fact, a health food...especially when it comes to your heart.

Fend off heart attacks, diabetes, *and* deadly strokes... with just two ounces a day

Chocolate is one of the most powerful antioxidants on the planet. It has an ORAC value greater than 10,000—one of the highest scores of any food substance yet discovered. (ORAC is a measure of antioxidant capacity.)

Dark chocolate, derived from cocoa beans, is rich in polyphenols, specifically flavanols—sometimes called flavan-3-ols, or 3FO.

And these powerful compounds can lower blood pressure, fight

inflammation, guard against deadly clots, and protect your metabolic health.¹

So the fact that chocolate is good for your heart isn't exactly a surprise. What may be surprising is just how beneficial it actually is.

Here are some of the research highlights. Various human studies revealed this island delicacy:

- ✓ Reduced the formation of dangerous fatty plaques in the heart²
- ✓ Lowered high blood pressure³
- ✓ And dramatically reduced the risk of heart attacks⁴

In 2011, the *British Medical Journal* published a meta-analysis in which researchers reviewed seven different studies featuring over 100,000 subjects.⁵

They found that people who ate the most chocolate benefited from significant reductions in both heart disease, diabetes, and stroke—by 37 percent, 32 percent, and 29 percent, respectively.

And these results held even after researchers took participants' age, physical activity, body mass index, smoking status, and other dietary factors into account.

Of course, the main pitfall of this study is that it didn't account for what type of chocolate subjects were eating. And there's a world of difference between a Hershey bar and 100 percent pure, unsweetened cocoa powder (more on that below).

Which also raises the inevitable question...

Doesn't chocolate make you fat?

The answer, according to one 2012 study, is *no*. Quite the opposite, in fact: This research found that eating chocolate twice a week is linked with a *lower* BMI.⁶

So what's the secret?

Researchers generally chalk chocolate's metabolic benefits up to its abundance of flavanols. (Those disease-fighting antioxidant compounds I mentioned earlier.) And there's no question that they're the power players behind cocoa's growing credibility.

But research published recently in the journal *FASEB* suggests that there may be more to the story than that...

This clinical study featured 44 overweight men who ate just over two ounces of dark chocolate daily for four weeks.⁷ But half of these men ate chocolate that was enriched with extra flavanols.

Results showed that dark chocolate consumption made subjects' arteries more flexible. And it also prevented white blood cells from sticking to blood vessel walls (another major cause of heart attacks).

But adding extra flavanols didn't make a difference. Plain old pure dark chocolate was every bit as effective.

Granted, these aren't placebo-controlled clinical trials we're talking about. And both laboratory and epidemiological research have their fair share of shortcomings. Not to mention that a lot of the research has been funded by companies like Mars and Hershey.

That said, the evidence is compelling enough for me to recommend chocolate to my patients—and to you. But you still need to be smart about it. And that means consuming wisely—in more ways than one.

How to have your chocolate and eat it too

First, be judicious about the type of chocolate you choose. It's true that many of cocoa's benefits seem to occur independently of flavanol content. But you still want to look for chocolate that's as unadulterated as possible (which means the majority of its polyphenols will be intact). And whatever you do, avoid products with excessive sugar—or worse, high fructose corn syrup.

That means skipping white and milk chocolate in favor of pure cacao—at least 80 to 90 percent. But I recommend going for 100 percent cocoa powder.

Is it going to taste good? Not by itself—I'm not going to lie. But that's easy to fix.

Just mix it with unsweetened almond or coconut milk, along with a little bit of stevia (just enough to cut the bitterness). The resulting concoction is one of my favorite treats.

And I promise you, it's the *easiest* and most delicious heart health “prescription” you'll ever get.

CITATIONS

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