THE UNDERGROUND SECRET FOR REVERSING ALZHEIMER’S

Plus Special Bonus CURES, Including:

- An Ancient Pain Reliever that Runs CIRCLES Around Morphine
  06

- The Miracle Molecule that Destroys Cancer
  11

- The Bible’s Plan For Conquering Diabetes
  20
For Chris Bernard, his mother's Alzheimer's diagnosis felt like a death sentence.

She spent three years taking the most common Alzheimer's drugs on the market, like Aricept.

But she wasn’t getting better — she was getting worse.

She couldn’t drive a car anymore. Her memories began to slip away. She even had trouble speaking.

And that’s when Chris stumbled upon a powerful natural remedy — one that changed his mother’s life.

After only two months, “her memory came back, she ate more, and was willing to do more,” Chris explains.

This powerful brain support supplement has been proven to help improve memory and reverse symptoms of Alzheimer's in as little as 45 days.

Imagine watching a loved one’s memories, personality and ability to function start to return in just weeks.

These are the kinds of amazing results that real people with Alzheimer’s have experienced with this natural breakthrough. So why is the mainstream medical establishment making sure millions of Alzheimer’s patients and their caregivers never learn about it?

**Research PROVES Alzheimer’s is Reversible**

You’ve probably heard the same old argument a thousand times.

Whenever a breakthrough natural remedy comes along, the mainstream tries to dismiss it by claiming it hasn’t gone through the same expensive clinical trials as prescription drugs.
But when it comes to the brain support formula Axona, that’s just not true.

Axona, manufactured by Accera, Inc., out of Colorado, has been studied extensively in clinical settings and is even an FDA-approved “medical food” (a type of heavy-duty supplement that requires a prescription).

And the results Axona has produced… on real people with Alzheimer’s… have been nothing short of amazing.

What makes Axona different is that it *targets Alzheimer’s and your brain in a completely different way.*

You see, when you develop Alzheimer’s, your brain has trouble using glucose, which is the main energy source for cells throughout the body.

And you know what happens when you don’t give your cells fuel, right? They stop working… and then they die.

But there’s a secret that most Alzheimer’s patients and their caregivers never hear. Your brain cells can actually use a *different type of fuel,* produced from fats, called ketones.

And that’s where Axona comes into the picture.

**Axona actually FEEDS your starving brain cells… with fat.**

Think about that for a second… for decades, the U.S. government and mainstream medicine told us to stay away from fats… and to load up on sugar-packed “low-fat” foods instead.

Meanwhile, we now know that sugar is a major contributor to Alzheimer’s — and fat may hold the cure.

Just consider all the friends, relatives… even beloved national heroes like Ronald Reagan… that we lost while that bad advice was being peddled.

It’s absolutely shameful.

Axona, on the other hand, gets it right. It contains a concentrated, pure dose of caprylic acid, a powerful medium-chain triglyceride (MCT… sometimes called Alkanone) found in coconut oil.
When caprylic acid reaches your liver, it's converted into ketones that your brain can use for fuel.

Once your brain cells have the fuel they need, they spring back into action.

In fact, a breakthrough study proves that Axona improves brain function and actually starts to reverse Alzheimer's in as little as 45 days!

And another study found that some people who took MCTs experienced improvements in as little as one dose.

**Just 45 Days Can Change Everything**

How many of us have watched loved ones slowly slip away for years because of Alzheimer's?

It seems hard to believe that you can actually turn the tide on this dreaded disease in just a month and a half.

But that's exactly what happened when people with mild to moderate Alzheimer's began taking Axona.

In a major clinical trial, people with Alzheimer’s who took the recommended dosage of Axona every day experienced major improvements in cognitive performance.

That was measured using something called the Alzheimer's Disease Assessment Scale — Cognitive Subscale (ADAS-cog), the gold standard for diagnosing Alzheimer’s. It measures everything from memory to speech.

And in just 45 days, people on Axona performed an average of 6 points better on ADAS-cog than those who didn’t take it. There’s no other way to say it…

They were actually reversing their Alzheimer’s symptoms!

And keep this in mind — a typical person without Alzheimer’s scores about a 5 on ADAS-cog, while the average Alzheimer's patient scores a 31, So it's not a large scale.

In other words, a 6-point difference isn't just impressive — it's life-changing!
For Chris Bernard’s mother, Axona’s effects were incredibly fast and remarkable.

She was suddenly alert, aware, and active. She regained interest in conversations and no longer struggled to identify faces and names.

And here’s what another Alzheimer’s caregiver had to say about Axona:

“My mother-in-law has dementia and lives on her own. Just a few months ago, we were looking at assisted living facilities. Then we started her on Axona and she already showed signs of improvement in two weeks. It has been three months now and the transition is remarkable. She is comfortable at home, has boundless energy, is trying new interests and her memory and functionality has improved 100-fold.”

**The Mainstream’s Silent War Against Axona**

If you’re caring for a loved one with Alzheimer’s, there’s one critical question you need to ask yourself.

Has any doctor… ever… told you about Axona or recommended it?

Probably not. The fact is, the mainstream medical community is obsessed with prescription drugs and many doctors seldom recommend natural products like medical foods.

Many doctors aren’t even educated about these alternative remedies.

And it shows in the numbers. Axona was prescribed more than 30,000 times within its first three years on the market.

But there are more than 5 million Americans living with Alzheimer’s right now. That means this breakthrough treatment is literally being denied to millions of patients.

That doesn’t have to happen to you or someone you love. Ask your doctor to write a prescription for Axona (it’s safe to use with other Alzheimer’s drugs — in fact, many of the people in the Axona clinical trials were taking other Alzheimer’s meds).

Better still, Axona comes as a powder that can be mixed with water or soft foods, making it easy for Alzheimer’s patients to take.

Prices start at around $80 a month, which may be less than what you’re paying for other prescription drugs.
This Ancient Pain Reliever Ran Circles Around Morphine

Living with pain doesn’t really feel like living at all, does it?

You’re scheduling your day around that next dose of pain pills.

Maybe you’ve even abandoned some of your favorite activities, like golfing, knitting, or working in the garden.

If you’ve given up hope of ever finding safe, natural pain relief… it may be time to take a second look.

Because, believe it or not, the simple, ancient practice of meditating could deliver major pain relief.

And in at least one study, it ran circles around the pain drug morphine!

In research out of Wake Forest, 15 volunteers had scans done on their brains while researchers induced pain.

They were then taught how to meditate for four days, and on the fifth day their pain intensity ratings were down 40 percent and pain unpleasantness scores were down 57 percent.

By contrast, morphine only delivered a 25 percent drop in pain intensity.

That’s right — meditation outperformed morphine by a whopping 60 percent!

In another study, patients who meditated for weeks saw pain improvements of up to 90 percent.

Hundreds of studies have been done on this phenomenon. Pain is both a physical and mental sensation. Learning to control it through mindfulness can have a real impact on reducing its effects.

The leader of the Wake Forest study, Fadel Zeidan, explained to The Atlantic, “Meditation teaches patients how to react to the pain. People are less inclined to have the ‘Ouch’ reaction, and are able to control their emotional reaction to pain.”
So how do you get started on meditation? There are a few different ways:

**Concentration Meditation:** This is probably what you think of when you hear the word meditation. Concentration meditation requires focusing on a single thing, whether it be an object, a mantra (a word or phrase that you repeat), listening to a repetitive sound like a gong, or using your thumb and forefinger to count beads on a string.

The purpose is to train your concentration on your chosen focal point and try to allow it to take all of your attention. As thoughts come into your mind, you are encouraged to recognize the thought and then to bring your concentration back to your chosen focal point.

**Mindfulness Meditation:** Where concentration meditation pushes away extraneous thoughts, mindfulness meditation accepts them with serene detachment.

As thoughts drift through your mind, resist the urge to label them good or bad, and rather accept their existence and let them drift away. Mindfulness meditation can also be based on awareness, without judgment or attempts to modify, of the breath as it gently rises and falls.

**Open-Monitoring Meditation:** Rather than focusing on one specific object, or only the contents of your mind, you take in everything that is happening around you all at once, both within and without, and try not to react.

Think of it almost like you’re sitting on a bench in a park staring into space. You see the people move by but don’t react to their existence.

Some experts recommend that you choose a meditation type based on your personality and interests. If you’re introverted, mindfulness is probably best for you. If you are an avid reader, try a mantra that means something to you. If you’re athletic, try meditation while hiking.

There are a number of elements that can impact your meditation practice.

In order for your internal head space to be clear and focused, the space around you needs to be as well.

Here are a few common elements that are a part of any successful meditation practice:
**Breathing:** Essentially, every type of meditation is connected to the breath. Start your practice by closing your eyes and focusing on the rise and fall of your breath. Try to make your breathing even, with long, steady inhales and exhales.

It helps to focus on each stage of breathing — feel the breath fill your stomach, lungs, and your chest, and then exhale until it all leaves you. Slow, deep breathing is the key to meditation and can often act as a tool to bring your focus back to your practice.

Bringing your attention back to your breathing whenever you feel your attention wander can help keep you grounded.

**Focused Attention:** This is the most vital, and most difficult, part of meditating. As stated before, there are a number of ways to focus your attention, and many things to choose from. A mantra, an object like the string of beads known as a mala, a single candle, or a spot on the wall can all be a part of your focus. You can also focus on your breath — the sensation of each inhale and exhale can be what you choose to focus on.

**A Quiet Room:** Don’t make meditation more difficult than it already is. Trying to sink into meditation in a room full of noise or distractions will only make it more difficult. Find a quiet, peaceful setting for your meditation.

If your home is crowded and noisy, you could always try moving outdoors.

**Comfortable Position:** Whether it's sitting, standing, lying down, or walking around the room, you need to be comfortable in order to meditate.

Getting caught up in the details of the “correct” way to meditate is silly, particularly for beginners. We don't all need to sit like a yogi in lotus position, legs crossed and palms facing upward. Find a position that works for you.

The last thing you need is physical discomfort distracting you from clearing your mind.
A Simple Meditation Exercise

As we’ve already discussed, there are many different types of medita-
tion, each of which serves a different purpose for the mind and body. For the sake of this report, we’ll focus on mindfulness meditation.

According to Karen Kissel Wegela in *Psychology Today*, mindfulness meditation “helps us become aware of what is already true moment by moment. We could say that it teaches us how to be unconditionally present; that is, it helps us be present with whatever is happening, no matter what it is.”

Here are the basics:

**Set Up Your Environment:** A nice, quiet room, as we’ve already dis-
cussed, is perfect for a meditation session. Make sure it’s comfortable.

Some people like to use “props” when they meditate, such as soothing candles, photographs, a journal, or some inspiring books. Whatever works for you, just make sure you’re feeling at ease!

**Sit Down:** Traditionally, mindfulness meditation is done while seated.

There are special “meditation pillows” that you can use to sit on, if you choose. You can sit on the floor, or in a comfortable chair. Again, this is all about you. Just make sure that you’re comfortably supported.

Your posture is important here. Try to sit upright, but not to the extent that your back is arched or overstressed. Imagine a string reaching from the top of your head to the ceiling, gently pulling you upward.

**Focus On Your Breath:** Keep your eyes open but your gaze relaxed and focused slightly downward. Don’t stare intently at what’s in front of you but instead allow your focus to move gradually and naturally inward. Begin to concentrate on the rise and fall of your breath, keeping it slow and even. As your mind begins to wander (which it will, so don’t worry about it) try to continually bring it back to your breath.

Once you’ve relaxed and settled, it’s time to start focusing on your thoughts. This is where the mindfulness really comes into play.

Many people mistakenly believe that meditation is all about emptying your mind. While that is true in some cases, becoming mindful is all
about your thoughts.

You’re working toward being able to observe all of your thoughts, memories, and emotions, good or bad, without reacting to them. Simply let these things wash over you, acknowledge them, and then set them aside.

If you find yourself chasing a particular fear or emotion, let it go and bring your attention back to your breath. Your thoughts should be able to float in and out of your mind without pulling you away from your meditation.
Regardless of your religion, we’ve all heard the stories of Jesus’ miracles…

But did you know that a little-known molecule that can be traced back to a 459-year-old engraving of a miracle described in the Gospel of John is STUNNING cancer researchers around the world?

If you’re not familiar with the passage John 2:1–11, the Wedding at Cana in Galilee takes place. Jesus was invited to the wedding with his disciples, and the mother of Jesus was there as well.

When the wine ran out, Jesus’ mother told Jesus, and then she advised the servants to do whatever he tells them.

Jesus ordered the servants to fill six stone water jars with water and then draw some out for the chief steward waiter. After the steward tasted it, he said they had strayed from the custom of serving the best wine first, by serving it last.

This was the first of the signs that Jesus delivered, turning water into wine, and manifested his glory.

So what does the depiction of the Wedding at Cana have to do with cancer?

Well, scientists have been studying the health benefits of wine for years. And in the 1990s, they discovered a chemical compound that's found in wine (although it was first isolated from a flower called white hellebore, or *Veratrum Album*).

A little thing we like to call the “miracle molecule.”

And more recently, researchers around the world are showing that it could be an important tool in the fight against cancer.

We’re talking about…

- A cancer treatment that's completely noninvasive, with zero side effects… no fatigue, anxiety, anorexia, depression, insomnia or any other nasty side effects of chemo
• A treatment that won’t leave you with astronomical medical bills… yet could safely kill tumors, without harming your body…

• A treatment so effective that it has in some cases ELIMINATED late-stage cancers… in a matter of weeks.

In this report, we’ll reveal all the details of the miracle molecule.

What it is… where you can find it… how to consume it… and more.

**The French Paradox**

The transformation of water into wine at the Wedding at Cana is the first miracle attributed to Jesus.

But it seems that there are more miracles that could be attributed to wine, which is mentioned 240 times in the Bible.

Let’s take a look at more recent times, at a well-known catchphrase of a concept formed in the ’80s. The French Paradox suggests that France’s high red wine consumption is a primary element in the trend of good heart health, and has since opened up a whole new revelation.

The French may be on to something.

Red wine contains a natural compound called resveratrol. Resveratrol is a polyphenol and is thought to act as an antioxidant, protecting against damage to the body.

Even if you’ve never heard of it before, chances are you’ve consumed it.

Not only is resveratrol found in red wine, but is in an abundance of other sources as well. Harvard’s Heidi Godman writes, “It’s found in foods such as peanuts, pistachios, [red and purple] grapes, blueberries, cranberries, mulberries, lingonberries and even cocoa and dark chocolate.

The plants from which these foods come make resveratrol to fight fungal infection, ultraviolet radiation, stress and injury.”

Research has shown that not only does resveratrol offer protection against heart disease, but it boosts the immune system, improves brain health, and even prolongs life.
Most recently, this molecule is making a name for itself in treating one of the most deadly diseases in the world. If you want to naturally heal yourself or a loved one of cancer, then what you’re about to discover offers a revolutionary way of fighting this terrible disease.

And it’s not by downing a bottle of red wine…

Although a nice glass of red daily can be healthful, we don’t recommend consuming resveratrol through wine, because doing so requires you to consume far too much alcohol to get therapeutic amounts of the resveratrol.

We recommend a supplement. More on that in a bit, but first let me show you the research behind resveratrol and cancer.

**Resveratrol and Cancer**

The University of Minnesota published a paper saying “resveratrol induces apoptosis.”

That’s scientific-speak for “programed cell death.” The paper concludes that resveratrol “suppresses tumor promoter-induced cell transformation and markedly induces apoptosis.”

What’s really incredible is that this substance attacks many kinds of cancers.

The book *21 Super Foods* confirms that “Resveratrol has been proven effective in reducing the risk and/or growth of breast, prostate, colon, skin, pancreatic, ovarian, liver, lung, stomach, oral, cervical, lymphatic, thyroid, and esophageal cancers, as well as melanoma, leukemia, metastasis to bones and neuroblastoma.”

“Research has shown that resveratrol has the ability to penetrate the center of a cell’s nucleus,” writes Dr. Al Mercola.

This allows the DNA to repair free radical damage that may otherwise enhance cancerous growth. What’s more, certain enzymes that generate tumor development are prevented from forming by resveratrol’s anti-inflammatory properties.
The Truth About Cancer identifies resveratrol as “God’s natural cancer killer.” The website goes on to say that resveratrol “is a dozen cancer-fighting drugs all wrapped up into one” and “fights cancer in so many ways that researchers can’t find a cancer-promotion pathway it doesn’t inhibit.”

In order to understand the power of the miracle molecule, first you need to understand why cancer is such a deadly disease… and why traditional treatments often fail to cure cancer patients.

A study published in the Journal of Clinical Oncology found that over a 12-year period, chemotherapy cured adult cancer only 3 percent of the time.

Why does chemo have such a track record of failure?

According to a study from the American Association for Cancer Research, 70 percent of cancers are solid tumors that radiation or chemotherapy cannot penetrate. Chemo often kills a lot of tumor cells, but not all of them. Some drug-resistant cells survive… and then grow again.

The bottom line is that chemotherapy and radiation alone do not always stop the progression of the disease. Not to mention the fact that chemo also affects healthy cells, leading to horrible side effects.

So what if there were an alternative?

What if there were a way to trigger death of cancer cells without affecting healthy cells? And what if we could hit cancer cells from multiple angles in a way that would be virtually impossible for the tumor to resist treatment?

That’s where the miracle molecule comes in…

Because it’s 100 percent natural, it helps you fight cancer the way God intended. Unlike chemotherapeutic agents, it isn’t toxic to healthy cells. And it doesn’t fight cancer through just one mechanism.

It triggers cancer death through three cellular mechanisms. As a result, cancer cells find it harder to develop resistance to its actions.
Cancer Killing Mechanism #1: It Stimulates Programmed Death of Cancer Cells

Did you know your body already has a cancer-fighting mechanism?

They’re called natural killing (NK) cells, and they’re part of our immune system. As our first line of defense against cancer cells, they bind to cancer cells and then deliver a lethal dose of toxins that trigger apoptosis (programmed cell death,) killing cancer on contact.

Cancer patients usually have impaired NK cells, and for that reason, cancer cells divide and grow uncontrollably.

That’s where the miracle molecule comes in.

It has been demonstrated that resveratrol activates natural killing cells and increases their toxicity against cancer cells. Imagine putting NK cells on steroids and turning your own body into a cancer-killing machine... that’s what the miracle molecule does.

Cancer Killing Mechanism #2: It Cuts Blood Supply to Tumor Cells, Starving Them to Death

Cancer cells are hungry little things. They need a lot of energy to support accelerated growth and proliferation, and they fuel their rapid growth by increasing the consumption of their favorite food, glucose.

They also develop “new blood vessels that facilitate the delivery of sugars and other nutrients to the tumor site.” That’s how cancer cells are able to grow uncontrollably.

But what if we could cut the supply of nutrients to the tumor site?

It turns out that’s another way the miracle molecule fights cancer. It inhibits the growth of new blood vessels, starving cancer cells to death. Without fuel, tumors shrink… and eventually vanish.

By leveraging our NK cells and cutting the supply of nutrients to the tumor site, the miracle molecule kills cancer in its tracks.
Cancer Killing Mechanism #3: It Turns off Enzymes That Cause Inflammation

“Chronic inflammation” says Science Daily, “is associated with up to 25 percent of all cancers.” Scientists all agree that an enzyme called COX-2 causes inflammation, and that inflammation is a cancer-promoting event. In other words, COX-2 has been linked to cancer.

Now, if there were a way to turn off the COX-2, we could attack the real root of cancer… not just its symptoms. That’s exactly what the miracle molecule does.

Research from the Memorial Sloan Kettering Cancer Center, the American pillar of cancer treatment, showed that the resveratrol completely turned off the COX-2 driver.

Dr. Andrew Dannenberg and his colleagues from New York Presbyterian Hospital have also tested over 800 natural extracts for their ability to inhibit COX-2. They also confirmed the miracle molecule inhibits COX-2 activity.

And Research from the Hormel Institute, University of Minnesota, concluded: “Resveratrol directly targets COX-2 to inhibit carcinogenesis.”

As you can see, it’s this three-pronged approach to fighting cancer that makes the miracle molecule so effective. It attacks cancer in ways that chemotherapy and radiation can’t. It supercharges our natural killer cells; cuts blood flow to tumor sites, starving them to death; and turns off enzymes that trigger cancer-promoting inflammation.

In other words, it attacks the root cause of cancer… not the symptoms.

Even better, you can also take the miracle molecule as a daily preventative.

It Can Also Be Used Alongside Chemo

You don’t have to abandon chemo or radiation to take resveratrol.

The advantages of resveratrol are immeasurable. As researchers continue to uncover the benefits of this miracle molecule in cancer prevention, studies have also shown that resveratrol serves in conjunction with cancer therapies.
It acts as a chemo-sensitizer (a substance that can help you overcome resistance to chemotherapy drugs) and a radiation-sensitizer (makes cancer cells more vulnerable to radiation).

Michael Nicholl, an assistant professor of surgical oncology at the University of Missouri School of Medicine, “recently published studies showing that resveratrol can boost the effect of radiation treatment… increasing the likelihood of a patient’s full recovery from even the most aggressive cases of the disease.”

Nicholl also stated that “Other studies have noted that resveratrol made tumor cells more susceptible to chemotherapy, and we wanted to see if it had the same effect for radiation therapy.”

Prostate tumors contain low levels of proteins that can kill diseased cells. When resveratrol was introduced into the tumors, the proteins’ activity increased and enabled radiation to destroy up to 97 percent of cancer cells — proving that radiation and resveratrol is a recipe for success.

To date, no toxic symptoms or side effects have been reported in relation to resveratrol consumption.

Finally. A cancer treatment that’s completely noninvasive, with zero side effects. No fatigue, anxiety, anorexia, depression, insomnia or any other nasty side effects of chemo.

More Than a One-Trick Pony

Scientific studies show the miracle molecule can fight against 342 different diseases, including diabetes… arthritis… Alzheimer’s… heart disease… and more.

A recent study from Max Planck Institute for Human Cognitive and Brain Sciences showed that resveratrol improves memory in older adults.

After studying adults that took resveratrol for six months, the researchers concluded that “users showed a significant increase in functional connectivity of the hippocampus — the area of the brain involved with the formation, organization and storage of memory.”

It’s even believed that resveratrol clears out the plaque in our brain that leads to Alzheimer’s disease. It was also found to enhance cerebral
blood flow to the brain, which has distinct implications for vascular dementia (caused by impaired blood flow) as well as stroke.

Researchers at Georgetown University Medical Center also studied the effect of the miracle molecule on 119 people suffering from Alzheimer’s.

According to Dr. Charbel Moussa, neurologist and head of the study, “The agent seems to shut out unwanted immune molecules that can exacerbate brain inflammation and kill neurons. These are very exciting findings because it shows that resveratrol engages the brain in a measurable way.”

Can you think of any other natural cure that fights cancer AND improves your memory?

The benefits go beyond just this. The miracle molecule can also eliminate arthritis pain and help you move with the grace and freedom of youth.

Dr. Joseph Maroon, a senior-level neurosurgeon and author of The Longevity Factor, says the miracle molecule helps reduces inflammation and morning stiffness. So much, in fact, that he recommends resveratrol to his patients.

John P., who has taken the miracle molecule, can attest to this. He reported his story online, saying “Although I was taking resveratrol for other reasons, it ended up having a profound effect on my arthritis. In fact, today my joints feel 20 years younger... put my arthritis in remission. It might work for you too. All arthritis sufferers should consider giving resveratrol a shot.”

And there’s more…

Due to its wide-ranging health benefits, some even refer to the miracle molecule as “the fountain of youth.”

An animal study from Harvard Medical School recently showed this molecule can extend life span by as much as 30 percent by activating a primary “longevity gene.” Translated into human years, we are talking about several years of extra vibrant healthy life!

Professor Karen Brown of the Department of Cancer Studies and Molecular Medicine at the University of Leicester has said that resveratrol can
do a multitude of beneficial things, “from protecting against a variety of cancers and heart disease to extending life span.”

Clinical studies show the miracle molecule can lower the levels of blood glucose and insulin in the body and improve levels of good cholesterol. It fights macular degeneration, the leading cause of severe vision loss in people over age 60.

It also reduces cardiovascular risks by up to 40 percent, according to the World Health Organization… so it could help your heart tick away reliably for decades to come.

In addition to treating and preventing diseases, increasing evidence indicates that resveratrol also lessens symptomatic reactions to treatments. A study published in the journal Experimental Biology and Medicine published a study and reported that “resveratrol lessens the side effects of chemotherapy, such as fatigue, anxiety, anorexia, cachexia (wasting syndrome), depression, insomnia, delirium, cognitive dysfunction and neuropathic pain.”

The Miracle Molecule Is Available Right Now... and It Doesn’t Cost a Fortune

With all of the advantages, it should come as no surprise that Big Pharma companies are already trying to capture the benefits of resveratrol in a synthetic, patentable and expensive drug. But you don’t have to wait for that!

There are many effective and budget-friendly supplement options on the market. One brand in is Longevinex.

Longevinex has a dosing dynamic dependent on age, sex and the amount of iron and calcium that has accumulated. It is recommended to start taking one capsule per day, which provides 250 mg of molecules (including 100 mg of trans-resveratrol and other red wine grape polyphenols).

For more information, visit www.longevinex.com.
The Bible’s Plan For Conquering Diabetes

It’s no secret that diabetes is one of the fastest-growing health crises in America.

According to the American Diabetes Association, 29.1 million Americans have diabetes. That makes up 9.3 percent of the entire population.

Of that number, only about 5 percent have Type 1 diabetes. The other 90–95 percent have Type 2 diabetes. (For the rest of this report, we’ll use the term “diabetes” to refer to the Type 2 variety, which is much more within our control.)

What’s more, 37 percent of American adults over the age of 20 have prediabetes, which means that their blood glucose levels put them at a higher risk of developing the disease.

These statistics are no laughing matter.

If you’re diagnosed with diabetes, you’re at a higher risk for heart disease and strokes, kidney failure, loss of eyesight, painful neuropathy, and loss of limbs.

Here’s what’s frightening: The “experts,” particularly the American Diabetes Association, seem to recommend diet and lifestyle trends that are the exact opposite of what people living with diabetes should be doing.

We’re here today to set the record straight, starting with one trick that you can use to help rid yourself of the complications of diabetes.

It comes from this quote from the Bible.

“I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.” — Daniel 10:3

This passage could help you live a life free from the painful injections, expensive pills, and irritating blood sugar tests that so often come along with diabetes.

Let me introduce you today to the trick we call “Daniel’s Diabetic Miracle” — intermittent fasting.
How to Time Your Meals

I’m sure you’ve heard the supposedly sage advice “Eat five or six small meals per day” for health and weight loss.

But in this case, you might want to explore whether this whole “many small meals” thing is the real deal… or just common senselessness.

When people are told to “eat many small meals,” what they hear is “eat all the time,” an activity at which most Americans excel.

It’s no coincidence that obesity and diabetes rates started ratcheting skyward in the 1980s, more or less in tandem with this widespread endorsement of more frequent meals. (The other major culprit was the government’s nonsensical “low-fat, high-carb” dietary recommendation, which also leads to excessive hunger, chronic overeating, and out-of-control blood sugar levels.)

Bad news: The theory of eating five or six meals per day for health and weight loss… is pure moonshine.

The good news: A slight tweak to this theory could actually be one of the best-kept secrets for fat burning. More on that in a moment. First let’s demolish the myth of noshing on nuggets of food throughout the day:

One study out of the Netherlands’ Maastricht University Medical Center evaluated the differences in a low-frequency diet of three meals per day versus a high-frequency diet of 14 small meals per day.

Although the low-frequency diet did result in more drastic fluctuations in insulin levels (higher highs and lower lows), there was no difference in energy expenditure between the diets. This means that there was no weight-loss benefit to eating smaller, more frequent meals.

The researchers believe that this might be because “the insulin levels did not increase high enough to inhibit fat oxidation in the [high-frequency diet].” In other words, since their insulin and glucose were continuously at the same level, there was no signal to switch on the body’s fat-burning machinery.

Furthermore, they found that the low-frequency diet led to lower blood sugar levels, which led the researchers to suggest that “this can lead to a better body weight control on the long term.”
A low-frequency diet of three meals per day led to greater feelings of satiety (in other words, fullness), meaning that the subjects were not hungry throughout the day and practiced better appetite control.

These same results have been found in trials of young, healthy males as well as obese males when eating a high-protein diet.

**So What’s the Answer?**

The truth is we shouldn’t take Daniel’s advice too literally. There is no reason that you should ever starve yourself for three weeks. Not even for three days, because you’ll actually see results much faster than that (we’ll show you how in a moment).

The Department of Medicine at the University of Rochester School of Medicine and Dentistry looked at the differences between short and prolonged fasting. They found that resting metabolic rates fell an average of 8 percent after three days of fasting.

This included a drop in the percent of carbohydrates and protein being metabolized. That means that the body was less capable when it came to burning fat and carbohydrates. So continuous, long-term fasting is out.

A long-term fast can have negative effects on your metabolism. Studies have shown that its fat-burning potential spikes in the early stages of fasting and then evens out. Prolonging your starvation won’t continue to spike your metabolic rate.

Short-term fasting, on the other hand, optimizes this process, causing energy expenditure to increase.

One easy strategy is called “alternate-day modified fasting.” That simply means you limit your caloric intake every other day of the week (so just three days a week… not three days at once). Then on the days you’re not fasting, eat as much as you please.

This method is also more effective than regular dieting. One study from the Shahid Beheshti University of Medical Sciences in Tehran, Iran, studied 74 people, comparing a “calorie-shifting diet” (intermittent fasting) with a classic calorie-restrictive diet. They found that the calorie-shifting diet had greater improvement, resulting in a decrease
in hunger and an increase in satisfaction after meals after the subjects dieted for four weeks.

The results of intermittent, or alternate-day, fasting can be incredible for anyone. But it has particular benefits for those suffering from Type 2 diabetes.

A scientific review in *The British Journal of Diabetes & Vascular Disease* suggests that intermittent fasting helps people with diabetes and cardiovascular disease, while also assisting weight loss.

The review explains that “evidence from clinical trials shows that fasting can limit inflammation, improve levels of sugars and fats in circulation, and reduce blood pressure.”

It goes on to say that “restricting calorie intake could possibly reverse Type 2 diabetes in some people.”

Results to this end include improved pancreatic function and less instance of insulin resistance.

You do need to keep in mind what you’re eating, of course. Stick to a high-fat, moderate-protein, low-carb diet for the best results. Avoid sugars and carbs whenever possible. Otherwise, the sugars in the carbohydrates you consume will affect your insulin levels, negating the benefits of fasting.

**OK, So It’s Good for Fat Loss… but What About Overall Health?**

Many people who read about intermittent fasting bring up an important question:

“Even if I can drop fat rapidly, isn’t it bad for my health to go without food for so many hours per day?”

If you’re concerned about that, then here’s a word that I humbly suggest you add to your healthy-living vocabulary.

It’s autophagy, pronounced aw-TAW-fug-ee.

Coined by Belgian biochemist and Nobel Prize winner Christian de
Duve in 1963, it combines the Greek auto, signifying “self,” and phagein, which means “to eat.”

Understanding what it is, and how to optimize it, is absolutely vital.

As we create new cells by the millions hourly, we must also carry out autophagy — disposal of the dying and dead cells via “self-eating.”

During this process, lysosomes — tiny sphere-shaped structures inside each cell — spew out about 40 kinds of enzymes to break apart decaying proteins and other big molecules into smaller, simpler ones that can be used to build new cells.

Lysosomes also help to destroy disease-causing bacteria and viruses.

As with any bodily process, autophagy can be vigorous, average, or seriously screwed up. This matters.

The efficiency of your autophagous machinery is vastly important to your health.

Robust autophagy leads to long life. Indeed, while you’ll hear millions of claims that this diet or that behavior can extend life, optimal autophagy is one of the few scientifically confirmed processes that can do this.

In animal studies, life spans have been extended up to 65 percent.

Ramped-up autophagy has also been shown in studies to lower risk of cancer, insulin resistance, infection, heart disease, neurodegenerative diseases (such as Parkinson’s and Alzheimer’s), and inflammation in general.

A 2006 study by Johnson, Laub, and John states:

*Since May 2003, we have experimented with alternate-day calorie restriction, one day consuming 20–50 percent of estimated daily caloric requirement and the next day ad lib [the technical term for “unrestricted”] eating, and have observed health benefits starting in as little as two weeks, in insulin resistance; asthma; seasonal allergies; infectious diseases of viral, bacterial, and fungal origin (viral URI, recurrent bacterial tonsillitis, chronic sinusitis, periodontal disease); autoimmune disorder (rheumatoid arthritis); osteoarthritis; symptoms due to CNS inflammatory lesions (Tourette’s, Meniere’s); cardiac arrhythmias (PVCs, atrial fibrillation); [and] menopause-related hot flashes.*
So now you know that intermittent fasting is not only great for fat loss, but can also help you build robust health.

As pioneering natural-health physician John Tilden put it, “I must say in all seriousness that fasting, when combined with a properly selected diet, is the nearest approach to a ‘cure-all’ that is possible to conceive — profoundly simple and simply profound!”

**Putting Intermittent Fasting Into Action**

1. **Get hungry now and then.** “One well-recognized way of inducing autophagy is by food restriction, which upregulates autophagy in many organs,” concludes a 2010 study from the Scripps Research Institute in La Jolla, California.

In other words, practice intermittent fasting! Skip one meal a day or one day of solid food per week. Perhaps the simplest tactic is to eat only within a six-hour “window” from noon to 6 p.m. Do what works in your life.

“Hungrying up” on a regular basis matters more than the precise form and timing.

Now, disciplined eating is not easy. But it helps to power through bouts of hunger to imagine leagues of industrious lysosomes busily power-washing accumulated junk out of your tissues.

Ignore the many voices in modern culture urging you to eat. If you listen to mainstream medicine, you will hear frequent warnings that hunger is dangerous, or leads to weight gain, or is always a symptom of an eating disorder.

Don’t listen. Make hunger your friend. Regularly embracing even mild hunger can ultimately bring not only physical health, but also mental focus and improved mood... and, of course, more effective fat loss. It’s worth the effort.

2. **Eat a high-fat, moderate-protein, low-carbohydrate diet.** Carbohydrates will spike your glucose levels and lead to problems like chronic inflammation and insulin resistance... yes, even the darling so-called “heart-healthy whole grains” we’ve been duped into making
the foundation of our diets.

Avoid them at all costs. Follow a diet high in healthy fats for the best results.

Make sure to adjust your diet to contain more healthy fats before you engage in any kind of intermittent fasting. If you try to skip meals first, you run the risk of carb addiction getting the better of you, which will make for an unpleasant experience. For this food timing trick to work, you need a satisfied appetite, and eating fat creates one.

3. Exercise. We all know exercise can make us healthy, but why? Its ability to boost autophagy appears to be the major reason. During exercise, virtually every kind of tissue experiences a boost in lysosome activity.

Combine regular exercise with this food timing trick and you just might experience the most rapid fat loss of your life.