



# The deadly treatments that can boost your risk of cancer

Cancer treatments are a cause of untreatable cancers.

Yes, sorry to say, you read that right. The American Cancer Society (ACS) released a report recently that shows that the more radiation or chemotherapy someone with cancer receives, the more likely that person is to develop a second cancer *directly caused* by that cancer treatment.<sup>1</sup>

And these second cancers aren't simply recurrences of the original cancer. They're brand new cancers that are typically even worse than the first cancer.

So even if the radiation or chemo "cures" the primary cancer, you may wind up with another, different, more aggressive cancer. It reminds me of the old saying, "the operation was a success, but the patient died."

### A 300% increase in "second cancers"

Even more disturbing: In this report, the ACS admits it has known radiation causes cancer since the atomic bombs were dropped on Japan at the end of World War II.

When I served as an associate medical director at Walter Reed Army Medical Center during the late 1980s, we found hidden behind an exhibit (that had not been changed for decades) the original human tissue pathology slides collected by the U.S. Atomic Bomb Casualty Commission (ABCC) from Hiroshima and Nagasaki. The Japanese government petitioned for

us to return these materials, since they were the ones still dealing with the fallout, literally, and we held high-level meetings to arrange their repatriation to Japan.

(Of course, the ABCC was meant to be a short-term commission, but like every government program, it never really died. The ABCC led to the Atomic Energy Commission and the Nuclear Regulatory Commission. And finally, all these commissions were rolled into the Department of Energy. But the bigger the ABCC got, the more useless it became.)

But back here in the U.S., despite 70 years' worth of knowledge that radiation causes cancer, the ACS still keeps recommending this outdated, barbaric, deadly "treatment."

Even in light of a study that was released in 2014, which found that the rate of second cancers has risen by an astounding 300% since the 1970s, when radiation therapy for cancer became more widely available.<sup>2</sup>

By comparison, the researchers note that the occurrence of first (primary) cancers has increased 70% since the 1970s. Meaning that cancer treatments have made the incidence of second cancers skyrocket more than four times as fast.

### Radiation and chemo put you at high risk to get a deadlier cancer

The study also reports that second cancers have increased from 9% of all cancer diagnoses in 1975-79 to

19% in 2005-09.

And, even worse, the researchers note that people who get a second cancer are at "*particularly high risk*" for developing a **third** or even fourth type of cancer.

The researchers report that second cancers of the breast, thyroid, skin, central nervous system, and gastrointestinal tract are the most likely to occur as a result of radiation.

And the ACS admits in its report that people who have radiation or chemo for one type of cancer are more likely to get leukemia after that treatment.

Children are also being affected by cancer treatments. The study found that radiation therapy during childhood results in lifelong increases in the risk of developing multiple types of new cancers later in life.

My Ph.D. dissertation research

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30 years ago demonstrated that early childhood experiences and exposures determine the lifelong risk of developing breast cancer—which is one reason why all the misdirected mainstream attempts at preventing breast cancer in adult women have never really worked.

Radiation exposure during youth also affects the development of bone, colon, stomach, thyroid, and lung cancers later in life. (Government policies certainly won't help with that cause of lung cancer by focusing only on telling children to avoid smoking. But that's all the government bureaucrats have to offer due to their politically correct decisions 30 years ago regarding lung cancer prevention.)

So how does this happen?

**Cancer screening is just as much a culprit as cancer treatments**

The increase in radiation-caused cancers is not just from cancer treatments, but also from cancer screening procedures like mammograms. Not to mention other diagnostic procedures such as heart and brain scans.

Of course, I've reported before about research concluding that routine mammograms don't really work for reducing cancer deaths in the population. It may be that any small benefits (if there are any benefits at all) of mammograms are offset by the fact that they increase the risk of *causing* cancer as a "side effect" to *preventing* cancer.

**The double whammy of radiation and chemo**

It's bad enough that radiation therapy can cause all of the cancers I just mentioned. But the news gets even worse.

In the 2014 study, the researchers discovered when a patient is given

both radiation and chemotherapy, the risks of developing second cancers soar even higher.

Chemotherapy is considered to be a greater risk factor than radiation for causing leukemia. It has been linked to acute myelogenous leukemia (AML), acute lymphoblastic leukemia (ALL) and myelodysplastic syndrome (MDS), as well as testicular cancer.

And unfortunately, chemotherapy-induced second cancers are difficult to treat and typically have a poor outcome.


**So what are your alternatives?**

Mainstream medicine seems willing to trade all of these second (and third and fourth) cancers for what some statisticians estimate to be an actual overall "cure" rate of only 3% using chemotherapy and radiation for the first cancer.

Why such a shockingly low percentage? Because these toxic treatments kill healthy cells and often make the primary cancer worse, not to mention the negative impacts on overall health of brain, mind, and body.

On the other hand, there are thousands of scientific studies showing the ability of vitamins, minerals, dietary supplements, and simple diet and lifestyle modifications to reduce the risk of cancer...and to increase quality of life and survival among people who do get cancer.

You can learn more about these natural cancer cures by reading my special reports "The One-Word Battle Plan for Crushing Cancer" and "Classified Cancer Answers."

You can download and view these important reports for free by logging on to my website, [www.drnicozzi.com](http://www.drnicozzi.com), with your username and password. 

# The wild blueberry breakthrough

**New research reveals this tiny fruit packs enormous potential to boost brain power and even reverse memory loss**

The brain benefits of blueberries seem to be catching on everywhere—except in mainstream medicine in the U.S.

Sure, the once-humble blueberry is now being considered a “superfood” due to its ability to lower your risk of cancer and heart disease. Research also shows that blueberry compounds boost the immune system and cellular defenses.

But, as I've been reporting over the past year, blueberries' brain benefits are even more impressive. These tiny fruits are thought to boost blood flow, cut chronic inflammation, and improve the transmission of information among brain cells.

All of which can reduce your risk of Alzheimer's and other brain diseases. That's why I've made blueberries an important part of my new Complete Alzheimer's Cure Protocol.

Still, the mainstream medical establishment continues to ignore the compelling research on blueberries and the brain. But reports out of the annual meeting of the American Chemical Society (ACS) in March give me hope that may *finally* be changing.

As a college chemistry major, I was able to join the ACS as a student even before undergoing medical training. And I have always been impressed by the chemists' application of real science to health and medicine.

So if anyone can convince the mainstream about blueberries' brain benefits, maybe the ACS can. In fact, the ACS conference also debuted two very interesting studies on blueberries' effect on cognitive impairment.

Let's take a closer look.

## There are no “magic bullets”—not even in blueberries

There's good and bad news about the presentation on blueberries at the ACS conference.

The good news is that they discussed how blueberries can strengthen the brain's defenses against dementia. But the bad news is that they attributed this to “a compound” in the fruit.

Of course, because modern medicine is always looking for the elusive “magic bullet,” it's no surprise that the researchers tried to distill blueberries' disease-fighting capabilities into a single “magic bullet” compound. But you and I know the health benefits are really due to the rich mix of all the potent phytochemicals that are naturally present in plants—especially when, like blueberries, they grow in challenging conditions (see sidebar).

So while the mainstream experts still search for this elusive single compound, we know the real solution is a whole-food extract of blueberry that has all the natural ingredients acting in synergy—as nature intended.

But if you can set the whole magic-bullet fixation aside, the blueberry studies presented at the ACS meeting did emphasize the importance of nutritional approaches in the absence of any effective drugs to fight Alzheimer's.

## A double dose of cognition

For the first study, researchers from the University of Cincinnati gathered 47 men and women,

ages 68 and older, who had been diagnosed with mild cognitive impairment (this category covers slight memory lapses that often, but not always, develop into dementia over time).<sup>2</sup>

Once a day for four months, the participants were given either a placebo powder or a powder made from freeze-dried blueberries.

(One serving of blueberry powder

### Go wild for blueberries

Durin the summer months, you can pick wild blueberries in New England or the upper Midwest. That's how we harvested them when I was a child in northeast Massachusetts 50 years ago. But fortunately, you have many more options today.

I was in New England for the 4<sup>th</sup> of July holiday and, for the first time, I saw young blueberry bushes for sale in flower pots at the local supermarket. The grocer was careful to note that the young bushes must be transplanted into the ground—and the more rocky and thin the soil, the better.

That's because wild blueberry bushes grow naturally in post-glacial terrain, which is typified by rocky earth and granite outcroppings (where the Ice Age glaciers scoured away the soil 10,000 years ago). The hardy bushes act as groundcover for the remaining thin soil. Further to the south, where there is thicker soil, other, more lush plants crowd out their hardy northern blueberry neighbors.

As we have seen from South Africa to North America, harsher growing conditions force a plant to produce more protective biochemicals in order to thrive. And, of course, the more biochemicals, the more health benefits they provide. That's why wild blueberries have been shown in study after study to have more health properties than their conventionally cultivated cousins.



contained the equivalent of a small teacup of blueberries.) Before and after the study, the participants were also given a battery of cognitive and memory tests, along with brain scans...

At the end of the study, the group that took the blueberry powder had a significant improvement in cognitive function compared to the placebo group.

And here's the really amazing part: The blueberries not only slowed or prevented memory loss—they actually *reversed* it.

To further test the berries' effectiveness against cognitive impairment, the Cincinnati researchers then conducted a study on people *without* memory loss.

And they found that blueberries also helped boost cognition in these people as well.

### Blueberries vs. ginkgo

This is a particularly impressive result when you consider that one of the go-to herbal remedies for memory loss, ginkgo, has been shown to help prevent memory deficits in people with cognitive impairment—but no herbal remedy, including ginkgo, has *ever* been shown to improve cognition in people with normal memory. That's why a daily blueberry powder supplement is an excellent cornerstone for preventing memory loss—and even improving memory—at any point in life.

In my new **Complete Alzheimer's Cure** protocol, I explain all the reasons why ginkgo and other so-called solutions from the “natural know-it-alls” won't work for you when it comes to preventing and reversing memory loss. And I tell you what's been *scientifically proven* to really work.

To learn more about this new


protocol or to enroll today, [click here](#) or call 1-866-747-9421 and ask for order code EOVS9AA.

### How many blueberries do you really need?

Of course, the ACS conference concluded with the tired old adage that “more research is needed.” Presenters said the minimum dose is not clear, but that eating blueberries “several times a week should be beneficial.”

I am going with the findings from all the previous studies showing that 400-500 mg of powdered blueberry extract daily is an effective dose for memory in people of all ages.

And for a truly healthy body and brain, look for products that combine this blueberry dosage with other healthy ingredients.

Of course, there's no reason why you shouldn't also enjoy fresh blueberries as well when they're in season. 

## Mother Nature's “secret weapon” for optimal health and longevity

One thing I learned early on about natural medicine is its ability to make the “impossible” possible. And there's no better example of that than adaptogens.

Their potential is so tremendous, I believe everyone should consider taking an adaptogen every day—right along with other essential nutrients like vitamin D and omega-3 fatty acids. Let me explain why...

Adaptogens are individual herbs that have the unique ability to help your body adapt to changes, both internal and external. For example:

- If you're cold, they help you warm up
- If you're hot, they help cool you down
- If you're tired, they wake you up
- If you need rest, they help you sleep

And so on. In fact, they have more serious effects, too. They can help return abnormal cells to normal. They can help promote healthy, balanced blood sugar. And they can help keep nerve cells and synapses in the brain firing on all cylinders.

There is no single drug that can do all of that.

But the human body has many mechanisms to maintain homeostasis, a “constant” internal environment. And adaptogens work by activating all of those mechanisms.

### Modern-day miracles steeped in tradition

While adaptogens are still a foreign concept in western medicine, they're well known—and commonly used—in Chinese and Indian medicine.

In China, the classic adaptogen is ginseng.

In Ayurvedic (traditional Indian) medicine, *Ashwaganda* is probably the best-known adaptogen. It is used for general longevity in Ayurveda (which itself means the “science of life, or “long life”), as well as for a number of specific indications.

But I've recently discovered another extremely powerful, yet little known adaptogen called *Sutherlandia frutescens*. *Sutherlandia* has been used in South Africa for centuries. And it is revered there for its tremendous potential.

In fact, in 1879, as part of its colonization of South Africa, the British army attacked an aging group of Zulu tribesmen. The aging tribesmen were armed only with short spears and crude cow hide shields. And the British army—regarded at the time as the strongest in the world—fully expected to overwhelm the Zulu in mere minutes and then move on easily to their conquest of South Africa.

But a mysterious thing happened...

### **Zulus stun the world with heir energy and grit**

After hours and hours of fighting, the Zulus never gave up, never retreated and never tired. They kept on fighting with the energy, strength and focus of men *half* their age, until eventually they overpowered the British forces in a stunning victory in the infamous Battle of Isandlwana.

The stunning defeat shocked the British—and, indeed, the world. But the Zulus weren't surprised in the least. Because they knew to rely on a coveted local herb to help boost their strength and vitality to newfound heights.

As time went by, that fierce battle

reached almost mythical proportions in the history books. Yet the Zulu's legendary herb remained a puzzling medical mystery to the rest of the world.

But after countless hours of research with some of South Africa's brightest scientists and health professionals, I finally tracked down the answer to one of natural medicine's most legendary mysteries...

It turns out the Zulu tribesmen took *Sutherlandia* before the famous battle. And they also used it to calm their nerves and lighten their mood upon their return home. But as I discovered in my research, that is really just the beginning of *Sutherlandia's* story.

As it turns out, this herb has a rich history around the globe... everywhere except the U.S., that is.

### **As usual, America is late to the party**

During WWI *Sutherlandia* was widely used overseas to help support immune systems as well as boost energy to help people cope with the stresses of wartime.

And it turns out *Sutherlandia* and other adaptogens have been studied and researched outside of the country for decades.

They've been used by everyone from Olympic athletes, to soldiers, to astronauts because of their amazing ability to help protect and preserve your body's youthful vitality.

And *Sutherlandia* is known far and wide throughout South Africa. In fact, it's so popular it's being sought after like South African diamonds!

BBC news even reported that one health manufacturer bribed several local farmers to plant as many acres of the herb as possible for fear of

over-harvesting.

Yet despite the overwhelming demand, it remains virtually unknown—and hard to find—here in the U.S.

But when I learned of its incredible potential, I knew this balancing herb was the “missing link” everyone in this fast-paced, “country of extremes” needed.

So I began a long and arduous search for way to bring *Sutherlandia* to the States. And I'm pleased to say I managed to obtain an exclusive, high-quality supply of *Sutherlandia* direct from South Africa. In fact, I have made it the cornerstone of my **CoreCell Essentials** formula.

Of course, the centuries-old legend surrounding this herb is what first got my attention.

But the science is what really “sealed the deal,” so to speak.

### **Head aging off at the pass**

While other “anti-aging” remedies claim to minimize the effects aging has *already* taken on your body, *Sutherlandia* helps head aging off at the pass by addressing subtle, stress-related changes that continually occur in your body on a **cellular level**.

As I often report, stress ages your body on multiple fronts.

Whether it's the physical wear and tear that takes its toll on your joints and skin, the psychological drain of a long day at work or the environmental toxins in the air you breathe, food you eat and water you drink.

When your body starts to sense these stressors, your cells shoot up tiny red flags—and that's where *Sutherlandia* goes to work.


It may help to calm your joints,

replenish your energy, or support your immune system—just to name a few ways it helps bring your body back into balance. And science continues to point to the fact that balance is the key to optimal health and longevity.

Adaptogens, then, are like Mother Nature's "secret weapon" for

achieving both.

Sutherlandia is, by far, one of the most exciting discoveries I've made in my years of researching medical anthropology. And adding it to my CoreCell Essentials has cemented it as one of the most innovative, promising formulas I've ever seen.

I encourage you to try CoreCell Essentials and see for yourself just how transformative adaptogens can be for your energy...your mood... your thinking...and your overall well-being. You can learn more about CoreCell Essentials or order a supply today by [clicking here](#) or calling 1-800-292-5808 and asking for order code EOVS9AC. 

## My safe, natural, effective, and inexpensive way to end the opioid addiction epidemic

The Drug Enforcement Administration (DEA) has found a disturbing new trend among both legal and illegal drug users.

Over the last nine years, heroin use and overdose has tripled. But illegal opioids aren't the only problem. There are also increasing deaths from legal, synthetic opioids such as fentanyl, codeine, OxyContin, and other prescription pain killers.

In fact, according to the DEA's newly released 2016 National Heroin Threat Assessment Summary, deaths from synthetic opioids increased 79% in just one year, from 2013 to 2014. And synthetic opioids were behind the deaths of 19 people in Florida and California during just the first quarter of 2016.<sup>1</sup> They are also behind the first modern increase in mortality rates ever seen among any population group.

Death rates have soared by a whopping 37% over the past generation among white, middle-class, high-school-educated men and women, due largely to use and abuse of these drugs.

Why? One reason is because these lab-created opioids are much more potent than even heroin. Meaning

even habituated heroin and narcotic drug addicts can experience overdose and death from OxyContin and other Frankendrugs.

As I have warned over and over again, in addition to the medical and public health crisis, our nation's opioid abuse epidemic has created a law enforcement and public safety problem, amounting to a widespread social crisis. And in addition to these medical and social costs, there are more costs to the taxpayer. President Obama has proposed \$1.1 billion in new spending to address this problem.

But the reality is that safe, effective, and completely natural pain relief is available *without* drugs or more billion-dollar big government initiatives. I'll tell you how in a moment. But first, let's look at how we got into this mess in the first place.

### The opiate of the gods

Use of the original opioid, morphine, extends back into ancient times. For centuries, this natural constituent of poppy plants has been consumed orally as resin, smoked, or used as a tincture in alcohol (laudanum).

Morphine is a remarkable painkiller and sedative. In fact, it was named for the mythical Greek god of sleep, Morpheus. (While the god Orpheus was known for going down into the underworld, Morpheus was known for just "going under.")

A dangerous synthetic derivative of morphine—diacetylmorphine, or heroin—came into use in the 20<sup>th</sup> century as an even more potent opioid. But it was never a legal pain drug.

It wasn't until the 21<sup>st</sup> century that we began to see more widespread use of potent semi-synthetic opioids as prescription drugs for pain and sedation. And we owe that dubious milestone to Purdue Pharma, a private company in Connecticut owned by the Sacklers, three brothers who were psychiatrists.<sup>2</sup>

### How one pharmaceutical company started the opioid addiction epidemic

Arthur M. Sackler, M.D., was such a brilliant marketer of pharmaceuticals that he has the "distinction" of being one of the first inductees into the Medical Advertising Hall of Fame (yes, this really exists). In the mid-20<sup>th</sup> century, Arthur wrote the scientific



paper that contributed to Pfizer's famous benzodiazepine sedative, Valium, becoming the world's first \$100 million drug.

Arthur's brothers, Mortimer and Raymond, were also motivated to explore pain medications. They took the generic painkiller oxycodone, which had been invented in Germany during World War I, and added a time-release mechanism intended to curb abuse.

The result was OxyContin, which Purdue Pharma launched in 1995. And, according to a fascinating paper published in the *American Journal of Public Health*, Purdue then set about relentlessly marketing its new opioid.<sup>3</sup>

Arthur Sackler died in the 1980s, but he lived on through his marketing blueprint—which Mortimer and Raymond used for OxyContin. They began by conducting more than 40 all-expenses-paid conferences between 1996 and 2001, which allowed Purdue to recruit over 5,000 doctors, pharmacists, and nurses for their OxyContin speakers' bureau.

Purdue also developed a database of physicians around the country who prescribed large numbers of opioids. And they doubled their sales force to reach those doctors.

Of course, there were freebies. Along with OxyContin-branded fishing hats and stuffed toys, doctors got music compilation CDs ("Get in the Swing with OxyContin.") And Purdue Pharma reps gave physicians about 34,000 coupons that offered patients free seven- to 30-day supplies of OxyContin. Talk about a "gateway" to drug addiction.

With this multilevel marketing attack, it's hardly a surprise that by 2006, OxyContin sales had reached \$800 million a year, and in 2010,

they hit a whopping \$3.1 billion.<sup>3</sup>

### The addiction loophole that makes OxyContin so dangerous

According to the *American Journal of Public Health* report, Purdue Pharma repeatedly touted studies showing that its OxyContin time-release mechanism resulted in an addiction rate of less than 1%.

But it turns out this claim about abuse-resistance has a loophole. When an OxyContin pill was crushed into a powder, it broke down the time-release mechanism. The powder could then be snorted to create a heroin-like high. Abuse, overdose, and death followed, as with other potent oxycodone-derived narcotics like Percocet and Vicodin.

Today, addiction to OxyContin drug is so pervasive, it's responsible for the lamentable practice of "doctor shopping," in which addicts make the rounds of large numbers of physicians to obtain additional prescriptions.

In response to this addiction epidemic, Purdue Pharma reformulated OxyContin to make it more difficult to inhale or inject. But a 2012 study published in the *New England Journal of Medicine* found that about 24% of users discovered a way to abuse the drug anyway. And another 66% simply moved on to illegal heroin instead.<sup>4</sup>

Some addicts went underground (like Orpheus) to rely on other illegal drug traffickers in less expensive OxyContin counterfeits that contain the incredibly potent fentanyl.

### Turning narcotic addiction profits into "philanthropy"

In the meantime, the Sacklers made the Forbes billionaire list in 2015, with a net worth of \$14 billion.<sup>5</sup>

Although, like the robber-barons of the early 1900s, they have given some of that away—mainly in the art world.

There's a Sackler Wing at New York's Metropolitan Museum of Art, and the Arthur M. Sackler Gallery is part of the Smithsonian Institution in Washington, D.C., now administered together with the Freer Gallery of Art.

In ancient Rome, politicians understood they must provide free "bread and circuses" to the public. In 21<sup>st</sup> century America, the "free" bread is provided by the taxpayers and redistributed, taking slices from a loaf baked by an ever-smaller proportion of the public. For the circuses, the nearest equivalent would be the Smithsonian museums, which are open free to the public through a peculiar combination of government subsidies and private contributions (which are anything but democratic).

The unspeakable practice of naming museums on D.C.'s National Mall after private individuals began with a Canadian uranium miner-turned art collector, Joseph Hirshhorn. After Hirshhorn was deported from Canada for illegal stock manipulation, he brought his ill-gotten gains to the U.S. in the mid-1960s.

Lady Bird Johnson was quick to jump on the opportunity for her "beautify America" program and the Smithsonian was quick to take the money. They tore down a national historic landmark building that housed powerful and popular health education exhibits, and replaced it with a new modern art museum, named after Hirshhorn, that resembles a concrete donut.

The Sackler Gallery is not far from this Hirshhorn abomination. It's located underground on the

National Mall, in deep recesses where Morpheus, or Orpheus, may have been comfortable dwelling. There you can see such treasures as Whistler's "The Lady from the Land of Porcelain,"—a 19<sup>th</sup> century full-length portrait of a woman from China. (I got to see this remarkable, breathtaking work up close and in person during an art-restoration project while I was director of the National Museum of Health and Medicine in Washington, DC, about 20 years ago.)


Considering that the portrait is now associated with the Sacklers, maybe it should be renamed "The Lady

from the Land of Opium."

Despite their philanthropy, the Sacklers' real legacy to the public is something we see on sad display every day now, throughout the U.S. Of course, I'm talking about opioid addiction.

But there's a better way to help end this epidemic than Obama's plan to throw a billion more of our dollars at it. My new **Arthritis Relief & Reversal Protocol** gives an in-depth explanation of all the scientifically demonstrated ways you can relieve pain without the deadly side effects of opioid pain pills.

This protocol not only includes foods and dietary supplements, but also mind-body therapies like acupuncture, biofeedback, guided imagery, hypnosis, mindfulness meditation, relaxation therapy, and stress reduction—along with simply spending more time in nature and green spaces (not in the dark underground caverns of our national circus on the Washington Mall).

To enroll in my new on-line learning protocol for pain today, [click here](#) or call 1-866-747-9421 and ask for order code EOVS9AB. 

*Citations available online at [www.DrMicozzi.com](http://www.DrMicozzi.com)*

## NEWS BRIEF

### The eight-armed secret to improved cognition and memory

For the past few months, we've been hearing all about the discoveries the Jupiter space probe is making. But how often do we hear about the mysteries in the oceans below us?

Scientists have now mapped out more about what is on the surface of the moon and planets than what lies in the deepest depths of our oceans. And yet, the oceans' "inner space" likely hold just as many—or maybe even more—secrets as outer space.

In fact, there is life in the ocean deep that may unlock some of the mysteries of human health. For instance, new research shows that a type of ancient octopus may hold a key to keeping our brains and nervous systems younger and more agile.<sup>1</sup> And that means increased memory and learning capacity.

Recently, scientists did the first full genome sequencing on an octopus that is part of a class of mollusks that also includes squids and cuttlefish. These mollusks have a biological history that goes back over 500 million years—long before either plant or animal life moved from the oceans onto the land.

These ancient creatures now inhabit nearly every ocean at almost any depth. They have a remarkable array of features—camera-like eyes, extremely flexible and pliable bodies, and sophisticated camouflage responses that outshine chameleons.

The octopuses also possess highly developed brains and nervous systems, with significant intelligence and elaborate problem-solving skills.

In fact, genome sequencing revealed that these octopuses are entirely different from any other animal on the planet. And their genome has a staggering level of complexity—33,000 protein-coding genes, more than in a human being.

"The late British zoologist Martin Wells said the octopus is an alien. In this sense, then, our paper describes the first sequenced genome from an alien," joked researcher Dr. Clifton Ragsdale from the University of Chicago.<sup>2</sup>

Dr. Ragsdale and his colleagues found that the octopus genome contains transposons, which are commonly called "jumping genes." These genes can rearrange themselves, and they're particularly prevalent in brain and neural tissues. One result is that octopuses have great memories and learning capacity.

So what does this mean for us? Well, further research on these ancient "alien" octopuses may reveal more genetic secrets about how to keep our brains and nervous systems agile—and our memory and learning capacity robust.

In the meantime, we have uncovered many other secrets in Nature that can help keep our brains and nervous systems young and working at full capacity. And they're not buried in the deep.

Instead, you can easily find them in my new Complete Alzheimer's Cure Protocol. To enroll today, just [click here](#) or call 1-866-747-9421 and ask for order code EOVS9AA.