

FROM THE EXPERTS

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Cholesterol-Lowering Medication

by Dr. Andrew T. Brady



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Roughly 600,000 people die every year from heart disease in the United States. High cholesterol is usually blamed for those deaths, but there is a significant body of evidence that suggests otherwise. Prescribing of cholesterol-lowering medications (statins), such as Lipitor and Crestor, has become big business – a \$29 billion per year business to be exact. More people are on statins than ever before; 30% of American adults and 50% of the elderly now take them. With so many people on statins, you would think we would have seen a huge drop

in the number of heart attack deaths, but we haven't. The truth is that cholesterol-lowering medication might do you more harm than good.

Half of all heart disease patients have normal cholesterol levels, and half of people with elevated cholesterol have healthy hearts, according to Stephen Sinatra M.D., author of "The Great Cholesterol Myth" and integrative cardiologist. Cholesterol is actually a very poor indicator for heart health despite what we all have been led to believe. What doctors fail to mention about taking statins is that one in 10 people taking a statin develop muscle damage and one in 100 will develop diabetes. A few other serious side effects of statins are muscle pain, sexual dysfunction, fatigue and memory and cognitive problems. Research shows that 1,000 people have to take the drug for one year to drop the number of heart-disease-related deaths from nine people to eight. This is simply not worth the number of people that it would harm. Is it worth it to you?

Statins also deplete the body's CoQ10 levels which INCREASES the risk of heart disease. If that wasn't enough, a study conducted out of Tufts University School of Medicine concluded that there was a significant association between statin use and developing cancer. A few other studies have found an increase in death associated with taking statins.

Cholesterol is a vital nutrient for our brains, hormone production, vitamin D production, gall bladder function and immune function. Cholesterol is not the problem; inflammation is the problem. Removing sugar, processed foods, trans fats and grain-fed meats from your diet along with sufficient exercise and stress management are a few of the best things you can do to reduce your chances of developing heart disease. I encourage anyone who is taking a statin to read "The Great Cholesterol Myth." It just might save your life.

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