

Statin Drugs: A Sweetheart To Die For

By Craig Stellpflug, Natural News

Statin drugs are a sweetheart alright - a \$25 billion a year industry sweetheart that is! Not only are they the best-selling drug class out there, but they provide an almost endless list of side effects that assure the hapless taker a lifetime of expensive medical treatment. Statins are a Big Pharma dream-come-true.

What you get with statin drugs

A review published in the *American Journal of Cardiovascular Drugs* found nearly 900 studies of adverse effects linked to statin drugs. A recent Harvard study reveals a horrific 50 percent increase in the risk for developing diabetes if you are taking statin drugs. They called it a "small" risk increase. Researchers analyzing data on over 2 million Brits found that statin drug users had higher levels of liver dysfunction, kidney failure, cataracts and debilitating muscle weakness. Despite the purported cardiovascular benefits, other adverse effects include: nausea, diarrhea, abdominal pain, headaches, rashes, myopathy, muscle aches or weakness, tendon problems, dementia, depression, chronic fatigue, heart disease, hypertension, stroke, peripheral neuropathies and even fatal rhabdomyolysis (breakdown in muscle).

What are the true benefits of statin drugs?

(Stunning silence) *tumbleweed blows across the set*

Statin drugs were brought in with fanfare and a hero's parade because they were purported to heal the nations of the evil causes of cardiovascular disease. However, a study analysis reported in the *Journal of Negative Results in Biomedicine* last year concluded that even in spite of a huge rise in statin drug use, the number of people having heart attacks simply has not gone down at all - but rather has risen. Did you know that 50 percent of all heart attacks today are in people with normal cholesterol? Cholesterol is only a marker and not even the cause of the problem here.

But wait, there's more!

Statin drugs block the production of important nutrients in your body, including the essential enzyme CoQ10, which is critical to heart health and muscle function. Depleted CoQ10 levels are common with statin drugs and actually cause heart failure!

Statin drugs also ruin your cholesterol based hormones. They cause thyroid dysfunction and a drop in all sex hormones. Low testosterone levels lead to low energy, sleepiness, irritability and depression. Researchers found the direct connection between statin drugs and low testosterone after studying data on nearly 3,500 men who went to the doctor to complain about sex problems.

Now there is even a cholesterol lowering drug for people without cholesterol problems. Crestor has already been approved for people who DON'T even have high cholesterol!

Causes and solutions

High cholesterol is a warning to you to control inflammation. Inflammation in the body generates C-reactive protein, which in turn causes the body to respond with soothing, repairing, life-saving cholesterol. C-reactive protein is a measure of the body's *history* of inflammation and a far better predictor of heart attacks than cholesterol levels.

Vitamin C and fish oil are two natural supplements proven to reduce your C-reactive proteins better than statin drugs ever will! Tufts University, Berkeley, Seattle's *University of Washington School of Medicine, Linus Pauling Institute* and others have beaten statin drug statistics with as little as 500 mg a day of vitamin C. Not only did the heart attack rate in the vitamin C groups fall off the map but the statin drug users still had "heart events", fatal heart attacks, and the usual accompanying diabetes risk.

Peter H. Langsjoen, MD has said, "*We are now in a position to witness the unfolding of the greatest medical tragedy of all time - never before in history has the medical establishment knowingly created a life threatening nutrient deficiency in millions of otherwise healthy people*".

Find a doc who can fix the cause of your "high cholesterol" and not just throw chemicals at it.