

A Changing Attitude Toward Cholesterol-Lowering Drugs?

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Rank	Drug	Sales (2011)
1	Lipitor	\$7.2 billion
2	Nexium	\$6.3 billion
3	Plavix	\$6.1 billion
4	Advair	\$4.7 billion
5	Abilify (for bipolar disorder)	\$4.6 billion

Total US sales for Lipitor and Plavix: \$13.3 billion

Lipitor annual sales world-wide: over \$10 billion

Lipitor generates more revenue than any other prescription drug on the market.

IMS Health. 10 Top Selling Drugs in the United States (based on US sales). 2011.

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Conventional Medicine Says High Cholesterol = Heart Attack

	Problem	Borderline	Optimal
Total Cholesterol	>240 mg/dL	200-239 mg/dL	<200 mg/dL
LDL	>160 mg/dL	100 – 159 mg/dL	<100 mg/dL
HDL	<40 (men) or <50 (women) mg/dL	40 – 60 mg/dL	>60 mg/dL

But Wait!

- An editorial in a recent issue of the Journal of the American Medical Association (JAMA) – one of the most important and prestigious medical journals in the United States - was titled

Healthy Men Do Not Need Statins

- Their conclusion? High cholesterol in itself is NOT a reason to prescribe statin drugs!

"For every 100 patients with elevated cholesterol levels who take statins for five years, a myocardial infarction will be prevented in one or two patients," they write. "Preventing a heart attack is a meaningful outcome. However, by taking statins, one or more patients will develop diabetes and 20% or more will experience disabling symptoms, including muscle weakness, fatigue, and memory loss."

Why are we afraid of cholesterol?

- Cholesterol is used to form cell membranes and is important for making sex hormones and vitamin D
- Two ways to get cholesterol
 - Created in the body
 - Absorbed from food

Statin Drugs are Not Candy

- Block production of a key nutrient, coenzyme Q10
 - CoQ10 is crucial for the production of cellular energy
 - Lack of CoQ10 can cause a decrease in energy and severe muscle pains
- Other effects: headaches, memory loss, insomnia, dizziness, diarrhea or constipation, rashes, bloating, muscle weakness, abdominal cramps, liver damage...

Did You Know?

- For every person with a heart attack “prevented” by a statin drug, two or more people suffered liver damage, kidney failure, cataracts or extreme muscle weakness
- Did you know that 63% of all heart attack victims have normal cholesterol levels?
- Statin drugs harm more people than they help!

Here is what you should REALLY care about!

- **Low HDL** (HDL carries bad LDL cholesterol out of the body)
- **Inflammation** in the blood vessels
- **Oxidation of LDL cholesterol** leading to formation of plaques
 - Plaque is the debris that builds up on inflamed areas of the arteries
 - Can block the artery, or rupture. Both can cause a clot to get stuck in the damaged area, which blocks blood flow and causes a heart attack or stroke

There are better ways to keep your heart healthy than taking statin drugs!

- Natural products can help
 - Reduce inflammation
 - Prevent LDL cholesterol from oxidizing
 - Increase HDL levels
- Try
 - Amla (Indian Gooseberry): 500 to 1,000 mg daily
 - Plant Sterols: at least 800 mg daily
 - Omega-3 phospholipids: 1 or 2 tablets daily

Remember!

- Cholesterol is not the enemy
- You don't need statin drugs to reduce your cholesterol
- You do need to
 - Reduce inflammation
 - Stop LDL cholesterol from oxidizing
 - Increase your HDL cholesterol levels

Other drugs we should think about...

- Acid-blockers and Acid reducers (Remember Nexium, the 2nd most popular drug in the US?)
 - Acid rebound
 - Eliminates germ-killing defense (stomach acid)
 - Reduces iron, magnesium and B vitamin levels
 - Increases risk of bone fractures, intestinal infections, pneumonia, and more
- Fluoride in drinking water
 - Not an essential nutrient and does not have any benefits for dental health when swallowed
 - Is associated with disease – damages brain, kidneys and the endocrine system, may cause cancer

Conclusion

- We all have to be responsible for our own health choices
- Be an informed health consumer!