

Ninety-Nine Out of 100 People do NOT Need a Statin Drug

Statins are HMG-CoA reductase inhibitors; that is, they act by blocking the enzyme in your liver responsible for making cholesterol (HMG-CoA reductase). The fact that statin drugs cause side effects is well established—there are now 900 studies proving their adverse effects, which run the gamut from muscle problems to increased cancer risk.

I first learned of this association when I had lunch at Expo West with Suzy Cohen who is a nationally syndicated pharmacist. She offers compelling evidence that this popular drug is further worsening the epidemic of diabetes, and that untold numbers of people are then being treated for a disease they do not actually have. Rather, they may actually be suffering from a *side effect* of the statin drug...

That these drugs have dominated the market the way they have is a testimony to the power of marketing, corruption and massive conflict of interest, because the odds are very high—greater than 100 to 1—that if you're taking a statin, you don't need it.

The ONLY subgroup that might benefit are those born with a genetic defect called familial hypercholesterolemia, as this makes them resistant to traditional measures of normalizing cholesterol.

Part of seeing past the propaganda is to understand that cholesterol is NOT the cause of heart disease. If your physician is urging you to check your total cholesterol, then you should know that this test will tell you virtually nothing about your risk of heart disease, unless it is 330 or higher.

These two ratios are far more potent indicators for heart disease and are the ones you should pay attention to:

1. HDL/Total Cholesterol Ratio: Should ideally be above 24 percent. If below 10 percent, you have a significantly elevated risk for heart disease.
2. Triglyceride/HDL Ratio: Should be below 2.

I have seen a number of people with total cholesterol levels over 250 who were actually at low risk for heart disease due to their elevated HDL levels. Conversely, I have seen many people with cholesterol levels under 200 who had a very high risk of heart disease, based on their low HDL.

Your body NEEDS cholesterol—it is important in the production of cell membranes, hormones, vitamin D and bile acids that help you to digest fat. Cholesterol also helps your brain form memories and is vital to your neurological function.

There is also strong evidence that having too little cholesterol **INCREASES** your risk for cancer, memory loss, Parkinson's disease, hormonal imbalances, stroke, depression, suicide, and violent behavior.

If You Take Statins, You MUST Take CoQ10 or Ubiquinol

Another important aspect that most doctors fail to tell you about is that statins are *non-specific inhibitors* of not just one, but a number of very important liver enzymes, one of the most important being Coenzyme Q10. Hence, if you take statin drugs without taking CoQ10, your health is at serious risk. Unfortunately, this describes the majority of people who take them in the United States.

CoQ10 is a cofactor (co-enzyme) that is essential for the creation of ATP molecules, which you need for cellular energy production. Organs such as your heart have higher energy requirements, and therefore require more CoQ10 to function properly.

Statins deplete your body of CoQ10, which can have devastating results.

Physicians rarely inform people of this risk and only occasionally advise them to take a CoQ10 supplement. As your body gets more and more depleted of CoQ10, you may suffer from fatigue, muscle weakness and soreness, and eventually heart failure.

Coenzyme Q10 is also very important in the process of neutralizing free radicals. So when your CoQ10 is depleted, you enter a vicious cycle of increased free radicals, loss of cellular energy, and damaged mitochondrial DNA.

If you decide to take a CoQ10 supplement and are over the age of 40, it is important to choose the reduced version, called ubiquinol. Ubiquinol is a **FAR** more effective form