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*The Truth About Statins Risks And Alternatives To*

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## KAEEL STOKES

**Statin-Associated Muscle Symptoms** Harper Collins  
 Discusses the uses, misuses, dangers, and benefits of statin drugs, counseling patients on how to make informed choices about side effects and lifestyle changes that can promote cardiovascular health.

**Cardiovascular Risk Factors in Pathology** Yellow Kite  
 Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: - Inflammation - Fibrinogen - Triglycerides - Homocysteine - Belly fat - Triglyceride to HCL ratios - High glycemic levels Bestselling health authors Jonny Bowden, Ph.D., and Stephen Sinatra, M.D. give readers a 4-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth.

**MYTHS VS. FACTS** Myth-High cholesterol is the cause of heart disease. Fact-Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth-High cholesterol is a predictor of heart attack. Fact-There is no correlation between cholesterol and heart attack. Myth-Lowering cholesterol with statin drugs will prolong your life. Fact-There is no data to show that statins have a significant impact on longevity. Myth-Statins are safe. Fact-Statins can be extremely toxic including causing death. Myth-Statins are useful in men, women and the elderly. Fact-Statins do the best job in middle-aged men with coronary disease. Myth-Statins are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact-Statins reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease. Myth-Saturated fat is dangerous. Fact-Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth-The higher the cholesterol, the shorter the lifespan. Fact-Higher cholesterol protects you from gastrointestinal disease, pulmonary disease and hemorrhagic

stroke. Myth-A high carbohydrate diet protects you from heart disease. Fact-Simple processed carbs and sugars predispose you to heart disease. Myth-Fat is bad for your health. Fact-Monounsaturated and saturated fats protect you from metabolic syndrome. Sugar is the foe in cardiovascular disease. Myth-There is good (HDL) cholesterol and bad (LDL) cholesterol. Fact-This is over-simplistic. You must fractionate LDL and HDL to assess the components. Myth-Cholesterol causes heart disease. Fact-Cholesterol is only a theory in heart disease and only the small component of LP(a) or "bb shot" LDL predisposes one to oxidation and inflammation.

**Cardiorenal Syndromes in Critical Care** Fair Winds Press (MA)  
 Challenges popular misconceptions about fats and nutrition science, revealing the distorted claims of nutrition studies while arguing that more dietary fat can lead to better health, wellness, and fitness.

**Mind Over Meds** Independently Published  
 What Do Your Cholesterol Numbers Really Mean? Don't You Want To Know The Truth About Cholesterol And Heart Disease? Joshua Collins, a respected author in the health and nutritional field, wrote this book to expose the truth about Cholesterol. After reading this book you will know what you can do to improve your overall health and specifically your heart health. In the late 1970s the conspiracy against cholesterol began and slowly the naturally occurring fat in our foods were replaced with refined sugar. This shift in our food eating patterns has fattened our society and wreaked havoc with our biochemistry, particularly our cholesterol and blood sugar levels. What The Author Reveals Within The Pages Of This Book: - The truth about cholesterol numbers and their relation to heart disease - Why your LDL and total cholesterol numbers by themselves are poor indicators of your overall health - Critical information you need to know about inflammation and its role in heart disease - The truth about "saturated Fats" and their relation to heart disease and weight loss - Do you take statin drugs? ... Missing this information could be harmful to your health - Why a low fat high carbohydrate diet will promote high cholesterol levels and weight gain - And Much More Take a look at this cutting-edge nutritional information and learn what really works when it comes to improving your health and understand the role cholesterol plays in your overall health.

**Management of Dyslipidemia** Successtrax Publishing  
 COULD STATIN DRUGS ACTUALLY HARM YOU? Despite the rosy picture painted in the ads of a miracle cure for high cholesterol and its attendant heart disease, the reality of taking statins may be far less pretty. Dr. Barbara H. Roberts, director of the Women's Cardiac Center at the Miriam Hospital in Rhode Island, discusses both the benefits and health risks of these popular drugs in this comprehensive guide that finally reveals the questionable science behind the research studies. This honest, patient-friendly

appraisal of the most widely used medications in the world may shock you, but it may also save your life. Offering clear-cut, easy-to-understand information in an easily accessible fashion, Dr. Roberts explains how to take the best possible care of your heart, including:

- \* The keys to maintaining cardiovascular well-being
- \* How to interpret your cholesterol numbers
- \* The frightening adverse effects of popular drugs

It is time to take charge of your heart health. Learn the facts behind the hype so that you can make informed decisions on a subject vital to your continued health. If you or someone you love either takes a statin or is considering doing so, you need to read this book. Includes recipes for a delicious and heart-healthy diet, including Wasabi-Roasted Salmon, Pasta with Avocado Sauce, and Lemon-Pineapple Breakfast Muffins.

**Coronary Primary Prevention Trial** Simon and Schuster  
 Type 2 diabetes (T2D), also known as non-insulin-dependent diabetes mellitus (NIDDM), is a condition in which cells fail to respond to insulin properly. As the disease progresses, the body does not produce enough insulin. There are several classes of anti-diabetic medications available, including the oral agent metformin. This medication is recommended as first-line treatment for T2D, except for those patients with severe kidney or liver problems. This book discusses the molecular mechanism, pharmacokinetics, and uses of metformin, as well as presents information on adverse drug reactions, drug interactions, and the potential use of metformin in tuberculosis.

**A Statin-Free Life** Academic Press  
 Using the examples of Vioxx, Celebrex, cholesterol-lowering statin drugs, and anti-depressants, Overdosed America shows that at the heart of the current crisis in American medicine lies the commercialization of medical knowledge itself. Drawing on his background in statistics, epidemiology, and health policy, John Abramson, M.D., an award-winning family doctor on the clinical faculty at Harvard Medical School, reveals the ways in which the drug companies have misrepresented statistical evidence, misled doctors, and compromised our health. The good news is that the best scientific evidence shows that reclaiming responsibility for your own health is often far more effective than taking the latest blockbuster drug. You -- and your doctor -- will be stunned by this unflinching exposé of American medicine.

**The Truth About Statins** Oxford University Press  
 Raises key questions about topics in the pharmaceutical industry, including how the risks of side effects are weighed, if privatization of that risk is prudent, and the high prices for drugs.

Simon and Schuster  
 The second edition of this best-selling book has been thoroughly revised and expanded to reflect the significant changes and advances made in systematic reviewing. New features include discussion on the rationale, meta-analyses of prognostic and

diagnostic studies and software, and the use of systematic reviews in practice.

[Lipitor Thief of Memory](#) Chelsea Green Publishing

Over 25 million people in the U.S. alone have benefited from statins--such drugs as Lipitor, Zocor, Crestor, Pravachol, and other cholesterol-lowering medicines--in preventing stroke, heart attack, and other forms of coronary heart disease. But how did these remarkable, life-saving drugs come into being? In *Triumph of the Heart*, Dr. Jie Jack Li, a medicinal chemist and expert on drug discovery, tells for the first time the fascinating story of statins. Drawn from discussions with many scientists involved in the discovery and development of these drugs, the book illuminates the human side of science by revealing the role played by persistence, luck, and sudden insight that characterize major discoveries. For scientists in the drug industry, health care professionals, students of medicine, and all those intrigued by the basic human drive to explore and discover, *Triumph of the Heart* offers a compelling view of one of the most important drug discoveries of our time.

[Natural Alternatives to Lipitor, Zocor & Other Statin Drugs](#) Simon and Schuster

This book provides an overview of statin-associated muscle symptoms (SAMS) from clinical presentation to treatment and possible metabolic causes. It examines the risk factors, presentations, diagnosis and differential diagnosis, clinical management, and financial costs of SAMS. The book also highlights patients' perspectives on SAMS such as the psychosocial, emotional, and societal factors influencing their perceptions and experiences. Finally, the book presents the results of observational and clinical trials on the prevalence of SAMS, clinical trials for treatments, and potential future research approaches for improving the understanding and treatment of SAMS. A key addition to the *Contemporary Cardiology* series, *Statin-Associated Muscle Symptoms* is an essential resource for physicians, medical students, residents, fellows, and allied health professionals in cardiology, endocrinology, pharmacotherapy, primary care, and health promotion and disease prevention.

[Cholesterol Myth](#) John Wiley & Sons

'Giving you all the facts to help you decide how best to have a healthy life. - Dr Phil Hammond Statins are among the most widely prescribed drugs in the world. Yet many report unacceptable side effects and a US survey revealed that 75 per cent of respondents stopped taking them within a year. So what is the evidence for their benefits? Dr Aseem Malhotra, author of the bestselling *The 21-Day Immunity Plan* and co-author of the bestselling *The Pioppi Diet*, examines the claims for statins and their role in lowering cholesterol and preventing heart disease. He introduces us to his targeted heart-health plan, which, with a diet plan, recipes and advice on reducing stress and increasing movement, can help us to live statin-free and take control of our own health. 'Backed by science, this is a riveting read for anyone with a heart.' - Liz Earle 'Aseem's programme gives you the best opportunity for a v long and healthy life.' - Ross Walker 'Get this book to figure out if a statin-free life is right for you.' - Dr Robert Lustig

[Systematic Reviews in Health Care](#) Independently Published  
An innovative book called "The Cholesterol Myth": Why Reducing Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Strategy That Can" dispels the commonly held notion that high cholesterol levels are the main contributor to heart disease. This eye-opening book presents strong evidence that inflammation rather than cholesterol is to blame for heart disease rather than cholesterol as the enemy. Readers will get amazing information about the following subjects in this book: The evolution of the cholesterol theory and how it gained traction Research on the cholesterol hypothesis' shortcomings The link between heart disease and inflammation, as well as natural ways to minimize it The Myths and Truths about Cholesterol Statin medication risks and adverse effects Unreliant on statins, a complete strategy to lower the risk of heart disease This book is a must-read if you're sick of taking drugs to decrease your cholesterol levels only to find that your risk of heart disease stays high. The myth about cholesterol with succinct and straightforward explanations demonstrates to readers how to take charge of their health by addressing the root causes of heart disease. Take advantage of your chance to learn the truth about cholesterol and how to prevent heart disease. Purchase a copy of *Cholesterol Myth* right away!

[The Statin Damage Crisis](#) Little, Brown Spark

#1 NEW YORK TIMES BESTSELLER • A bold work from the author of *The Black Swan* that challenges many of our long-held beliefs about risk and reward, politics and religion, finance and personal responsibility In his most provocative and practical book yet, one of the foremost thinkers of our time redefines what it means to understand the world, succeed in a profession, contribute to a fair and just society, detect nonsense, and influence others. Citing

examples ranging from Hammurabi to Seneca, Antaeus the Giant to Donald Trump, Nassim Nicholas Taleb shows how the willingness to accept one's own risks is an essential attribute of heroes, saints, and flourishing people in all walks of life. As always both accessible and iconoclastic, Taleb challenges long-held beliefs about the values of those who spearhead military interventions, make financial investments, and propagate religious faiths. Among his insights: • For social justice, focus on symmetry and risk sharing. You cannot make profits and transfer the risks to others, as bankers and large corporations do. You cannot get rich without owning your own risk and paying for your own losses. Forcing skin in the game corrects this asymmetry better than thousands of laws and regulations. • Ethical rules aren't universal. You're part of a group larger than you, but it's still smaller than humanity in general. • Minorities, not majorities, run the world. The world is not run by consensus but by stubborn minorities imposing their tastes and ethics on others. • You can be an intellectual yet still be an idiot. "Educated philistines" have been wrong on everything from Stalinism to Iraq to low-carb diets. • Beware of complicated solutions (that someone was paid to find). A simple barbell can build muscle better than expensive new machines. • True religion is commitment, not just faith. How much you believe in something is manifested only by what you're willing to risk for it. The phrase "skin in the game" is one we have often heard but rarely stopped to truly dissect. It is the backbone of risk management, but it's also an astonishingly rich worldview that, as Taleb shows in this book, applies to all aspects of our lives. As Taleb says, "The symmetry of skin in the game is a simple rule that's necessary for fairness and justice, and the ultimate BS-buster," and "Never trust anyone who doesn't have skin in the game. Without it, fools and crooks will benefit, and their mistakes will never come back to haunt them."

[Cholesterol Down](#) Kings Road Publishing

If you have been told that you must take statins or risk a devastating heart attack or stroke, you need to read this book. Dr Kendrick, a well-known statin sceptic and author of the bestselling *The Great Cholesterol Con*, has returned to the diet-heart-cholesterol battlefield to warn that people are being conned. In relaxed and humorous style, he lifts the rock to allow the reader to peer underneath. He points out that statins, even in high-risk individuals, increase life expectancy by a mere four days after five years of treatment. Yet adverse effects have been swept under the carpet by researchers who are closely tied to the industry. The way to avoid heart disease, and strokes, is simple - but, as this riveting book shows, it has nothing to do with lowering cholesterol levels.

[Cholesterol Myth](#) Lippincott Williams & Wilkins

In this newly updated and re-edited 2012 edition, the side effects of cholesterol lowering statins are thoroughly assessed. Also reviewed are dietary and supplement choices that may offer benefit in the prevention of heart disease and in combating and preventing statin damage. The cholesterol lowering drugs known as statins are of proven benefit for some groups of people for the prevention of heart attacks and stroke, but statins also have a dark side. Tens of thousands of people have been victims of a huge array of statin drugs side effects, ranging from permanent cognitive dysfunction and severe personality change to disabilities from permanent peripheral neuropathy, permanent myopathy and chronic muscular degeneration. It has recently been reported that muscle pain cases frequently become permanent and many neurologists now regard statin neuropathy as predictably resistant to traditional treatment. When statins were first marketed there was seemingly no awareness of possible mitochondrial DNA effect or the importance of glial cell cholesterol to cognitive function and little or no concern that to inhibit cholesterol means to interrupt its pathway shared by both CoQ10 and dolichols and many other vital substances. Nor was it known that statins are powerful anti-inflammatory agents, the fundamental reason for their benefit in cardiovascular risk. The outmoded concept of looking at cholesterol numbers as a predictor of cardiovascular risk is increasingly being dismissed as studies point to cholesterol levels as being seemingly irrelevant to the process of atherosclerosis. In addition to the crisis of thousands of people disabled by statin associated neuro-muscular problems is the fact that many physicians still remain unaware that statins can even do this. Then there is the crisis of the growing trend of the insurance industry to use cholesterol levels as a reason to deny health care coverage or life insurance coverage. Some employers even require cholesterol levels to be below a certain number as a condition of employment. Plus the crisis of patients being forced into taking a statin because not to do so would result in having to find a new doctor. *The Statin Damage Crisis* looks at how statins work, the importance of cholesterol in the body, inflammation and atherosclerosis, anti-inflammatory alternatives to statins, serious side effects of statins, and dietary supplements of possible benefit to those taking statins or that were forced to stop taking a statin due to

unpleasant and even disabling side effects.

[Prescription Cholesterol-lowering Medication Use in Adults Aged 40 and Over](#) Karger Medical and Scientific Publishers

"Now includes 100 recipes for preventing and reversing heart disease from the *The great cholesterol cookbook*.

[Metformin](#) New Trends Publishing

Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet Brill—without using drugs. If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill's breakthrough *Cholesterol Down Plan*, you simply add nine "miracle foods" to your regular diet and thirty minutes of walking to your daily routine. That's all. This straightforward and easy-to-follow program can lower your LDL ("bad") cholesterol by as much as 47 percent in just four weeks. *Cholesterol Down* explains Dr. Brill's ten-point plan as well as the science behind it. You'll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as: • How eating whole grains helps reduce LDL cholesterol in your bloodstream • Why antioxidants keep plaque from building up in your arteries • How certain steps change the structure of LDL cholesterol particles (and why it's best for them to be large and fluffy) • Why walking just thirty minutes a day lowers "bad" cholesterol and cuts dangerous belly fat With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular disease, sample weekly menus, and even heart-healthy recipes, *Cholesterol Down* is the safe and effective alternative or complement to statin drugs.

[The Dark Side of Statins](#) BoD - Books on Demand

One class of drugs that lowers blood cholesterol levels is called a statin. They are regarded as the cornerstone of cardiovascular therapy and are among the most commonly prescribed drugs worldwide. Statins function by preventing the liver's HMG-CoA reductase enzyme, which is in charge of producing cholesterol. Statins can help lessen the risk of heart attack, stroke, and other cardiovascular events by reducing cholesterol levels. \*\*This book will teach you: \*\* \* The nature and functions of statins The advantages and disadvantages of statin use How to pick the ideal statin for your needs How to take statins in a safe and efficient manner What to do if statin side effects occur For anyone interested in learning more about statins and their function in cardiovascular care, this book is an invaluable resource. It is full of useful information and written in an easy-to-understand style. The following are some of the main advantages of statins: \* They can achieve a 50% reduction in LDL (bad) cholesterol levels. \* They can lower heart attack risk by as much as 30%. \* They have the potential to cut the risk of stroke by 25%. \* They can lower the chance of dying from heart disease by as much as 20%. \*\*Most people find statistics to be safe and acceptable. They may, nevertheless, have unfavorable side effects like weariness, liver issues, and aches in the muscles. Usually minor, these adverse effects disappear on their own. But it's crucial to discuss any negative effects you have with your doctor. \*\*If you are susceptible to cardiovascular disease, consult your physician to determine if statins are appropriate for you.\*\* Statins can help you live a long and healthy life and can even save your life.

[The Cholesterol Myths](#) The Truth About Statins

Statins are widely prescribed to lower blood cholesterol levels and claim to offer unparalleled protection against heart disease. Believed to be completely safe and capable of preventing a whole series of other conditions, they are the most profitable drug in the history of medicine. In this groundbreaking book, GP Malcolm Kendrick exposes the truth behind the hype. He will change the way we think about cholesterol forever. Rubbishing the diet-heart hypothesis, in which clinical trials 'prove' that high cholesterol causes heart disease and a high-fat diet leads to heart disease, Kendrick lambastes a powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the madcap concepts of 'good' and 'bad' cholesterol and cholesterol levels to convince millions of people to unnecessarily spend billions of pounds on statins. Clearly and comprehensively debunking assumptions on what constitute a healthy lifestyle and diet, "The Great Cholesterol Con" is the accessible, indispensable and absorbing case against statins and for a more common-sense approach to heart disease and general wellbeing. No more over-hyped miracle drugs; no more garlic, red wine, anti-oxidants, fruit or vegetables; even a vegetarian diet is rejected in this controversial yet authoritative critique of how we have been misled over how food and drugs affect our coronary health. Here, for the first time, is the invaluable guide for anyone who though there was a miracle cure for heart disease, "The Great Cholesterol Con" is a fascinating breakthrough that will set dynamite under the whole area.

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