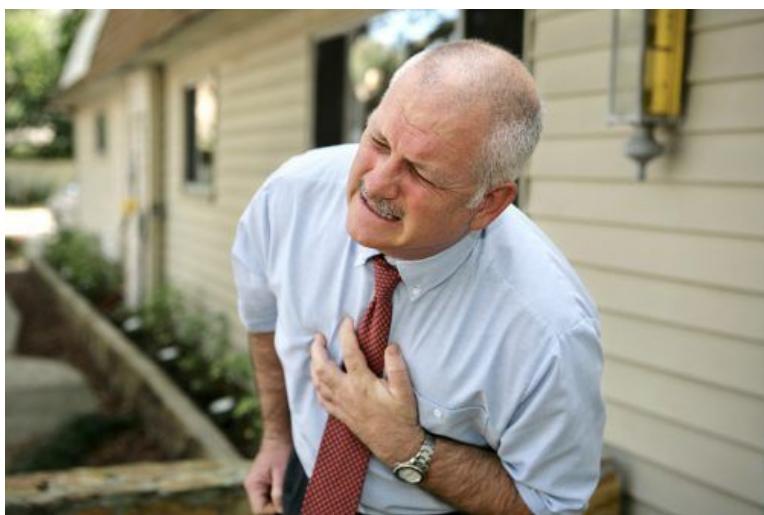


New research suggests that statins may pose risks to heart health from reducing levels of key nutrients and minerals

# Why Statins May Cause Side Effects and a Natural Solution to Help Avoid Them

*“It’s not too far-fetched to suggest that while statins may ‘save lives’ in the relative short-term by reducing the risk of, say, heart attacks, they may possibly cause some people to perish in the long term”* - Dr John Briffa, a practicing doctor, author and international speaker (1)



Rates of heart failure are expected to rise 46% by 2030. This is despite more people taking cholesterol lowering drugs than ever.(16)

**Disclaimer - You should NEVER stop taking statins without consulting your doctor first. They may be protecting you from heart disease, a stroke or heart attack. This article is for information purposes only and is not a replacement for professional medical advice**

## Do you dread getting your numbers checked?

Being "reminded" every time you look at a menu?

Or are you fed up of feeling drained every time you climb the stairs?

Nearly 74 million Americans live with high cholesterol. And nearly 1 in 3 aged over 40 takes a cholesterol lowering drug to keep it under control.(17)

But while proven to be effective, statins are not a "get out of jail free" card.

New research suggests that taking statins may be little better than a sticking plaster. What's worse is they may increase the risk of other health problems due to their "blocking" effect on your gut.

Thankfully, there's a [doctor endorsed natural solution](#) that can help lower LDL and raise HDL without side effects. Formulated on the principle of "healing the body from within", it has a 17 year track record of helping people to regain their cardiovascular health, in combination with healthy eating and exercise.

## Heal the cause instead of medicating the symptoms



I'm Gareth Churchill, a natural health researcher. My passion for natural health started when I was suffering from anxiety and low moods. My mental problems were so bad it was ruining my life. I went to the doctor for advice.

When I told him how terrible and helpless I felt, he nodded as if in understanding. He then passed me a note. It was a prescription for beta blockers to "help calm me down". Spending the rest of my life on blood pressure medication was not the answer I was looking for.

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So I did my own research. After discovering how anxiety and depression were driven by negative thought patterns and poor nutrition, I made changes in my life. I started to exercise daily, to improve my diet and studied cognitive behavioral therapy. Over time, I improved how I felt and saw the world, and my anxiety and dark thoughts faded away.

Ever since my mission in life has been to help other people adopt natural ways of healing health problems, instead of swallowing a cocktail of pills.

In this report I reveal:

- What a reclusive Bolivian tribe can teach us about healing our arteries and cardiovascular system
- 3 key lifestyle changes you can make today that will help lower your bad LDL cholesterol
- Why doctors are prescribing statins like candy (even if your cholesterol is in the safe ratio)
- How statins stop your body producing cholesterol
- 7 nutrients that statins may also block, which may explain muscle weakness and lower sex drive
- The vital role CoQ10 plays in your body and why depleting it from taking statins may risk unintended health problems
- Why you should also boost your K2 levels if you're on statins
- A safe, natural way of replenishing the key nutrients which statins may be depleting

## **Reclusive Bolivian tribe found to have lowest risk of heart disease in the world**



A recent study of the Tsimane people in the Bolivian Amazon found they have the healthiest arteries and the lowest risk of heart disease in the world.

In fact, 9 out of 10 of the villagers have arteries completely clear of plaque. While two-thirds of those aged over 75 are nearly risk-free of heart disease altogether.(2)

You'd think findings like this would have the Western medical world clamouring to know what their secret was? To know how they're able to stay so fit and healthy without western medicines and pills?

Well, the findings have largely been met by a wall of silence. Probably because we know why their arteries are so healthy already: Diet and exercise.

***"Eating a diet low in saturated fats and high in unprocessed fibre-rich carbohydrates, along with wild game and fish, not smoking and being active throughout the day could help prevent hardening in the arteries of the heart." - Professor Hillard Kaplan, from the University of New Mexico (3)***

While going to live in the Amazonian jungle may not be an option. There are healthy lifestyle changes you can make to mimic the lifestyles of the Tsimane people and improve your cardiovascular health:

1. Eat a healthy diet rich in nuts, fruits, vegetables and fish
2. Exercise for 30 minutes a day
3. Give up cigarettes and heavy drinking



None of these steps are rocket science.

They're drummed into us by doctors, TV shows and magazines. But that *still* hasn't stopped us reaching a situation where heart attacks are rocketing. And the only answer offered by the medical establishment is to prescribe more drugs.(4)

Statins continue to be promoted as the best way of lowering cholesterol and reducing the risk of a heart attack or stroke.

It is now even being recommended that they're prescribed to anyone over 40 with a 10% or higher risk of heart problems in the next 10 years.(5)

Gauging whether someone may have a heart attack in the next 10 years is a tough call. Many doctors may be inclined to prescribe them as a safety net.

And this has some doctors worried...



## How statins reduce cholesterol

Statins are classed as “**HMG-CoA reductase inhibitors**”. In other words, they BLOCK the HMG-CoA reductase enzyme from producing cholesterol in your gut.(6)

The reason why they do this makes sense: Less cholesterol in your bloodstream means less risk of it becoming oxidized and creating clots of toxic plaque on your artery walls.

Some doctors argue that the *main* problem is not the oxidation of cholesterol at all. Instead, it may be poor diets, lack of exercise, smoking and other unhealthy lifestyle habits that the #1 cause to focus on.

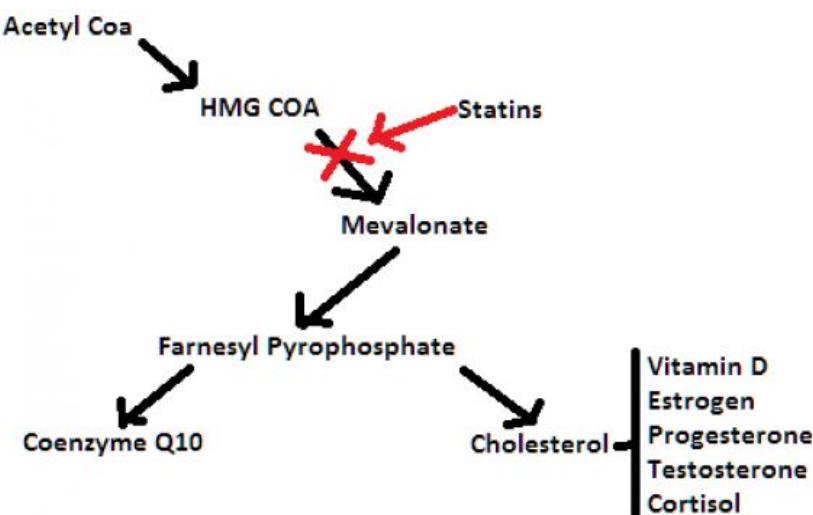
However, until everyone can be convinced to adopt healthy lifestyles like the Tsimane people, statins will continue to be the best way of keeping the danger of high cholesterol under control.

## Why is prescribing statins a problem?

The problem with statins, which is not yet common knowledge, is that they don't just stop your liver producing cholesterol.

They also block a variety of nutrients and minerals your body needs to function properly.

## Statin Drug Mechanism of Action:



Statins have been found to deplete at least 7 key nutrients - this is a reproduction of a diagram by Dr Colin O'Brien

As you can see from the diagram, when you block the enzyme that produces cholesterol you may also deplete:

- Coenzyme Q10
- Vitamin D
- Estrogen
- Progesterone
- Testosterone
- Cortisol
- Vitamin K2

Many of these nutrients, vitamins, and hormones are essential for many functions that take place in our bodies. And depleting them could explain why statins have been linked to a slew of side effects.

This includes:

- Muscle pain
- Weakness
- Fatigue
- Poor memory
- Low sex drive
- Depression
- A higher risk of infections (7)

Here are two nutrients, in particular, to be concerned about:

## 1. CoQ10

Coenzyme Q10 (CoQ10) plays a key role in the production of ATP (adenosine triphosphate). ATP is what feeds the batteries in our body's cells - called mitochondria - with energy. Your body's muscles, including the heart and the brain, rely on this energy. So when you cut off the supply of ATP, your mental and physical energy levels suffer.(8)

CoQ10 is also a well-known antioxidant. It helps to lower your blood pressure, improve the strength of heart contractions, improve longevity and enhance general well being.

So when you deplete CoQ10 in your body it can have all sorts of adverse effects.

***"Statin takers need to be especially aware of the fact that they're not producing CoQ10 at the levels they would be if they were taking no medication. When your body lacks CoQ10, energy production will lag and cell function will suffer." - Dr Sinatra, America's #1 Integrative Cardiologist(9)***

Dr Sinatra is just one of many doctors who recommends replenishing CoQ10 if you're taking daily statins. Thankfully, this is easy to do without some complicated diet or weird ingredient. A simple daily supplement can do the job.

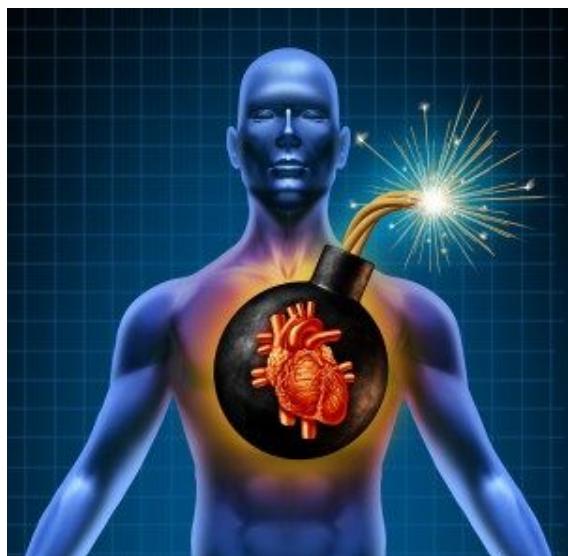
In fact, a two year study by Professor Sven Mortensen from Copenhagen, Denmark, found that CoQ10 supplementation may help prevent heart attacks and save lives.

As his report states:

"Statin-induced CoQ10 deficiency is completely preventable with supplemental CoQ10 with no adverse impact on the cholesterol lowering or anti-inflammatory properties of the statin drugs."(10)

## 2. Vitamin K2

**"If you decide to take a statin, a vitamin K2 supplement is highly recommended. MK-7 is the form you'll want to look for in supplements; it's extracted from the Japanese fermented soy product called natto. Professor Cees Vermeer, one of the world's top vitamin K2 researchers, recommends between 45 mcg and 185 mcg daily for adults." - Dr Mercola(13)**



Research published in the Expert Review of Clinical Pharmacology found that statins may also block the production of vitamin K2.(11)

Vitamin K2 helps to move calcium to where it's needed in your body, including your bones and teeth. Vitamin K2 also removes calcium from places it can do harm (known as 'calcification') like in your arteries. So when K2 levels are low, blood vessels may calcify and become stiff. This, in turn, may contribute to increased risk of heart disease.

## Supplementation May Boost the Nutrients Statins Deplete



**"Statins are not going away. If anything, the number of prescriptions are only rising and it's naive to think that an alternative approach will be adopted. So this means that we need to at least offset the potential damage. If we can prevent side effects from long-term statin use, we are improving health outcomes for millions of people." - Dr Colin O'Brien(15)**

As rates of obesity and heart disease continue to rise, so will statin use. So it's wise to take steps to counter any potential damage they may cause, both in the short and long-term.

If you are currently taking statins, the first person to speak to is your doctor. You should never make any changes to the medications you're taking without speaking to them first. You should also ask them if they recommend taking supplements and their potential interactions with your existing medication.

Remember that supplements are **not miracle cures**. They should always be taken in combination with daily exercise and eating a healthy, balanced diet, and not as a replacement.

## A cholesterol balancing supplement with a 17 year track record

Dr Sam Robbins has a family history of high cholesterol and heart disease. His parents were suffering from awful side effects from their cholesterol lowering drugs.

So Dr Robbins dug into the research on what may be the cause of high LDL cholesterol and low HDL cholesterol. What he discovered is that changing hormone levels as we get older and a deficiency of key nutrients may be to blame.

Based on his philosophy of "healing the body from within", Dr Robbins created his own supplement to replenish these hormones and nutrients.

He called it [CholesLo](#).

It contains a unique combination of natural nutrients designed to address the hormone and nutritional imbalance that may cause high LDL and low HDL cholesterol:

### **Lipid Optimizing System [Cholesterol, HDL/LDL & Triglycerides]:**

Red Yeast Rice (5.0% Extract, Citrinin removed))

Artichoke Leaf Extract (15% Chlorogenic Acid, 5% Cynarin)

Phytosterols Complex (40% extract from non-GMO pine tree extract)

Garlic (Extract 5% alliin)

Pantesin® d-Pantethine

Co-Q10 (Ubiquinone)

Guggulsterones (10% Pure Extract; E and Z)

Policosanol (from Sugar Cane - *Saccharum* species)

**Liver Cleansing Formula:**

Milk Thistle (80% Extract)

NAC (N-Acetyl L-Cysteine)

**Insulin/Blood-Sugar Regulator:**

R+ Alpha Lipoic Acid (r+ ALA)

**Inflammation Reducer:**

Turmeric (95% curcuminoids Extract)

Mixed Tocotrienols (90% Delta & 10% Gamma Tocotrienols)

This unique combination of ingredients is designed to offer six benefits in one:

1. Promotion of healthy cholesterol levels
2. Potentially optimized HDL/LDL ratios
3. Possibility of lower fatty triglyceride's
4. Works to improve homocysteine levels
5. May help to cleanse & repair the liver
6. Helps replenish CoQ10 levels which cholesterol lowering medications may reduce

[Find out more about the benefits of CholesLo](#)



**But does it work?**

Over the last 17 years over 112 million pills of CholesLo have been sold.

From over 427 reviews, earning over 4/5 stars average, the feedback from verified purchasers include:



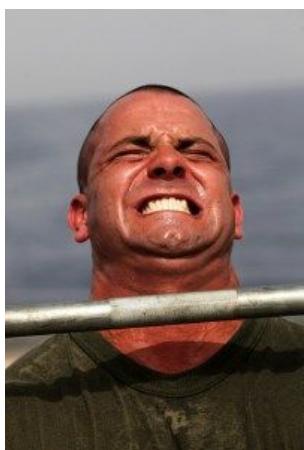
*“By using choleslo, eliminating dairy and refined sugar from my diet. Taking omega excel and a probiotic. Then having a smoothie most mornings made apple, avocado, a frozen fruit, almond milk and flax seed oil. My cholesterol changed from 267 to 211 in 3 mo. My numbers are currently in the normal range. Great product and ZERO SIDE AFFECTS.” – Carol Nightingale*



*“I started taking this when my doctor wanted to put me on a Staten which i didn’t want to take. My cholesterol went from 232 to 194 in just 6 months with no side effects. This is a great product” – Thomas L.*



*“Fantastic product been taking it about 5 years after the first two I take it for three months then off it for three. When I started it my cholesterol was 216 after 6 months it was 135 now it’s around 120 and stays there. I would have given it 5 stars but the dosage on the bottle is not correct and it’s quite expensive.” – Crystal*



*“When I go for my next test, it will be clear that it’s the CholesLo and not anything else that I’m doing because I have not changed my diet or any other part of my life style. So, all I can say is if you’re having problems with cholesterol medication and you’re in terrible pain from it, try the CholesLo. It will definitely bring your cholesterol down, triglyceride’s down and everything within normal ranges and my doctor was pleased and I was thrilled!” – Name not provided*

[Read more CholesLo reviews](#)

**Customer reviews should not be interpreted as typical results and personal experience may vary. The images are stock photos and not the real reviewer. Supplements are not magic pills and are not a replacement for healthy diet choices, exercise and quitting smoking.**

## **Why live in fear of high cholesterol or the side effects of medications?**

Heart disease is now the #1 cause of premature death in America. Getting your cholesterol to a safe ratio may help you avoid adding to this statistic.

Taking cholesterol lowering medications can certainly help in the short-term. However, it's always better to take PREVENTATIVE action instead of treating the symptoms.

This includes eating a diet packed with nuts, vegetables and fruit; getting daily exercise; cutting down on alcohol and giving up smoking.

Taking CholesLo daily may also help to replenish the nutrients depleted by statins and to feed the nutrients that may help balance your cholesterol naturally.

## **Just imagine what it would mean to improve your cardiovascular health...**



It could mean no longer dreading visits to the doctor to get your cholesterol readings...

Lower blood pressure and less shortness when playing with the grandkids...

Having the energy to enjoy long walks with your partner again...

To go back to playing golf, instead of hiding away at home...

Best of all, getting your cholesterol to a safe, healthy ratio can mean no longer living in fear of a heart attack or stroke.

This may all sounds like a dream.

However, getting their cholesterol to a healthy ratio is the reality for many of the people who made healthy lifestyle changes and gave CholesLo a go.

## A Healthier Cholesterol Ratio or Your Money Back

Dr Robins is so convinced that you'll benefit from CholesLo that he offers a unique guarantee. If CholesLo doesn't help **improve your total cholesterol levels in only 30 days, you'll get a full refund + \$100.00 cash back!**

Sounds too good to be true?

Then check out a short video about CholesLo in which Dr Robbins' explains how it works, along with the clinical studies and feedback that prove it works.

If you're on the fence, what have you got to lose in hearing what he has to say?

[Watch Dr Sam Robbins' short video on CholesLo and how it has an 8 year track record of balancing cholesterol naturally](#)

P.S. Dr Sam's [CholesLo](#) supplement contains key nutrients, natural chelators, antioxidants and minerals that may help cleanse your arteries and veins of plaque as well as get your cholesterol to a healthy ratio. It has an 17 year track record of balancing cholesterol safely, amassing an average 4.5 out of 5 stars in reviews. It is supplied with a 30 day money back guarantee. So you get your cholesterol down to a healthy ratio or your money back, making it a no risk way of helping improve your energy, health and happiness.

**Disclaimer** - Supplements are not magic pills. Any supplement needs to be taken in combination with a healthy diet and daily exercise to gain its health benefits. Statements made in this article have not been evaluated or approved by the FDA. You should never make changes to your medication without speaking to your doctor as some natural ingredients may interfere with them. Dr Sam's supplement is not designed to treat or cure any serious health condition or disease. Erudite Lifestyle has a monetary relationship with Dr Sam Robbins and will be compensated for purchases made via the links in this article.

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