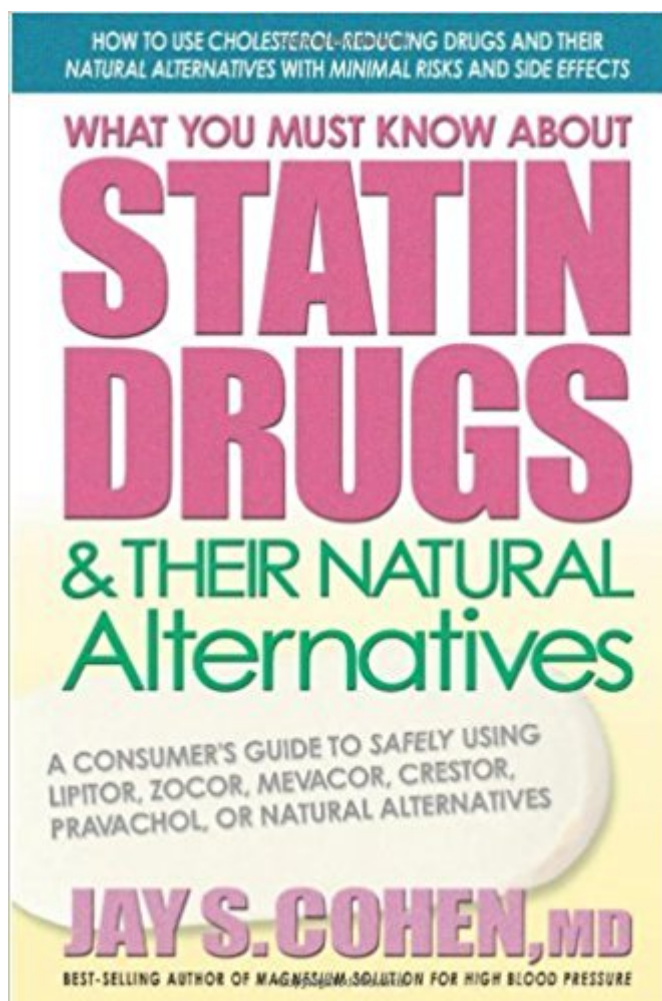


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# What You Must Know About Statin Drugs & Their Natural Alternatives



## Synopsis

Over 100 million Americans suffer from elevated cholesterol and C-reactive proteins—markers linked to heart attack and other cardiovascular disorders. To combat these problems, modern science has created statins. While over 20 million people take these medications, up to 42 percent experience side effects, and up to 70 percent eventually stop treatment. Here, for the first time, is a guide that offers easy-to-follow solutions to the statin dilemma. *What You Must Know About Statin Drugs & Their Natural Alternatives* begins by explaining elevated cholesterol and C-reactive proteins. It then examines how statins alleviate these problems, discusses side effects, and offers information on both safe usage and effective alternative treatments. If you have elevated cholesterol and C-reactive proteins, or if you are currently using a statin, this book can make a profound difference in the quality of your life.

## Book Information

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## Customer Reviews

This is a tough subject. Some people consider statins as the ultimate wonder drug...others consider statins to be the ultimate evil drug. Lots and lots of BS in the newsgroups. Cohen does an excellent job in explaining how to use statins while minimizing the possibility of adverse side-effects. His

approach makes a lot of sense. Unfortunately, there is no natural alternative "magic bullet". So don't expect to find any natural alternative even close to statins in effectiveness. He does weed out a couple of ineffective natural alternatives.

This book is for every person with a little bit of elevated cholesterol who's doctor tries to force Statins on them (like mine does). It's a book that can save you money and your mental health!

Very informative. Good for someone looking for alternative cures for cholesterol

This is a great book written by a doctor who gives an in-depth look at the various types and brands of statins and how to dial in a Cholesterol lowering dosage for each individual. He also explores alternatives, nutrition and diet as a natural way to lower Cholesterol, LDL and HDL. Anyone taking Statins or considering starting would find this a good read.

This book is a must-read for those with high cholesterol. You really do have to be your own health advocate and not go only by what your doctor recommends. I agree with Dr. Cohen in that a lot of doctors are "in bed" with pharmaceutical companies and are given big perks to push their drugs at levels which aren't necessarily safe or effective. I have moderately-high hereditary cholesterol levels and have tried many statin drugs in the past - all with bad side-effects which exacerbated my fibromyalgia (muscle pain, weakness). After reading this book, I've quartered the statin pills my doctor gave me and have had no bad side effects. Saves money, too! Dr. Cohen's motto of "Start low and go slow" is good advice when it comes to statins.

Have read it twice and still learn the down sides of statin drugs. Will never take them after reading the truth about the affects on the body. Everybody should read this to be better informed and to discuss it with their personal Doctor. I have and he did not prescribe after i talked with him about the down sides of this money maker for the drug companies. Read it and be informed. Respectfully,  
Lew

This book is a no-nonsense presentation of the facts about cholesterol. Finally I have seen something that actually tells the truth instead of twisting everything into a self-serving set of misleading statements designed to sell a product. This book is a refreshing change. Dr. Cohen gives both sides of the research and carefully explains what the different studies actually mean. He makes

no broad sweeping generalizations about statin drugs. Some people can benefit; others can use alternatives. He explains all the options and why. Very important. Very informative.

I have read several books on the subject of treating high cholesterol. This book is by far the most comprehensive. It goes into great detail about statins, dosages, side effects, natural alternatives, etc. If you only purchase one book on the subject, this is your Bible!

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