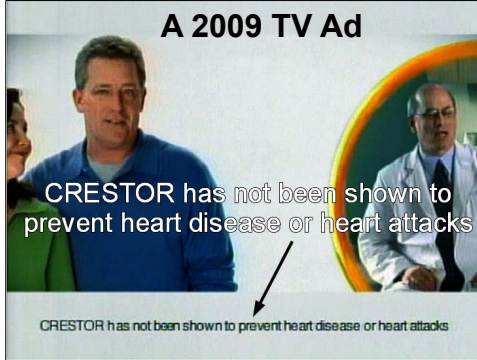


## Cholesterol Lowering Drugs What the Manufacturers Say<sup>1</sup>

Contrary to popular belief, cholesterol is healthful, and by some studies those with low levels have shorter lives<sup>2</sup>. It is a raw material for many of your hormones, Vitamin D, the walls of your every cell<sup>3</sup>, etc. What is harmful is *oxidized* cholesterol, which can clog arteries, and can be suppressed with high quality nutrition<sup>4</sup>.

Statin drugs very effectively lower your serum cholesterol. Manufacturers admit to the following minor side effects: headache, joint pain, muscle pain, musculoskeletal pain, muscle spasms, throat & neck pain, weakness, dizziness, nausea, abdominal pain, upset stomach, insomnia, and urinary tract infections. Most people would be willing to put up with these discomforts if there were a clear benefit. But, they also admit to serious and life-threatening conditions such as muscle weakness, liver dysfunction, and rhabdomyolysis (rapid breakdown of muscle tissue) with acute kidney failure<sup>5</sup>. Others have reported increased risks of cataracts, cancer, loss of mental acuity, peripheral neuropathy, diabetes, etc<sup>6</sup>.

One of the main side effects is muscle weakness, including weakening your heart muscle (cardiomyopathy), which in extreme would be congestive heart failure<sup>7</sup>. It is also likely to reduce your ability to stay physically fit<sup>8</sup>.

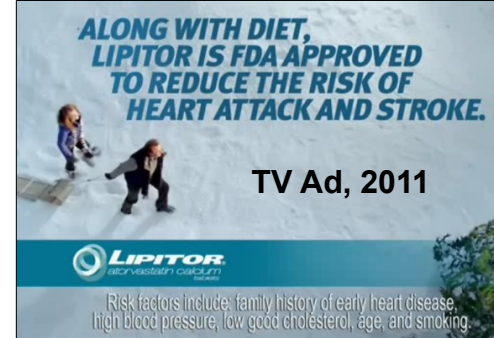


The older you are, the quicker the effects may manifest.

Statins lower cholesterol by inhibiting the same enzyme system in your liver which produces Coenzyme Q<sub>10</sub>, a substance so vital that it is found in every cell and is the “spark plug”<sup>9</sup>. Taking Coenzyme Q<sub>10</sub> will normally counteract some of the harm.

It seems preposterous that such wildly best-selling drugs might be so harmful. Above is a recent Crestor TV Ad, in which they were careful to claim only that it lowered cholesterol.

Lipitor used the same disclaimer in their ads and website, but later changed to the much better sounding one in the following TV ad. Does “*FDA approved*” mean the same thing as clinically proven, and does “*reduce the risk of heart attack and stroke*” mean actually reduce the **incidence** of same?



Probably not. On their website they also include exercise, so what they seem to say is: “**diet + exercise + Lipitor = benefit.**” It is impossible in this equation to know which gives what benefit, so diet and exercise could be so beneficial that they would overcome any harm from Lipitor, giving a net benefit. In such case one would be better off with just correct diet and exercise. In the ad I see **no claim that Lipitor alone has benefit**, so it seems just a clever way of saying the same thing as they said before: “***Lipitor has not been shown to prevent heart disease or heart attacks,***” so clever that it took me two years to figure it out.

Other types of statements they use are: *drug-x can benefit, or may help or is indicated for (certain conditions), or high cholesterol may (cause certain conditions)*. These say nothing of the **probabilities** of benefit or harm and can be little more than opinions.

Their careful disclaimers to legally avoid fraud would suggest that they know the dangers. The revenue from selling the drugs is very large, but I expect there is far more from treating the resultant diseases. Who in their right mind would knowingly take this kind of medicine? It can only be because almost everyone is deceived, even your doctor, because that is what is taught in med school. I find it astounding that such an apparent deception could be carried out in plain sight. "...evil men and impostors will proceed from bad to worse, **deceiving and being deceived**" [2 Timothy 3:13](#)

**I am not a doctor so nothing here can be considered medical advice.** It is your health, so you need to do your own research and make your own decisions. **A wise decision would be based on hard evidence and nothing else.**

There is also deception on the alternative health side and the only way to distinguish truth from deceit is to study in sufficient depth, not always an easy task. Almost everyone is selling something to earn a living: "... *The laborer is worthy of his hire.*" [1 Timothy 5:18b](#). What is important is the integrity of who you are dealing with. If you are skeptical just because someone is making money, then you need to be very skeptical of your doctor and the medical system because odds are they are making way more

money than just about anyone you know.

So if statins are not the answer, then what is? Genuinely good nutrition would be an almost complete answer, which you can find on the web in great detail at [mercola.com](#), [naturalnews.com](#) and elsewhere. I am not against science based medicine, but trusting in medicine is in a sense trusting in man, and trusting in the nutrition of God is a form of trusting in God, which is likely to give you the best health possible.

It is certainly worth much effort to protect your health. But most important the **salvation of your soul** is personal between you and God and does not depend on rites, clerics, traditions, good works, or belonging to any church or religion: "*For it is by grace you have been saved, through faith, and this is not from yourselves, it is the gift of God, not by works...*" [Eph 2:8-9](#) No matter what kind of person you are or what you have done: "*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*" [1 John 1:9](#) Pray today to put your faith in Jesus Christ alone: "*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*" [John 3:16](#) Then study the Bible to live pleasing to God: "...*if anyone is in Christ, the new creation has come: The old has gone, the new is here!*" [2 Cor 5:17](#)

**Please pray like this with all sincerity:** "Dear Lord Jesus, I confess I am a sinner, and I ask for your forgiveness. I believe you died to forgive my sins and rose from the dead. I trust and follow you as my Lord and Savior. Please guide my life and help me to do your will. In the name of my Lord Jesus Christ, Amen."

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