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Are Statins Worth the Risk?

Post date: Saturday, February 18th 2012 at 8:15 am by [Dr. Peter Braglia](#)

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"We found a bunch of these clogging your arteries. They're cholesterol pills."

Cholesterol lowering drugs called Statins generated [\\$34 billion](#) in sales in 2007 and have raked in over a quarter of a trillion dollars since they were introduced two decades ago. A new study reported in the [NY Times](#) links the use of statins with a higher risk of developing diabetes. This is just the latest in a seemingly endless list of side-effects that continue to be discovered from the long term use of these drugs.

Here's a small sample of the risks of statins: *acute kidney failure, liver dysfunction, cataracts, muscle weakness, rhabdomyolysis (a breakdown of muscle fibers into the blood stream), acidosis, sexual dysfunction, immune system depression, neuropathy, frequent fevers, increased risk of cancer, anemia, pancreatic dysfunction, and increased risk of stroke.* [For additional research [GreenMedInfo contains an archive of studies on 300+ adverse health effects associated with their use](#)]

Part of the problem is that people fail to realize that statins (like almost all prescription drugs) are not meant to be taken long term – they are a short term temporary “band-aid” while you make lifestyle changes (diet, [exercise](#), [nutritional supplements](#)) to return your cholesterol levels to an optimal range.

There is also the possibility that your cholesterol levels can drop too low, which is dangerous because **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.

For certain individuals who are at very high risk of dying from a heart attack, statin drugs are warranted and can be useful. However, this is only true if there is a **strong** heart attack risk – not simply “high” cholesterol levels. Unfortunately, these are the most widely prescribed drugs in the US, and now

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pharmaceutical companies are pushing to have them prescribed to healthy individuals on the basis of heart disease "prevention".

You read that right, instead of prevention through healthier eating or becoming more active, we'll just drug you and not worry about the laundry list of side-effects. Drugs and surgery should be a last ditch effort to save a body that can't survive on its own, not a way to regain or maintain health when your body first signals that there is a problem.

If you or someone you know is dealing with high cholesterol, try first to [lower it naturally](#)- without drugs. After all, Heart disease is not the result of a Lipitor or Crestor deficiency. It is the end result of our unhealthy diets, low fitness and high stress levels, and exposure to environmental toxins. Taking a pill won't fix these problems.

Dr. Peter J. Braglia, D.C. has a mission to educate, adjust, and inspire a health transformation in as many families as possible toward optimal health. To learn more about his practice [please visit his website](#) and his [Facebook page](#).

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RON PAUL · Lynn's Wide Awake · ★Top Commenter

Heart problems are due to magnesium, potassium and calcium levels being off. 80% of people are magnesium deficient. Magnesium, potassium and calcium help heart function. Most people don't understand that high cholesterol does not cause blocked arteries, it's actually calcium leaking from the bones (like little pieces of sand) that adhere to the artery walls and as cholesterol passes by it attaches to the calcium deposits. That's why bad teeth are a sign of heart disease. The object to stopping clogged arteries is stopping the calcium from leaching from the body. Your body can not absorb calcium without magnesium and potassium balance. So all these drinks with added calcium are very bad for you. In order for your body to work properly with vitamins you need minerals. Your body needs 90 essential minerals to function properly. How do you get a healthy garden? you need minerals so the plants can grow. You're no different. It's a chain reaction.

Your brain is made up mostly of cholesterol it needs it to be healthy. Cholesterol reducing pills are very dangerous.

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Lynn's Wide Awake · ★Top Commenter

Magnesium is the most important mineral in the body, activating over 300 different processes in your body: Among these functions are digestion, energy production, muscle function, bone formation, creation of new cells, activation of B vitamins, relaxation of muscles, the functioning of your heart, kidneys, adrenals, brain, as well as the nervous system.

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