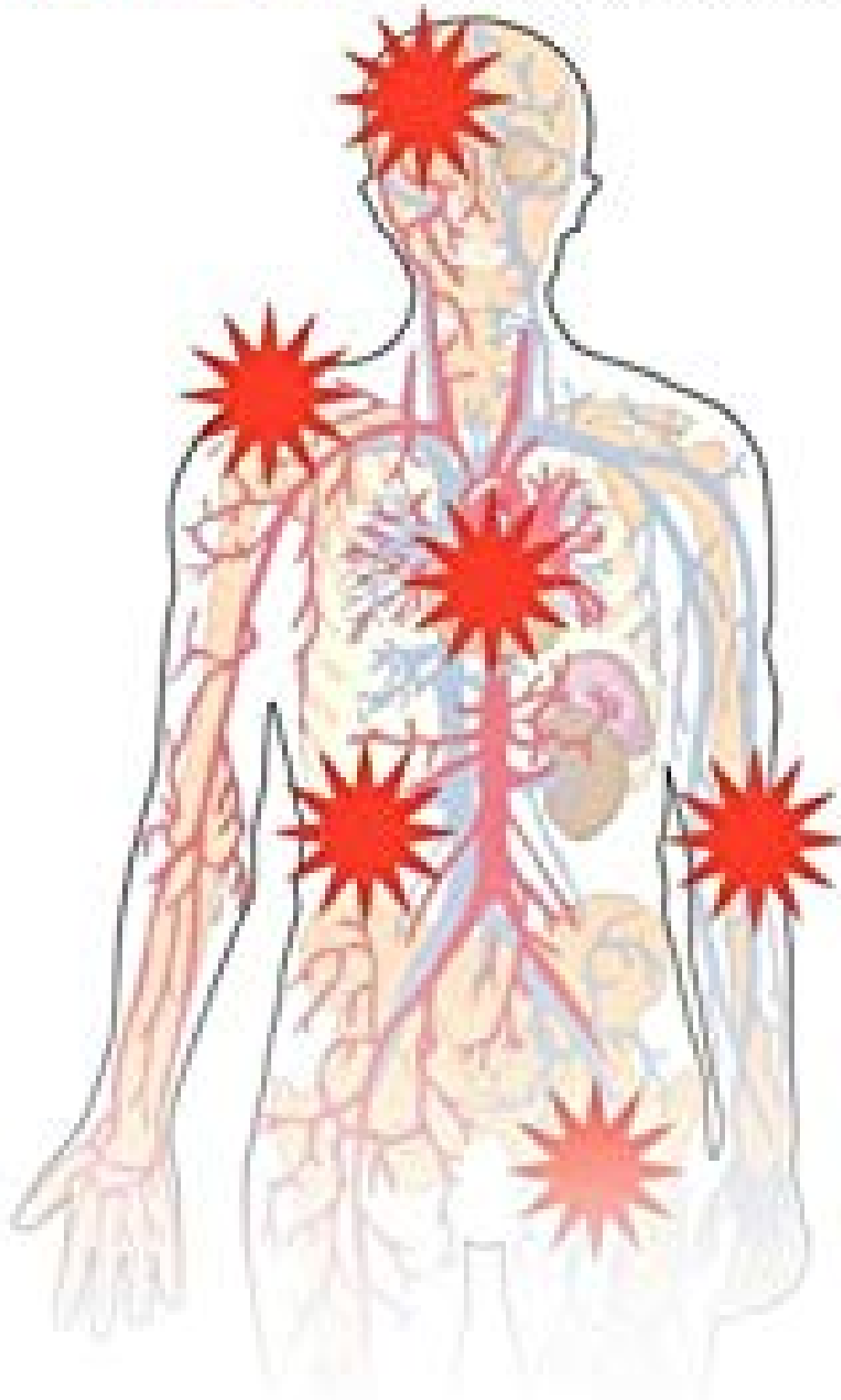


# The Statin Damage Crisis

By Duane Graveline M.D.



Duane Graveline

## The Statin Damage Crisis



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In this recently updated and re-edited 2012 edition, the side ramifications of cholesterol lowering statins are thoroughly assessed. It has been reported that muscle pain cases often become permanent and many neurologists now respect statin neuropathy as predictably resistant to traditional treatment. Thousands of people have been victims of an enormous selection of statin drugs unwanted effects, ranging from long term cognitive dysfunction and serious personality change to disabilities from long lasting peripheral neuropathy, long lasting myopathy and chronic muscular degeneration. The cholesterol decreasing drugs known as statins are of verified advantage for some sets of people for the prevention of heart episodes and stroke, but statins likewise have a dark part. Also examined are dietary and supplement choices that may present benefit in the prevention of heart disease and in combating and preventing statin harm. When statins were 1st marketed there was seemingly no knowing of feasible mitochondrial DNA effect or the need for glial cell cholesterol to cognitive function and little if any concern that to inhibit cholesterol methods to interrupt its pathway shared by both CoQ10 and dolichols and many other vital chemicals. Nor was it known that statins are effective anti-inflammatory agents, the essential reason for their benefit in cardiovascular risk. The outmoded concept of searching at cholesterol figures as a predictor of cardiovascular risk is usually significantly being dismissed as research point to cholesterol levels to be seemingly irrelevant to the process of atherosclerosis. In addition to the crisis of sufferers being forced into going for a statin because not to do so would bring about having to find a new doctor. Then there is the crisis of the developing development of the insurance industry to use cholesterol amounts as grounds to deny healthcare coverage or life insurance coverage. Some employers actually require cholesterol amounts to end up being below a certain quantity as a condition of work. As well as the crisis of a large number of people disabled by statin associated neuro-muscular problems is the fact that many physicians still stay unaware that statins may also do this. The Statin Damage Crisis talks about how statins work, the importance of cholesterol in the body, irritation and atherosclerosis, anti-inflammatory alternatives to statins, serious side effects of statins, and dietary supplements of possible benefit to those acquiring statins or that were forced to end taking a statin because of unpleasant and actually disabling side effects.



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One of the most important books of our period. Despite the technical jargon, I came aside knowing more than I knew before. Excellent book. I wish I had known concerning this before our cardiologist began my hubby on Lipitor 80mg 9 a few months ago. The tale that we've been marketed that cholesterol is poor and it causes heart disease just isn't true. Thankfully it stopped just underneath his waist, but now he is likely numb from the waist-down for the rest of his existence. Our analysis reveals you are 26 times more likely to develop neuropathy in case you are taking a statin drug. As it happens that we cannot trust our health-care companies to be informed about big-pharma's cover-up of the devastating unwanted effects of these medications. In the event that you read this publication, eventually you begin to think you have to take every health supplement possible: Vitamin C, B's, D's and eating good food won't perform it for you for such standard vitamins and minerals. Duane Graveline exposes the many side effects statin users suffer from. They don't care about the damage they are leading to to our health, just their important thing. It's most important to note that minimal one benefits health-wise from these medications. After many mystifying symptoms including tendon ruptures, and mysterious intermittent high fevers, he created a creeping numbness (neuropathy) in his lower body which traveled upward. Dr Jason Fung gets the best program for fixing the harm and curing insulin level of resistance. Every cell in our body makes cholesterol. It's the source of the produce of enzymes, hormones, proteins, vitamins and several other things that our bodies want. Cutting of the way to obtain these essential elements in our bodies provides devastating effects. Two articles worth reviewing for further analysis (just google the titles): 1. No Statins FOR ME PERSONALLY, EVER! Rather, eat LCHF! After reading about the Mevalonate Pathway and the place along this pathway attacked by Statins, I'm convinced that Statins certainly are a chronic toxin whose benefits are spurious at best, and Method outweighed by the IRREVERSIBLE damage done to muscles, nerves and the brain. I have loaned it to my close friends, those that want to know they have been scammed by bad pharma. So when (it might take years) the side effects hit you, your physician may ascribe them to "normal ageing". You are better off with eating LOW CARBOHYDRATE, High Fat (for me, nutritional ketosis) and taking supplements of CoQ10 (and others) if you are concerned with CVD. High cholesterol is a poor predictor of CVD, which may be the sole reason given for prescribing statins, despite the fact that the anti-inflammatory results are far more likely to forestall CVD. Apart from the scientific character of this book, I experience it is an advisable read. His additional books are less specialized. Like all the other reviewers Like all the other reviewers, I suffer from the continuing bad unwanted effects of taking Lipitor for three months. I'm giving this book 4 (rather than 5) stars because it doesn't provide a clear, definitive list of things to try counter the results of having used statins... Finally, to lose weight and perhaps keep it off -- the number one prescription -- try Spirulina and Chromium Picolinate. The reason? If I had to make such a prioritized list: alpha-lipoic acid is #1 and Best Doctor's 600 mg may be the best of the greatest; 600 mg will be a lot. Twice a day is not a poor idea. Also, Dr. Sinatra's recommendations for heart supplements is short and lovely: Magnesium, CoQ10, d-Ribose, and Carnitine.. They keep glucose cravings down and generally suppress appetite. Finally: low carbohydrate diets. In fact with this list slowly (6 months) I have countered the consequences of statins and feel very good -- better than ever actually. was wary of acquiring the statins urged on her behalf by her cardiologist. I also know from personal experience that statins cause permanent neuropathy and severe muscle tissue pain. When I informed my doctor that the statins had been leading to my neuropathy, he explained "YOU'RE WRONG." Well he was wrong and now I will suffer for the rest of my life due to it. Experienced I know, I never could have

attempted them or would have stopped them with time so as not to do harm. This book is EXTREMELY technical for me. He also makes a case for why statins cause neuro-degenerative illnesses such as Parkinson's, ALS, MS, etc. This book is one of the most significant books of our time. Two articles worthy of reviewing for further evaluation (just google the . I acquired a hard time following scientific explanations assisting his theories as to why statins cause damage. There are many critics, Duane Graveline is the best, and he is a doctor. And the tiny possible CVD advantage of the anti-inflammatory effects are FAR outweighed, once again, by the side ramifications of statin usage. It really a good idea for anyone thinking of going on statins to read this first to make their personal educated decision. On another take note, I did so not feel this book adequately addressed what ought to be done instead of taking statins; I really was lost by all of the scientific talk. Very sound scientifically, feasible the best. Besides, if anti-inflammation is rightly your goal, than you'd be well-advised to consume a minimal carb, high extra fat (or better, ketogenic) diet plan anyway, and MISS THE STATINS! It is not a question as to IF you will encounter these side effects, but rather WHEN. Statins certainly are a gradual performing poison. What I also found interesting is definitely that statins may increase a man's life one to two years but they haven't been proven to work in increasing life span for women. I've the largest medical website, 14 years of working on it. My partner had a coronary attack & Pharma can be available of treating illness. I've about 50 web pages on my internet site exposing how it is a poison. The books is for anyone who can be the decider, rather than a pharma trained doctor. The major reason behind heart attacks and much more is the reactive sugar fructose which damages the mitochondria sufficiently that the cells, when one ages so that system in the body are under executing. It is known as conditions linked to the Western diet. Those populations on a low glucose (under 15 grams of fructose which equals 30 grams of glucose) life-long diet don't get are conditions which also contains cancer and dementia. Read Burkitt and Trowel's reserve on it, a survey with 19 contributors. Five Stars informative book, shipped quickly Graveline explains how statins work and offers first-class alternatives to these often-unnecessary pharmaceuticals In his publication, "The Statin Damage Crisis," Dr. Cholesterol is vital for good wellness. It isn't refined carbs, this is the reactive sugar fructose. They make \$31 billion/year, simply in the USA on these drugs! Graveline clarifies how statins work and will be offering superior alternatives to these often-needless pharmaceuticals. She experienced most of the unwanted companion effects of statins defined in the book. in my book, It exposes the poisoning of our inhabitants by big pharmaceutical businesses. On top of that cholesterol is essential for health, why block its creation 40%? .. What is really needed is usually a prioritized list: if you had to consider just one supplement take this, two, etc. Excellent book. My partner had a coronary attack & Statins many times do more harm than good which book confirmed my suspicions I always suspected that statins work to reduce cholesterol through its anti-inflammatory capability and after scanning this reserve my suspicious were confirmed. I include "The Statin Harm Crisis" in the recommended reading portion of Chapter 14: Medicines: Just Say NO Thanks a lot! The pre-occupation of the medical establishment with cholesterol appears to be more consistent with marketing priorities than with the actual technology. How statistical deception made the appearance that statins are effective and safe in major and secondary prevention of coronary disease. HDL while neglecting to gauge the 4 types of cholesterol on which we have to be focusing. There's great LDL & poor LDL along with great HDL & bad HDL. Besides causing diabetes, statins are responsible for memory loss, misunderstandings, forgetfulness, and deaths because of the breakdown of muscle tissue... This travesty must be exposed. They still concentrate on simply LDL & 2. No connection between your degree of

exposition to statins in the population and the incidence/mortality of severe myocardial infarction: An ecological research based on Sweden's municipalities. Bottom line, statins provide small to no advantage against morbidity in the overall population, and could actually increase death through other causes such as cancer. Great, great book Great, great book!! Dr.I learn thus much from reading it and lastly begin understanding my health problems when I could not get answers from my doctors Important read Important information in the risks of statins - super easy to understand Five Stars Excellent information and incredibly true.



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