

If you have heart disease then this book will help you to decide whether you should take Statins or not. Heart disease, also known as cardiovascular disease (CHD) is considered by the medical profession to be caused by saturated fats. There is growing evidence from this and other books that this theory is wrong. This book shows that CHD is caused by a fungal infection, similar to the Candida theory of disease. It shows that cholesterol is an antifungal response by our body to manage this disease. This is a new theory and is powerfully argued using hundreds of journal papers to paint a very convincing picture. • Statins cannot work as intended as there is another drug, Ezetimibe, which also reduces cholesterol but makes CHD worse. • All the known solutions for CHD such as Statins, Niacin and Aspirin are all antifungal. • The book presents a solution using home-made antifungal capsules made from easily available food spices such as cinnamon and turmeric • The author's cholesterol numbers fell consistently. This is a well-researched book, containing some interesting ideas that will change how you think about and manage CHD and ageing. It also contains a remarkable summary of the changes to CHD risk you can expect for different lifestyle changes: • Diabetes ... 500% to 700% increase in CHD risk • Smoking ... 100% to 300% increase • Obesity and Metabolic syndrome ... 150% increase • High levels of carbohydrate consumption ... 100% increase • HIV infection (proving CHD is an infection) ... 100% increase • High stress event such as redundancy ... 50% increase • Cold housing ... 50% increase • HRT ... 29% increase • Exercise (half hour brisk walking daily) ... 18% reduction • Alcohol consumption (7 to 14 units per week) ... 19% reduction • Statins ... 20% reduction • Mediterranean diet (olive oil is antifungal) ... 23% reduction • Nicotinic acid (Niacin)(3g/day) ... 26% reduction • Ascorbic acid (vitamin-C)(500mg/day) ... 28% reduction • Eating fish once a week ... 29% reduction • High consumption of vegetables ... 31% reduction • Fasting (ten day Ramadan) ... 40% reduction • Exercise (1 hour running per week) ... 42% reduction • Chocolate (5+ per week) ... 57% reduction • Tamoxifen (reduces Estrogen) ... 60% reduction • Sauna (5 to 7 sessions per week) ... 63% reduction

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Statin - Wikipedia Statins are prescribed to people with cardiovascular disease and to those at high risk. from time to time, so its difficult to know if they are due to medication or just to do with everyday life. Most people experience no side effects from statins. **Why Ive ditched statins for good - Telegraph** May 26, 2017 TAKING statins daily reduces the risk of heart disease or stroke in In the UK, heart disease remains the biggest killer, claiming around 160,000 lives a . 4,622 people without cardiovascular disease from the UK Biobank, **Statins - Heart Treatments - British Heart Foundation** This can increase your risk of developing cardiovascular disease, which Low-dose statins are available at some pharmacies without a prescription, but they **Statins and Heart Disease Prevention - American Heart Association** Statins, also known as HMG-CoA reductase inhibitors, are a class of lipid-lowering medications. Statins have been found to reduce cardiovascular disease (CVD) and heart disease in those with high cholesterol, but no history of heart disease. . of muscle cells), which can in turn result in life-threatening kidney injury. **Statins nocebo effect: Thousands dying from heart attacks and** Apr 24, 2017 STATINS have done nothing to cut deaths from heart

disease since being over 62 years old, as there was no evidence it could benefit them. .
However, proponents say hundreds of thousands are putting their lives at risk **People over 40 should take statins regardless of heart disease - NY** Dec 27, 2015 And finally, the statins protect against coronary heart disease whether the If the cholesterol level for these people is no risk factor for coronary disease, To save these 20 lives it had been necessary to treat 3302 healthy **Cholesterol and statins: its no longer just about the numbers** Jan 25, 2017
Atherosclerotic cardiovascular disease (ASCVD) is a leading cause of statins are proven to extend life and reduce the number of heart attacks and medication is recommended, without considering your cholesterol levels. **Prevent Heart Disease with Natural Medicine Dr. Michelle Massa** Jan 10, 2016 Statins CAN cause heart disease - Shock research warns drug risks hardened arteries Supporters say they save lives by lowering cholesterol and UK . No one will tell you this because doctors are not required to study **The Diet-Heart Myth: Statins Dont Save Lives in People Without** May 22, 2017 STROKE risk and heart failure could be treated with a new therapy - which Statins NEWS: Keep taking life saving drugs to prevent heart attack Lastly, the polymer has no side effects, unlike statins, which are currently the **Statins Are NOT a Magic Bullet for Longer Life - The Peoples** New guidelines raise questions about statins and heart disease prevention. Can Statins Save Your Life? using cholesterol-lowering statin drugs to reduce Americans risk of heart attack and stroke, they triggered . which has no proven benefit at all, in fact there exists ample evidence that the makers falsified trial results **Heart disease is not caused by high cholesterol so taking statins is** Statins have potentially serious side effects, and there are instances in which they should not be taken. **Statins - NHS Choices** Nov 30, 2016 In this article, I will debunk the myth that statin drugs save lives in healthy people without heart disease, and discuss some of the little known **Are statins safe? - Drug cabinet - Heart Matters magazine** Nov 14, 2016 Even people with no history of heart disease should consider taking arent convinced that statins are the single magic bullet to save lives. **Statins are effective of reducing risk of heart disease or stroke Statins and the Prevention of Heart Disease Cardiology JAMA** Nov 2, 2013 The benefits of statins in people without established cardiovascular the drugs may increase diabetes, a serious and life-altering disease. **5 Reasons Not to Take Statins -** Feb 2, 2016 Can natural remedies lower high cholesterol without statins? . 30mg/dL), and they have a longer life expectancy and very little heart disease. **The effect of the statins is not due to cholesterol-lowering - Uffe** Mar 23, 2014 Just lowering cholesterol with drugs without sorting out the dietary and For men, high cholesterol was associated with heart disease and death from other hesitancy about prescribing them to those at risk could cost lives. **10 truths about statins and high cholesterol: One Heart – UT** May 13, 2013 In this article, I will debunk the myth that statin drugs save lives in healthy people without heart disease, and discuss some of the little known **Cost effectiveness of statins in coronary heart disease - NCBI - NIH** May 23, 2017 STATINS - drugs which can reduce the risk of heart attack and death from Home · Life & Style · Health Heart attack risk - taking cholesterol-busting statins although they had no evidence of heart cardiovascular disease. **Heart attack symptoms - statins might not help you live longer** CVD is a general term that describes a disease of the heart or blood vessels. for life, as stopping the medication causes your cholesterol to return to a high level within a Many people who take statins experience no or very few side effects. **Statins for Heart Disease Prevention (Without Prior Heart Disease** May 3, 2017 Statins nocebo effect: Thousands dying from heart attacks and strokes of common side effects on statin information leaflets despite having no provable .. in the blood and reduce cardiovascular disease and can save lives. **Many people stop taking life-saving drugs after heart attacks Reuters** Nov 1, 2011 Changing HDL and LDL levels does not always alter heart disease or life without medication are much less likely to suffer heart attacks or **Playing The Odds With Statins: Heart Disease Or Diabetes? : Shots** Coronary bypass surgery prolongs life in less than 2-3% of patients who receive it, Many think of heart

disease as problem men usually face, but its also the No. To choose just one small example, expensive cholesterol-lowering statin **Statins dont cut heart deaths risk says leading heart Professor** Oct 5, 2015 Doctors may tell patients that statins will save their lives, but they dont say patients without a history of heart disease (primary prevention). **Heart attack breakthrough - drug could be more effective than statins** Mar 10, 2015 Less heart disease, sure, a slightly higher risk of diabetes, too. Last year my cholesterol shot up despite living nowhere near a decent

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