

Heart Surgeon Speaks Out ... Dr. Dwight Lundell is a renowned cardiovascular and thoracic surgeon who has performed over 5,000 heart surgeries. He is also the author of “**The Great Cholesterol Lie**” in which he debunks the notion that cholesterol is the main cause of heart disease. Dr. Lundell recently said, “The discovery a few years ago that inflammation in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated. Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.”

Both Shaklee Vitalizer and Vivix (and Pain Relief Complex which contains Boswellia) have been shown to reduce or stop chronic inflammation in the body. Taking these supplements while avoiding processed foods and further thwarting any unwanted cholesterol build-up with Cholesterol Reduction Complex, will help keep your circulatory system in top notch condition.”

Medical Doctor speaks out against the risk of Statin Drugs: Duane Graveline, M.D., MPH, (former USAF Flight Surgeon, former NASA Astronaut, Retired Family Doctor) reports: “I am a physician, who has personal experience of several untoward effects of statin drugs.

- First is that of my wife who experienced a severe case of polymyalgia rheumatica as a consequence of taking Pravachol.
- Second is my own case of an episode of cardiac arrhythmia lasting a month and unquestionably related to Lipitor.
- I have a feeling that many other episodes of an untoward nature are occurring and not being reported by my colleagues.
- I also have been personally aware in my practice of more than a few instances of definite muscle cramps and/or muscle weakness as a consequence of statin drugs.”

Shaklee’s Cholesterol Reduction Complex, containing 2,000 mg of plant sterols and stenols, is an excellent option with absolutely no side effects, in the battle against heart disease.

There is a good book out called Lipitor- Thief of Memory. It is written by Duane Graveline, M.D. he is an M.D. and a former astronaut, and an aerospace medical research scientist. This man has the credentials.

He has written a book about his experience with taking Lipitor, because he was an astronaut and his cholesterol was elevated the NASA doctors prescribed him Lipitor. He is a medical doctor, he wants to do what is best and so he took it. But then he had amnesia, standing in his front yard and didn't know where he was.

It is called transient amnesia. My father experienced it a couple of times as well after being put on lipitor.

That's how I got interested in it.

He describes the method of action of Lipitor, it blocks an enzyme that keeps our body from producing cholesterol. That sounds good in theory but our brain is mostly cholesterol and when the enzyme is blocked for the glial cells in the brain to make cholesterol, we can have problems. There are probably more people suffering with dementia related to lipitor than we realize. If someone is 50 a doctor is going to probably tell someone a little memory loss is normal and won't connect it to the medication.

If you are 70 I don't feel there is any way most doctors would connect lipitor to memory loss. They think you are aging and that is just the way you are aging.

WE know about the muscle aches that can come with lipitor use and that is a very good reason to stop the medication. Doctors know to warn the patients of that side effect. A prudent doctor prescribing lipitor will have the patient's liver enzymes checked every 6 months to make sure their liver isn't dying from the medication.

WE know we can reverse high cholesterol with other lifestyle measures. Increase fiber to absorb cholesterol, that doesn't block the production of good cholesterol in your brain. Increase intake of vegetables so you are getting more plant sterols and stanols.

But the easiest way to get those is to take Shaklee's Cholesterol Reduction Complex.

Then exercise. **A person has to decide what good health is worth.**

http://www.spacedoc.com/lipitor_thief_of_memory.html

WELL-KNOWN SIDE EFFECTS: LIVER AND MUSCLE

The side effects that your doctor will be most familiar with are:

1. **Liver:** Changes in liver function occur in a small fraction of people; your doctor will probably monitor blood tests to check that your liver continues to function well. If the liver function becomes too abnormal, your doctor will stop the drug. The liver is expected to return to normal function.
2. **Muscle:** Muscle symptoms are common with statin drugs. "Myopathy," involving actual damage to muscle tissue, can be very serious. For this reason, if you develop new muscle pain, weakness, or tenderness on the drugs you should inform your doctor immediately. Very rarely, if myopathy occurs and the drugs are not stopped, a very dangerous condition, called "rhabdomyolysis", can occur that can sometimes be fatal. Myopathy and rhabdomyolysis are more common if people are on other cholesterol lowering drugs, particularly niacin or gemfibrozil (or other "fibrates"), as well as a statin. Certain other classes of drugs in combination with statins can also increase the risk of problems.

Things You Should Know

If you develop muscle symptoms it is very important that you let your doctor know immediately; your doctor will probably draw a blood test called a "CK" (creatin kinase) test that assesses whether muscle damage is present. CK is a muscle enzyme, and the test is also done during suspected heart attacks, to test for damage to the heart muscle. It is important to be aware that normal levels of "CK" do not exclude a relation to statins.

If you get an infection and are put on antibiotics or antifungal agents, make sure the prescribing doctor knows you are on statins, because several antibiotics and antifungal drugs can interact with the statin drugs to cause problems. In fact, it is a good idea with each new drug you are started on to be sure the doctor is familiar with the rest of your drug list. Also, if you become seriously ill or are scheduled for surgery, you should talk to your doctor about stopping your statin drug until you are better, or well on the road to recovery.

You should be aware that grapefruit juice affects metabolism of most statins (but not pravastatin) and can markedly increase blood levels, so grapefruit juice may be best avoided while you are on statins. This is not true for other citrus juices.

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LESSER-KNOWN SIDE EFFECTS

Memory, Thinking and Concentration

Some people report changes in memory, attention, or concentration on statins. They may have trouble finding the right word; may forget tasks they started to do; and may have trouble following conversations. Some people describe "holes in their memory." Some people worry that they are developing Alzheimer's. Of course, since people on statin drugs are often older, and may be experiencing age-related loss of memory, it makes it difficult to know whether the drugs are responsible. Many people report improvement in memory and thinking when they stop the drug; or improvement if they go on a lower dose. These findings suggest that the drug is responsible.

As of now there are two randomized controlled trials that have looked at thinking on these drugs. One was published in May 2000 in the journal called *American Journal of Medicine*. Dr. Matthew Muldoon, at the University of Pittsburgh, showed that statin drugs on average reduces "cognition," that is to say, people who were on a statin drug did worse on tests of thinking and memory ability, even though they started out the same as those who were put on a placebo pill. These effects were "significant" statistically. On average the effects

were considered to be small, but of course some people have no alteration, while others have bigger losses in memory and thinking. A second study by Dr. Muldoon shared similar findings. However, in another statin trial, no effect was seen on cognitive function. That study, in persons over 70, was not expressly designed to assess the effect of statins on thinking, but it did assess cognitive function.

Depression and Irritability

Some people report changes in mood on statins. These include loss of interest in activities and loss of interest in social involvement. Some people report frank depression, but it is not known if these effects are more common in people on statins than in people who are not. However, some people reliably become down when on the drugs, and better when off, so that for these people there appears to be a relationship. It is possible that some people may also get a boost to their mood with low cholesterol, although this is less commonly reported. In some cases violence, psychosis, and suicide have been reported. We have published a small case series describing several instances of severe irritability arising on statins, resolving when statins were stopped, and returning when statin use was resumed.

Pain

Although muscle pain is a well-recognized side effect of these drugs (and one that should be reported, so tests can be done), other pain effects have been reported by many people on statins, but have not been studied extensively include headaches, joint pains, and abdominal pain.

Peripheral Neuropathy

Studies have confirmed that peripheral neuropathy (tingling and numbness or burning pain) may occur with statins.

Other Side Effects

Sleep problems, sexual function problems, fatigue, dizziness and a sense of detachment are also reported with these drugs. Additionally, people have mentioned experiencing swelling, shortness of breath, vision changes, changes in temperature regulation, weight change, hunger, breast enlargement, blood sugar changes, dry skin, rashes, blood pressure changes, nausea, upset stomach, bleeding, and ringing in ears or other noises.

DID YOU KNOW? There were more deaths caused by drug use than there were motor vehicle fatalities in 2009. The death toll from drugs has doubled in the past decade, with one life lost every 14 minutes. (Center for Disease Control: <http://health.foxnews.mobi/quickPage.html?page=31737&content=56765559&pageNum+-1>)