

## Feature Topic: Cholesterol & Statin Drugs

**Question:** My doctor says my cholesterol is too high and I should go on a statin drug. What are your feelings about this?

**Dr. Redd Says:** As a general rule, I'm against statin drugs. They do lower cholesterol, but the side effects are significant and much more frequent than the drug companies are willing to admit and if your cholesterol gets too low, the probability of cancer and stroke increase. Before taking a statin drug I recommend you visit Dr. Duane Graveline's web site at [www.space-doc.net](http://www.space-doc.net). Dr. Graveline is an MD and former NASA physician and astronaut. He has excellent information about the dangers of statin drugs as well as a wealth of information about the myth that cholesterol is dangerous. You will learn that cholesterol is irrelevant to heart disease.

Cholesterol is essential to health. All of your hormones, much of your brain and nervous system and every cell of your body uses cholesterol. It's so important to the body that if you eat less, the body will make more. A study done on French elderly women showed that higher cholesterol levels correlated with longer life span. Recently Dr. Gregg Fanarow at the University of California Los Angeles Medical Center reported that nearly 75% of patients having their first heart attack had LDL (the so called "bad" cholesterol) levels below 130 mg/dl and nearly 50% had LDL levels below 100 mg/dl. The point here is that your cholesterol levels are not a significant factor in heart disease.

More important is inflammation of the arteries. If an artery becomes inflamed it weakens and can leak or rupture. The body wisely reinforces these weakened areas with a cholesterol plaque. These plaques become problematic if they get too big and block the artery, but they wouldn't even be there if the artery were healthy. The best thing to do is avoid getting your arteries inflamed. How can you do this? Easy – don't eat refined sugar and starch (carbohydrates). White sugar, baked goods made with white flour, white rice, white bread, white potatoes, white pasta, etc. are all foods that cause inflammation.

You can measure how much inflammation you have with simple inexpensive blood tests. These tests are much more useful than testing for total cholesterol or LDL and HDL cholesterol. In our office we have an excellent Cardiac Health program that looks at risk factors for heart disease that are much more helpful and accurate than LDL and total cholesterols. In addition to better testing we can actually improve cardiovascular circulation with nutritional products. Very soon we will be able to begin using Infusion therapy, which is intravenous nutritional chelation treatment, to treat and clear blocked arteries.

So in summary I suggest you first become informed about the dangers and so called benefits of statin drugs and the fact that cholesterol really isn't anything to be concerned about in most cases. Secondly, I suggest you get blood tests that really tell you what your cardiovascular disease risk is because the usual blood tests are actually useless. We can do this for you (the cost for these tests is only \$112.00 at our office which normally cost over \$400.00 to run). Last of all you should consider getting on a specific Heart Healthy program that is designed just for you; especially if there is any history of heart disease, stroke or heart attack in any of your family. If you want more information about our program, just call the office or Email me at [docredd@docredd.com](mailto:docredd@docredd.com)