



Natural Alternatives to Lipitor, Zocor & Other Statin Drugs (The Square One Health Guides)

Jay S. Cohen

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Elevated cholesterol and C-reactive proteins are markers linked to heart attack, stroke, and other cardiovascular disorders. It is estimated that over 100 million Americans—more than a third of our population—suffer from these conditions. To combat these problems, modern science has created a group of drugs known as statins, available under such names as Lipitor, Zocor, and Pravachol. While over 20 million people take these medications, the fact is that up to 42 percent experience negative, often serious, side effects. Fortunately, other options are available. Here, for the first time, is a concise guide that explains the problems caused by statin drugs, and offers easy-to-follow strategies that will allow you to benefit from effective natural alternatives.

Written by a highly qualified researcher and physician, *Natural Alternatives to Lipitor, Zocor & Other Statin Drugs* begins with a clear explanation of elevated cholesterol and C-reactive proteins. It then examines how statin drugs work to alleviate these problems, and discusses their possible side effects. Finally, the author highlights the most important natural alternatives, providing information on the science behind their claims, their proven effectiveness, and their suggested dosage.

If you have elevated cholesterol and C-reactive proteins, or if you are currently using a statin drug, *Natural Alternatives to Lipitor, Zocor & Other Statin Drugs* can make a profound difference in the quality of your life.

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