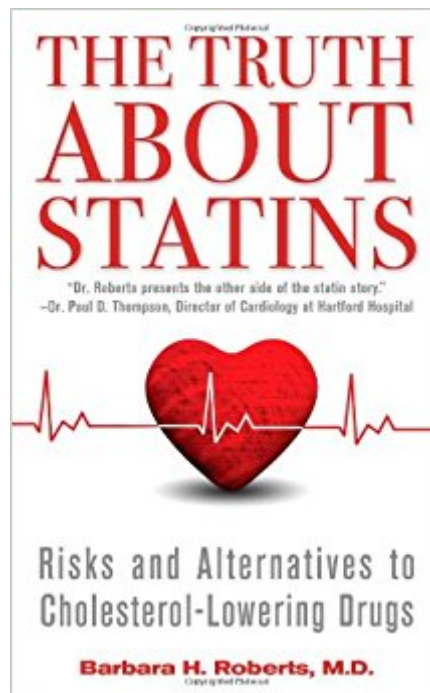




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The Truth About Statins: Risks And Alternatives To Cholesterol-Lowering Drugs



Synopsis

From an award-winning cardiologist comes the most up-to-date, definitive reference book about statins—cholesterol-lowering drugs—providing a thorough examination of the uses and safety claims of this high-profile class of drugs. **COULD STATIN DRUGS ACTUALLY HARM YOU?** Despite the rosy picture painted in the ads of a miracle cure for high cholesterol and its attendant heart disease, the reality of taking statins may be far less pretty. Dr. Barbara H. Roberts, director of the Women's Cardiac Center at the Miriam Hospital in Rhode Island, discusses both the benefits and health risks of these popular drugs in this comprehensive guide that finally reveals the questionable science behind the research studies. This honest, patient-friendly appraisal of the most widely used medications in the world may shock you, but it may also save your life. Offering clear-cut, easy-to-understand information in an easily accessible fashion, Dr. Roberts explains how to take the best possible care of your heart, including:

- * The keys to maintaining cardiovascular well-being
- * How to interpret your cholesterol numbers
- * The frightening adverse effects of popular drugs

It is time to take charge of your heart health. Learn the facts behind the hype so that you can make informed decisions on a subject vital to your continued health. If you or someone you love either takes a statin or is considering doing so, you need to read this book. **Includes recipes for a delicious and heart-healthy diet, including Wasabi-Roasted Salmon, Pasta with Avocado Sauce, and Lemon-Pineapple Breakfast Muffins.**

Book Information

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Customer Reviews

Barbara Roberts's book, *The Truth About Statins* makes a good contribution in that it bolsters the credibility of all the critics of Statins when a M.D., who is also a researcher and administrator is critical of existing medical dogma, at least as far as she goes. The main tenet of her book is that use of Statin drugs does little or nothing to extend longevity, Statins have serious side effects, that those using Statins do little to reduce their risk of coronary heart disease (CHD) and you can lower your risk more with weight loss, exercise, and the Mediterranean Diet. What she fails to do is to distance herself from the discredited medical dogma that dietary intake of saturated fats leads to hardening of the arteries that leads to CHD. In chapter one page five she states the dogma that high levels of certain lipoproteins ..." increase the risk of developing plaque in the arteries " No where in this book (that I have found) does she provide evidence for this. She ignores the many autopsy studies that have found no correlations between plaque, hardening of the arteries and levels of cholesterol in the deceased persons blood. She instead draws conclusions of Ansel Keys discredited pseudoscience, where he cherry picked data to try to epidemiological relate heart disease with diet.

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