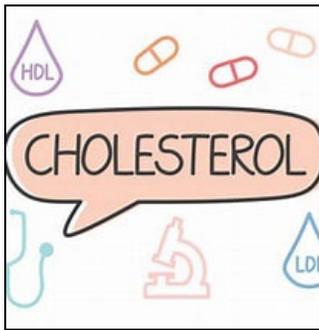


# I'M RIGHT!



Don't you love when you are proven right? I have never allowed my doctor to test my cholesterol level. He asked me why, and I told him it's a bunch of \*&#\$. (That's a quote—I actually said that to my doctor.) I have always said that it is just a way to get people to take more pills and make the pharmaceutical companies richer. And now here is proof that it doesn't matter if your LDL is lower or not.

Statins do lower the LDL, but for most people that reduction doesn't translate to a lower risk of heart disease. Here are what cardiologists analyzed from 35 studies of statins and other cholesterol meds. The studies failed to show that taking statins or other LDL lowering meds reduced the risk of developing cardiovascular disease (CVD), and 75% showed no reduction in rates of death from heart disease or cardiovascular protection. This means no reduction in heart attacks, strokes, or death from CVD.

Not only did lowering the LDL not prevent the occurrence or risks, but if the LDL wasn't reduced, the risk of heart attacks and strokes decreased! The researchers noted that cardiovascular deaths are increasing despite the rising use of statins and lower levels of cholesterol overall.

The only proven and reliable benefit of statins for (CVD) is for men under 75 with heart disease or a previous heart attack or stroke. Statins work in this case by thinning the blood and reducing inflammation, not by lowering LDL.

So, my theory is correct, and I will never get tested so my doctor can't throw any numbers at me, but you do what you think is right. Don't stop taking your statins without talking to your doctor!

Next week I will tell you how the experts got it wrong for so many years! See, I have proof that I am not just a pretty face! Yeah, I'll go with that.