



# Natural Alternatives to Lipitor, Zocor Other Statin Drugs: What to Use and Do to Help Lower Your Bad Cholesterol (Paperback)

By Jay S. Cohen

Square One Publishers, United States, 2010. Paperback. Book Condition: New. 170 x 104 mm. Language: English . Brand New Book. 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 easyto-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...



#### Reviews

-- Alta Kirlin

Very useful to all of category of people. I actually have read through and that i am sure that i will likely to go through once more again in the foreseeable future. I realized this book from my i and dad advised this publication to find out.

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

-- Rosario Durgan

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