



# **What You Must Know about Statin Drugs & Their Natural Alternatives: A Consumer's Guide to Safely Using Lipitor, Zocor, Mevacor, Crestor, Pravachol, or Natural Alternatives**

*Jay S. Cohen MD*

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Jay S. Cohen MD

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Over 100 million Americans suffer from elevated cholesterol and C-reactive proteins—markers linked to heart attack and other cardiovascular disorders. To combat these problems, modern science has created statins. While over 20 million people take these medications, up to 42 percent experience side effects, and up to 70 percent eventually stop treatment. Here, for the first time, is a guide that offers easy-to-follow solutions to the statin dilemma. *What You Must Know About Statin Drugs & Their Natural Alternatives* begins by explaining elevated cholesterol and C-reactive proteins. It then examines how statins alleviate these problems, discusses side effects, and offers information on both safe usage and effective alternative treatments.

If you have elevated cholesterol and C-reactive proteins, or if you are currently using a statin, this book can make a profound difference in the quality of your life.

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