

# THE COTTAGE CLINIC

## THE DANGERS

### OF

## STATIN DRUGS

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[http://statindrugdangers.com/About\\_Us.html](http://statindrugdangers.com/About_Us.html)

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### **Statins - the dangers of inhibiting cholesterol**

Our bodies need cholesterol. Every cell membrane contains cholesterol because that is what makes our cells waterproof. If we didn't have cholesterol, we wouldn't be able to have a different biochemistry on the inside of our cells and on the outside. When our cholesterol levels are not adequate, the body declares an emergency, and tries to take cholesterol from one part of the body to the other.

Cholesterol is used to repair the body. That's why scar tissue has high levels of cholesterol.

Cholesterol is necessary for many biochemical processes like mineral metabolism. Cholesterol is essential when digesting fats. So if you have low cholesterol levels, you will have trouble digesting fats.

Cholesterol is also essential for our neurological system to function, especially in memory formation and the uptake of hormones in the brain. Cholesterol is the main organic molecule in the brain and it makes up over half the dry weight of the cerebral cortex.

Cholesterol is also essential to all the hormones produced in the adrenal cortex. Low levels of cholesterol will result in blood sugar problems, edema, chronic inflammation, mineral deficiencies, allergies, asthma, difficulty in healing, infertility, reduced libido and other reproductive problems.

Cholesterol is also a powerful antioxidant which protects us from cancer and aging.

Now when statin drugs are prescribed, the consequences can be startling.

The main purpose of statin drugs is to inhibit the production of cholesterol. The drugs work very well to do just this. But there are usually nasty side effects, and the dangers it can cause to your body are just getting known.

### **Statin Drug Dangers - Muscle Pain and Weakness**

One of the most common side effects of statin drugs is muscle pain and weakness. Patient after patient have developed different types of weaknesses. Some experience pain and a lot of tiredness. Some develop slurred speech, balance problems, severe fatigue. Some have restless sleep patterns interspersed with a twitching and flailing of arms. Some begin to lose their balance and start walking in a slow, wobbly way. Some lose fine motor skills and find that they can't write - it takes a few minutes to write a few words, and most of it is illegible. Some experience a decline in their cognitive functions and begin to lose their memory and coordination. Some develop severe calf pains and temporary memory loss. Heel pain and sore feet are common complaints.

### **Statin Drug Dangers - Polyneuropathy**

People who take statin drugs over a period of time risk developing neurological problems. This is characterized by weakness, a tingling and pain in the hands and feet, and eventually there will be difficulty in walking. This nerve damage is often irreversible, so even if a patient stops taking statin drugs, he will be left with permanent nerve damage.

### **Statin Drug Dangers - Heart Failure**

Today, heart failure has become almost an epidemic in the United States. Statin drugs were first introduced in the market in 1987. Ever since then, from 1989 to 1997, heart failure deaths have more than doubled. Cardiologists suspect that statin drugs are responsible for this huge increase.

Statin drugs weaken muscles and the heart is just a muscle. Cardiologists have found abnormalities in the heart's filling phase, when the muscle fills with blood. This has been linked to the statins that cause a depletion of Co-Q10, a nutrient that supports muscle function. The depletion of this nutrient inhibits a cell's ability to produce energy, which causes muscle pain and weakness. In the heart, this depletion leads to a decline in the left ventricular function and it causes biochemical imbalances as well. This danger showed up in clinical trials, in two-thirds of patients who were on statin drugs.

### **Statin Drug Dangers - Dizziness**

Many studies have shown that statin drugs often cause dizziness. Statin drugs cause blood pressures to drop. This lower blood pressure causes dizziness and the elderly are most sensitive to these lower blood pressures.

### **Statin Drug Dangers - Cognitive Impairment or Memory Loss**

Statin drug use often causes a loss of memory and speech. In tests that were conducted, a statin drug user's psychomotor skills were lower than anyone else, and they were unable to solve complex mazes and memory tests. Some patients develop a complete memory loss or global transient amnesia for short periods of time.

Patients report that they often can't remember their names, or the names of their loved ones. They are sometimes unable to find their way home in the car, or they will go somewhere and then cannot remember why they are there. These memory losses happen suddenly and unexpectedly and disappear just as suddenly.

Some patients even develop an abnormal way of thinking.

### **Statin Drug Dangers - Cancer**

Statin drugs depress the immune system, which can lead to cancer and infectious diseases.

Whenever studies have been done with rodents, statins have caused cancer. Such exhaustive studies have not yet been conducted with human beings. One trial showed that breast cancer rates went up by 1500 per cent, in those women who were taking statins. Another study showed that non-melanoma skin cancer occurred more frequently in patients who were taking statin drugs, compared to those who were not.

### **Statin Drug Dangers - Pancreatic Rot**

Sometimes patients who start statin drugs develop severe abdominal pains in the first few weeks after taking drugs. These patients have been found to be more prone to getting acute pancreatitis. The symptoms are often diarrhea and septic shock, and patients often need prolonged hospitalization.

### **Statin Drug Dangers - Depression**

People with low cholesterol usually suffer from depression, and women are twice as likely to do so. They are more prone to anxiety attacks and depression. Men react slightly differently when their cholesterol levels are lowered due to statins. Their suicide and violent death rates are much higher than the normal-cholesterol person. In addition it was found that they have mood swings and disturbances.

### **Statin drugs - are the dangers worth the benefits?**

Most physicians believe that the benefits of taking statin drugs override the side effects and dangers that the patient experiences. Today this is proving to be controversial. Some studies show that there is not much difference between patients who take statins and patients who take placebos. In fact, patients who take statins face an increased chance of getting heart disease.

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