

A Supplement to Dr. Micozzi's

The Insider's Ultimate Guide to Outsmarting "Old Age"

**Simple, common-sense
strategies** for staying
vibrant, youthful, and
HEALTHY well into your
70s, 80s—and beyond



BONUS REPORT

Dr. Micozzi's Complete Statin Recovery Plan

It's one thing when the government-industrial-medical complex pushes drugs that are ineffective. But it's a whole new level of insult when it pushes one that poisons us.

And yet that's what's happening with statin drugs. And more than that, pharmaceutical companies are actually digging in their heels and doubling down on these deadly drugs. Could it be because they're the best-selling drugs in the United States? Or the fact that one of them is the single best-selling drug in the entire world—in all of recorded history?

I'm talking, of course, about statin drugs.

Fortunately, there IS some good news amid the whole statin mess. But before I get to that, let me recap how things got to this point.

The myth behind statin drugs

The body makes cholesterol. That's normal. Cholesterol is a building block of cells and steroid hormones. Statin drugs poison your metabolism to stop your body from making cholesterol.

Not only is this a scary thought, it also doesn't prevent heart disease. In fact, half of the people who die from heart disease have normal cholesterol levels. And worldwide studies comparing different nations actually show lower cholesterol levels are associated with higher mortality rates. A recent study involving virtually the entire population of Sweden saw no decline in heart disease deaths before and after statins were introduced.

Ironically the biggest risk factor for heart disease is high blood pressure. Yet studies show that only half of the approximately 50 million people with high blood pressure in the United States are being treated effectively for the condition. So doesn't that seem like a good place to start fixing, rather than fixating on cholesterol? After all, safe and effective drugs for blood pressure have existed for decades—but even those might not always be necessary. Plenty of mind-body techniques are proven to help mild-moderate blood high pressure. The *British Medical Journal* recently questioned the appropriateness of treating mild high blood pressure (lower than 140/90) with drugs at all.

How statins poison the body

The most common problems statin cause are in skeletal muscle. But remember, your heart—the organ statins are supposed to protect—is a muscle also. So while you're taking statins with the hope of keeping your arteries healthy to help prevent heart disease, the drugs may be bypassing that whole process and damaging your heart muscle directly.

This problem is most likely to manifest as muscle pain, fatigue and weakness. In severe cases it can result in a condition known as rhabdomyolysis—actual destruction of muscle tissue. And if the byproducts of muscle destruction reach a dangerous level in the blood they can actually cause kidney failure and brain pathology.

The way statins create this toxic mess is by poisoning a key part of every cell—the mitochondria. Mitochondria are responsible for cellular respiration, which is how cells create energy to fuel every metabolic process and generate the water they need to stay hydrated. Muscles are especially susceptible to this damage. But other organs affected include the liver, kidneys, pancreas, and the heart itself. It can also cause sexual problems.

But after the muscles, no part of the body is as affected by statins as the brain, which also has a high metabolic need for oxygen and energy. The brain is only about 3 percent of average body weight, but it uses 20 percent of the oxygen and 50 percent of the glucose in the blood circulation. So it too suffers from this metabolic poison.

Research by scientists at Tulane University also shows statins speed up the aging process by interfering with stem cell metabolism.

Stem cells help repair tissue damage, and replace old brain and muscle cells. Plus, many experts now believe stem cells are the key to understanding cancer and other diseases. (One important note: this research comes from the use of adult stem cells, not fetal stem cells.)

For this study, scientists treated stem cells with statins under lab conditions. And they observed dramatic effects after just a few weeks.

Statins prevented stem cells from performing their main functions to reproduce and replicate other tissue cells to carry out repairs in the body. They also prevented stem cells from generating new bone and cartilage. These effects all add up to faster aging—not to mention a general disaster for your health.

Other known side effects of statins include cataracts, diabetes, fatigue, joint problems, and liver and nerve dysfunctions.

Now here's the worst part of it: When you stop taking the drug, the damage doesn't just correct itself. And even people who do not report actual muscle symptoms can still show microscopic changes in mitochondrial cellular respiration. Statins have even caused previously "silent" genetic variants of muscular diseases to become expressed.

Turning the ship around

Are you ready for some good news? Here it is: Some natural ingredients can actually reverse the damage caused by statins. And unlike some natural health "miracle cures," these actually have a lot of research behind them. In fact, there have already been nearly 900 published research studies in the peer-reviewed scientific literature on statin damage and/or recovery.

These results are also available to the public through the National Institutes of Health Public Access. If your doctor tries to dismiss your concerns about taking statin drugs, ask what has he or she been reading (or more likely not reading) lately.

The standout in the natural arsenal is **coenzymeQ10**. CoQ10 acts to reverse effects of statin-induced mitochondrial damage. That's because it "bypasses" a number of problems in cellular respiration. The result is adequate energy production and improved antioxidant status.

The pharmaceutical industry even knows about this important benefit. In fact Merck, the maker of the first statin drug, actually took out a patent on a statin-CoQ10 combination. However, it never made it available to the public. When a colleague and I asked Merck why not about 10 years ago, we were told that the company never comments on products it doesn't sell.

But experts have since told me that Merck probably never made this potentially life-saving combination available because the FDA would have forced them to repeat hundreds of millions dollars of research studies on the combination—even though the all the evidence indicates it would have benefited the public! FDA is like any other government bureaucracy, insanely placing the requirements of their own internal bureaucratic processes over and above science, facts, truth, and the public interest.

But you can still reap the benefits of CoQ10. As part of a daily regimen of health promotion and disease prevention, a good dosage is 50 mg daily. For people on statins or recovering from statin poisoning, a recommended dose is in the range of 100 to 200 mg per day.

One concern regarding supplementation is that dietary CoQ10 (Ubiquinone) is not well absorbed. It is better absorbed in the chemically reduced form (called Ubiquinol) especially if taken with food. When buying a CoQ10 supplement, look specifically for one labeled "ubiquinol." If the label doesn't specify the form, it is probably ubiquinone, the less absorbable chemical form.

B vitamins can prevent and reverse neuropathy and certain damage to neurons. Taking a high-quality B complex is a good part of the statin damage reversal plan.

Most B vitamins are readily available in foods, but B12 deficiency is common, especially among older people. B vitamins are found primarily in animal-based food products such as red meat, poultry, eggs, fish, and dairy. The body can't make B vitamins, and plants are poor sources—making animal products necessary. That's why all vegetarians need B supplements.

Human metabolism and physiology are simply not adapted to getting nutrients from a strictly plant-based diet. If you are a vegetarian or vegan, you are more likely to have a vitamin deficiency. If you think you are following such a diet for reasons of health—think again. If you follow such a diet for ethical or moral reasons, then strongly consider supplementation.

Vitamin D production requires cholesterol, so statins

interfere with the body's ability to make it normally. It's important to avoid vitamin D depletion, since low levels have been strongly linked with numerous diseases. A daily dose of 10,000 IU is a safe dose for everyone to prevent deficiency.

Metabolism of **mevalonic acid**—which the body needs to synthesize cholesterol—is also damaged by statins. Eating **apples** and drinking **apple cider** (in moderation) can help. Apples are the single most abundant source of mevalonic acid among plants eaten as foods. I don't see enough clinical research on this topic to be clear about "dose." But if an apple a day can keep the doctor away, it should also help keep away the poisonous effects of statins.

Finally, after 12 years of doing my own research, I have become convinced that, like CoQ10, **aspal**, a compound from South African red bush (also known as "rooibos") has a profound effect on supporting cellular respiration, which generates energy and water for proper hydration at the cell level. Aspal should be part of any statin recovery plan. (Really, it should be part of everyone's daily health and hydration regimen.)

In addition to the hydration benefits, new research shows it has direct benefits to the muscle tissue itself.

While it possesses a lot of beneficial constituents beyond what green tea offers, it does also offer the same profile of antioxidants as green tea, so you can also anticipate the same benefits—but without the caffeine, or acids, that can trouble green tea drinkers.

I recommend 150 mg of aspal (as rooibos red tea extract) per day.

You can now get aspal combined into a refreshing drink mix along with other healthy ingredients like baobab, rose hips, and blueberry.

Statin Recovery At-A-Glance

The following steps will help repair the damage statin poisoning causes in your body.

1. **Coenzyme Q10**—100 to 200 mg per day.
2. Take a high quality **vitamin B complex** each day containing approximately 50 mg of B1 (thiamine), 50 mg of B2 (riboflavin), 50 mg B3 (niacin/niacinamide), 50 mg B4 (choline), 50 mg B5 (pantothenic acid), 50 mg B6 (pyridoxine), 100 mcg B7 (biotin), 400 mcg B9 (folic acid/folate), and 12 mcg B12 (cobalamin)
3. **Vitamin D**—10,000 IU per day
4. Eat an **apple** or drink **apple cider** daily to supply the body with mevalonic acid
5. **Aspal**—150 mg per day (as rooibos red tea extract)

Risk-free heart health

So as you can see, there are some ways to reverse the damage done by statins. But even better would be never taking them in the first place.

After all, high blood pressure is a much more serious, clearly proven threat to heart health. Why not start there, with some easy, free, safe, and effective approaches that are proven to lower blood pressure ... and therefore really reduce heart disease risk?

You can review all your options for keeping your heart healthy in my Heart Attack Prevention & Repair Protocol. To learn more or to enroll today [click here](#) or call 1-866-747-9421 and ask for order code EO3V155.

For more information about Dr. Micozzi's
Insider's Ultimate Guide to Outsmarting "Old Age," visit:
www.OVHLearning.com

For more information from Dr. Micozzi, visit his website:
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ABOUT DR. MICOZZI

Marc S. Micozzi, M.D., Ph.D. was the founding editor-in-chief of the first U.S. journal in Complementary and Alternative Medicine and organized and edited the first US textbook in the field, *Fundamentals of Complementary & Integrative Medicine* in 1996. He has published nearly 300 articles in medical literature and is the author or editor of over 25 books. Dr. Micozzi served as Senior Investigator of cancer prevention at the National Cancer Institute, where he published the original research on diet, nutrition, and chronic disease. He continued this line of research as the Associate Director of the Armed Forces Institute of Pathology and Director of the National Museum of Health and Medicine.

In recent years, Dr. Micozzi has served as the Founding Director of the Policy Institute for Integrative Medicine in Bethesda, MD, working to educate policy makers, the health professions, and the general public about the opportunities for integrative medicine and the need for clean, clear science within our modern medical establishment. Dr. Micozzi writes a monthly newsletter called *Insiders' Cures* as well as a free e-letter called *The Daily Dispatch*.



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