



**Dr. Malott-Brechtel**

## **Cholesterol Trouble!**

Dear Dr. Brechtel,

I am on a prescription drug to reduce cholesterol. I am worried about the side-effects. Are there any alternatives to taking this drug?

Yes there are. Statin type drugs can be detrimental (besides the known side-effects such as memory loss and muscle cramping) because they can lower cholesterol beyond the high risk range, into a range that begins to effect things like hormone homeostasis, cell membrane fluidity, and even neuron transmission. Statins also rob the body of the enzyme CoQ10, causing a different form of heart disease called congestive heart failure.

Natural alternatives to Statin drugs include niacin, fish-oils, red yeast rice (a naturally available statin) and exercise and weight loss. In my clinic I have used these therapeutics on numerous patients. Their safety level far exceeds that of the prescription Statin drugs, and because they are natural, they allow the body to balance cholesterol levels rather than decimate it.

My advice, go natural. It's safe and it works. Please consult your physician before going off any medications.

*Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via [www.malottchiropractic.com](http://www.malottchiropractic.com)*