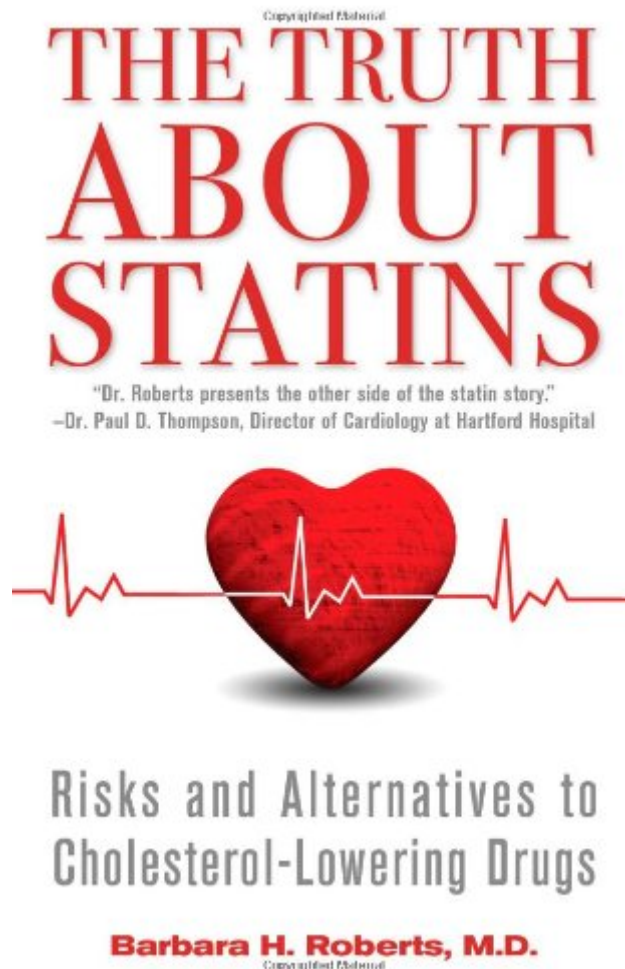


The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs PDF



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The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs by Barbara H. Roberts M.D. ISBN 1451656394

COULD STATIN DRUGS ACTUALLY HARM YOU?

Despite the rosy picture painted in the ads of a miracle cure for high cholesterol and its attendant heart disease, the reality of taking statins may be far less pretty. Dr. Barbara H. Roberts, director of the Women's Cardiac Center at the Miriam Hospital in Rhode Island, discusses both the benefits and health risks of these popular drugs in this comprehensive guide that finally reveals the questionable science behind the research studies. This honest, patient-friendly appraisal of the

most widely used medications in the world may shock you, but it may also save your life.

Offering clear-cut, easy-to-understand information in an easily accessible fashion, Dr. Roberts explains how to take the best possible care of your heart, including:

- * The keys to maintaining cardiovascular well-being
- * How to interpret your cholesterol numbers
- * The frightening adverse effects of popular drugs

It is time to take charge of your heart health. Learn the facts behind the hype so that you can make informed decisions on a subject vital to your continued health. If you or someone you love either takes a statin or is considering doing so, you need to read this book.

Includes recipes for a delicious and heart-healthy diet, including Wasabi-Roasted Salmon, Pasta with Avocado Sauce, and Lemon-Pineapple Breakfast Muffins.

The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs Review

This The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs having great arrangement in word and layout, so you will not really feel uninterested in reading.