



Muscle problems are the best known of statin drugs' adverse side effects, but cognitive problems and memory loss are also widely reported. The FDA warns on statin labels that some people have developed memory loss or confusion while taking statins. These side effects reverse once you stop taking the medication.

A spectrum of other problems, ranging from blood glucose elevations to tendon problems, can also occur. There is evidence that taking statins may even increase your risk for Lou Gehrig's disease, diabetes, and even cancer.

It's possible your blood sugar (blood glucose) level may increase when you take a statin, which may lead to developing type 2 diabetes. The risk is small but important enough that the Food and Drug Administration (FDA) has issued a warning on statin labels regarding blood glucose levels and diabetes.

Statin deplete your body of coenzyme Q10, used for energy production by every cell in your body, and is therefore vital for good health, high energy levels, longevity, and general quality of life.

Statin reduce Vitamin K2 which plays a role in removing calcium from areas where it shouldn't be, such as in your arteries and soft tissues.

Because statin deplete your body of CoQ10, inhibit synthesis of vitamin K2, and reduce the production of ketone bodies, they increase your risk of other serious diseases. This includes: cancer, diabetes, neurodegenerative diseases, musculoskeletal disorders and cataracts.

THE NATURAL , HEALTHY ALTERNATIVE TO STATINS

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