



Statins: Miracle or Mistake?

Mark James Estren

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Most cholesterol doesn't come from foods — it's made by the body itself! Statins work by interfering with the body's ability to manufacture cholesterol. *Statins: Miracle or Mistake?* explains both the pro and con sides of this incredible drug, using interviews with statin researchers and prescribers and presenting the findings in clear, jargon-free language. Learn how to watch for warning signs if you are using statins. Discover how statins are a huge business for both drug companies and anti-statin forces. This guide talks with people on all sides of the statin issue, finding out what they believe and why — and how they stand to benefit.

Most important, *Statins: Miracle or Mistake?* tells readers what to ask their own healthcare practitioners. It's time for nonprofessionals to learn how to manage these drugs. This important guide shows what to do — and not do.

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