

SEX

LIES

and the

TRUTH

about

CHOLESTEROL

What You Don't Know Could Hurt You!



Cardiovascular Disease Statistics

Estimates for the year 2006 are that 81,100,000 people in the United States have one or more forms of cardiovascular disease (CVD).

- High blood pressure — 73,600,000.
- Coronary heart disease — 17,600,000.
 - Myocardial infarction (acute heart attack) — 8,500,000.
 - Angina pectoris (chest pain or discomfort caused by reduced blood supply to the heart muscle) — 10,200,000.
- Stroke — 6,400,000.
- Heart Failure — 5,800,000

CDC Stats

- ❖ More than 2,600 Americans die of CVD daily
- ❖ An average of one death every 33 seconds
- ❖ 58 million Americans live with some form of CVD
- ❖ More than half of all annual CVD deaths occur among women
- ❖ CVD kills more than 160,000 people between the ages of 35 and 64
- ❖ Almost 6 million annual hospitalizations are due to CVD
- ❖ CVD represents an economic burden of \$286.5 billion annually in the US
 - ❖ lost productivity, illness, and death

Is Cardiovascular Disease determined by Genetics or Lifestyle?

Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems in the U.S.

What is the controversy with Cholesterol ?

While cardiovascular disease can refer to many different types of heart or blood vessel problems, the term is often used to mean damage caused to your heart or blood vessels by atherosclerosis, a buildup of fatty plaques in your arteries.

Why do people take Statins?

Because their doctor told
them to

To lower cholesterol

**To reduce the risk of
Heart Disease**



Big Lie #1

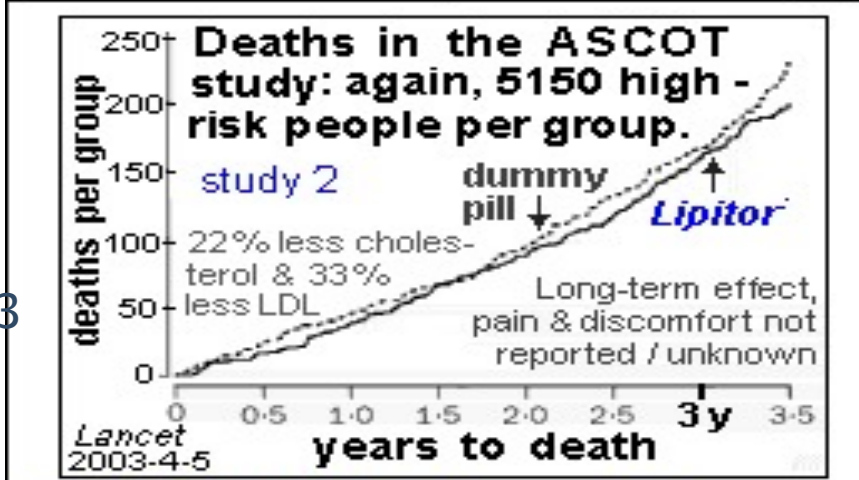
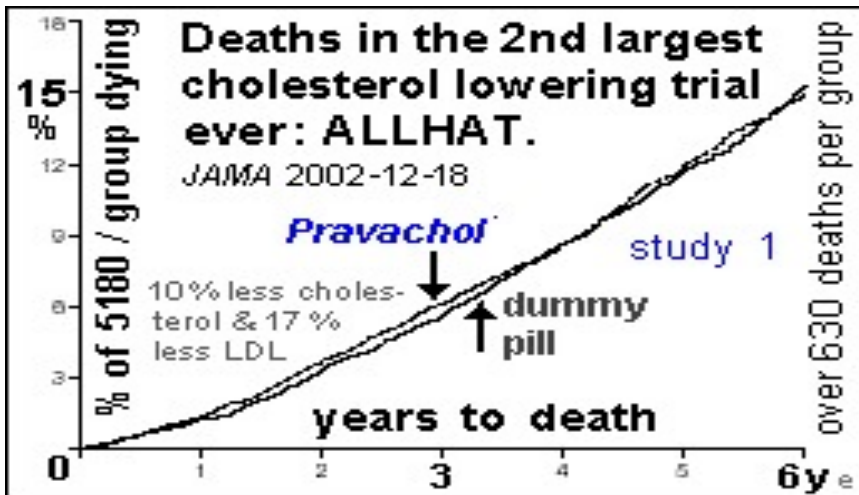
Statins lower your risk of heart disease.

Date

The Truth

In the two most recent trials, involving over 10,000 subjects, cholesterol-lowering did not result in any improvement in outcome.

Date



Over 10,000 high-risk people for years on two typical statins, no one saved.

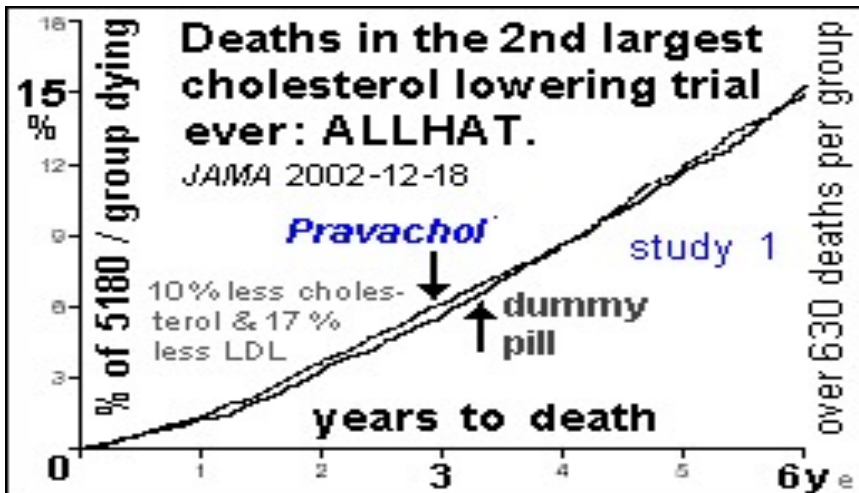
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JAMA 2002



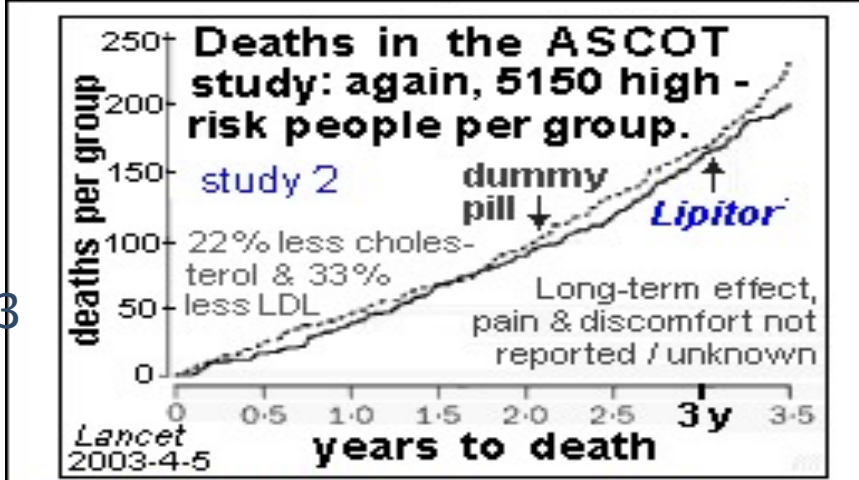
Lancet 2003





JAMA 2002
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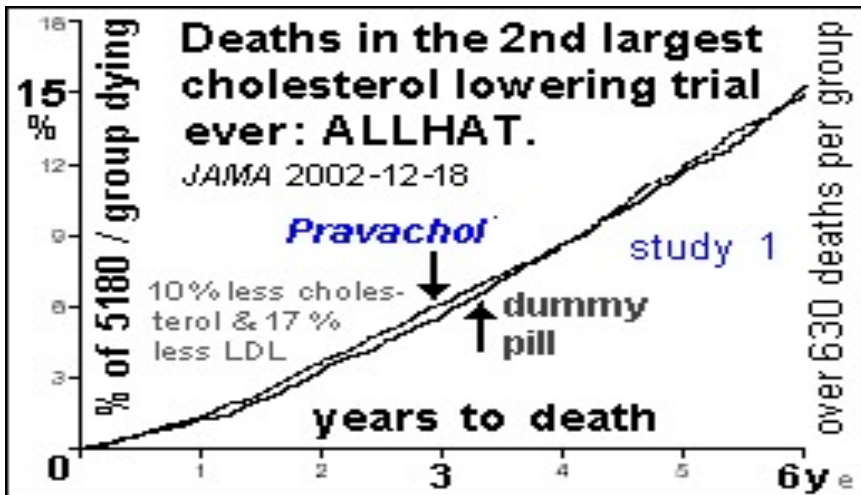
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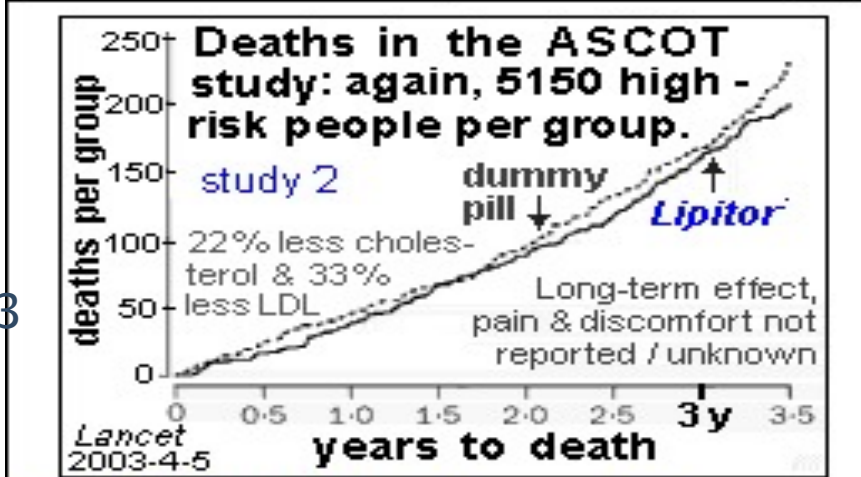
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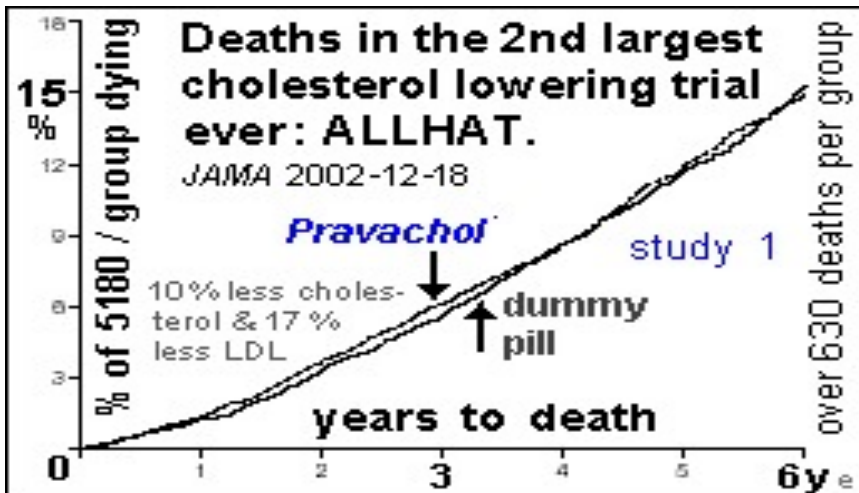
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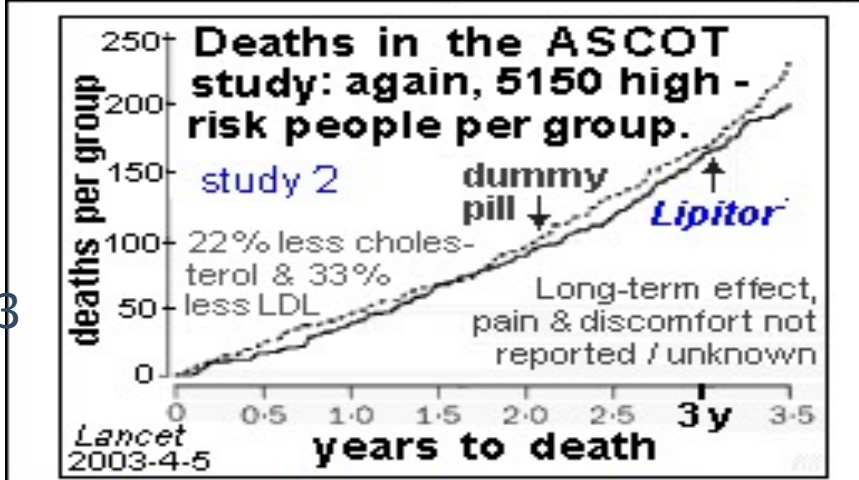
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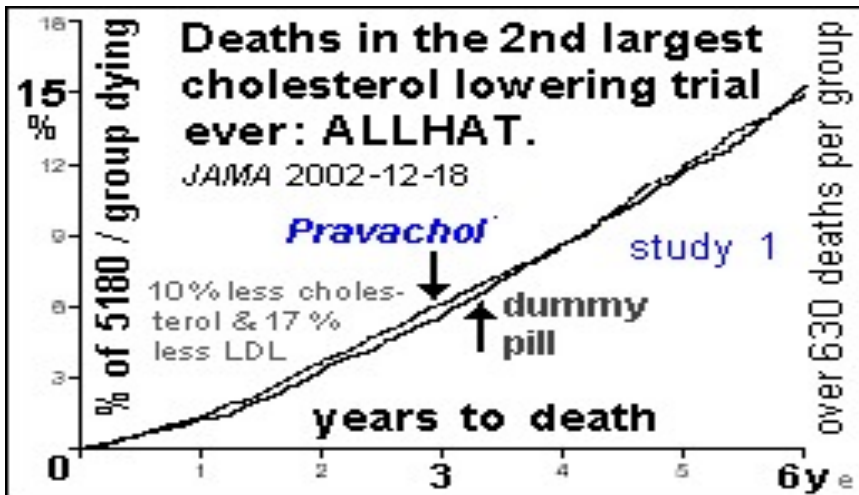


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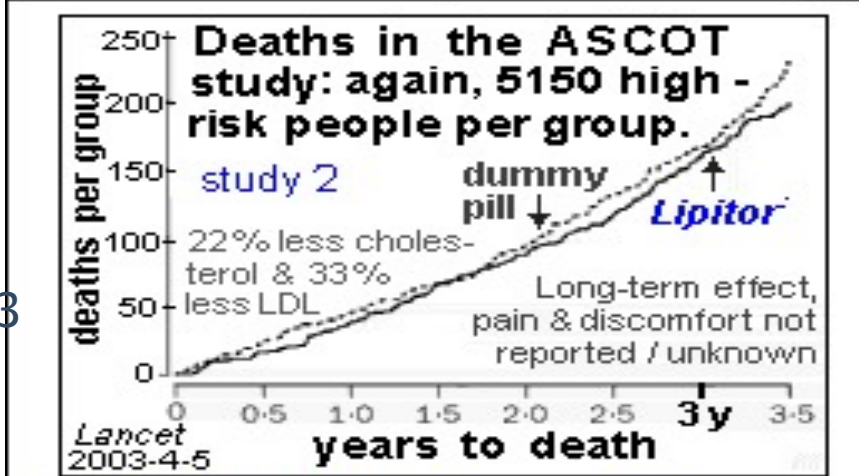
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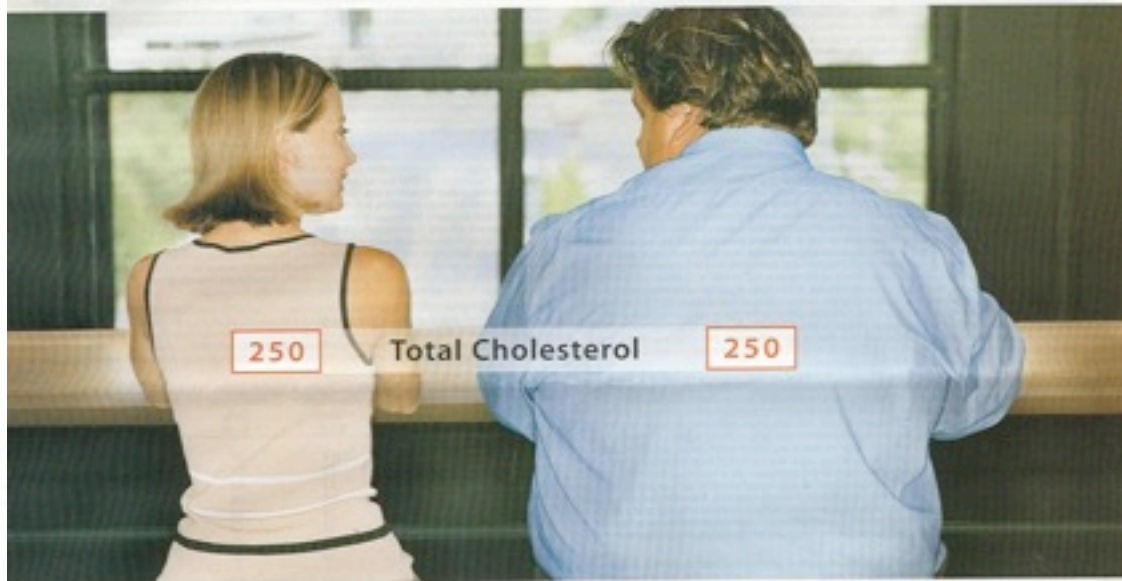


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- Not one life saved in the treatment group after over 3 years.
- A similar trial on Pravachol also showed no beneficial effect, this after 6 years.
- The industry realizes that it is actually liable for tremendous pain and suffering from side effects for promoting a drug that is useless for preventing heart disease.

High cholesterol comes in all shapes and sizes.



Important information:

LIPITOR® (atorvastatin calcium) is a prescription drug used with diet to lower cholesterol. LIPITOR is not for everyone, including those with liver disease or possible liver problems, women who are nursing, pregnant, or may become pregnant. LIPITOR has not been shown to prevent heart disease or heart attacks.

Here's a tip. You can be active, thin, young or old. The truth is that high cholesterol may have as much to do with your family as it does with your lifestyle. The good news is that adding LIPITOR can help. It can lower your total cholesterol 29% to 45%*. And it can also lower your bad cholesterol 39% to 60%*. (*The average effect depends on the dose.) More than 18 million Americans have talked to their doctor about LIPITOR. Maybe you should too. Learn more. Find out if the #1 prescribed cholesterol medicine is right for you. Call us at 1-888-LIPITOR. Find us on the web at www.lipitor.com.

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If you take LIPITOR, tell your doctor about any unusual muscle pain or weakness. This could be a sign of serious side effects. It is important to tell your doctor about any medications you are currently taking to avoid possible serious drug interactions. Your doctor may do simple blood tests to monitor liver function before and during drug treatment. The most commonly reported side effects are gas, constipation, stomach pain and indigestion. They are usually mild and tend to go away.

Please see additional important information on next page.

 **LIPITOR**
atorvastatin calcium
TABLETS
FOR CHOLESTEROL*

Do We Have a Serious Problem?

Absolutely!

Date

Thursday, March 21, 2013

Are Statins the Answer?

Big Lie #2

Eating Foods high in fats will increase your cholesterol

Date

Where Does Cholesterol Come From?

Only about 15% of our total cholesterol comes from the foods we eat.

85% of our cholesterol is produced by our liver.

**What we eat does effect our
cholesterol but not directly like
we think.**

Big Lie #3

Cholesterol is BAD!!!!

Date

The Truth

Cholesterol is not bad, just misunderstood



Date

Thursday, March 21, 2013

Cholesterol

- ❖ **Large sterol molecule, manufactured by almost every cell in the body**
- ❖ **85% of cholesterol is made by the body**
- ❖ **Mostly produced in the liver**

Cholesterol

- ❖ **First off...**
- ❖ **Nature's healing substance—repairs wounds, including tear in arteries**

Cholesterol

- ❖ **Consumption of sugar causes inflammation in the body**
- ❖ **Inflammation in the body causes arterial damage.**
- ❖ **The body makes cholesterol to repair the damage**

Cholesterol

- ❖ **If there was a guy coming through punching holes in the walls of your house and a guy coming through to patch up the holes in your walls.**

- ❖ **Who would you want to stop?**

Cholesterol

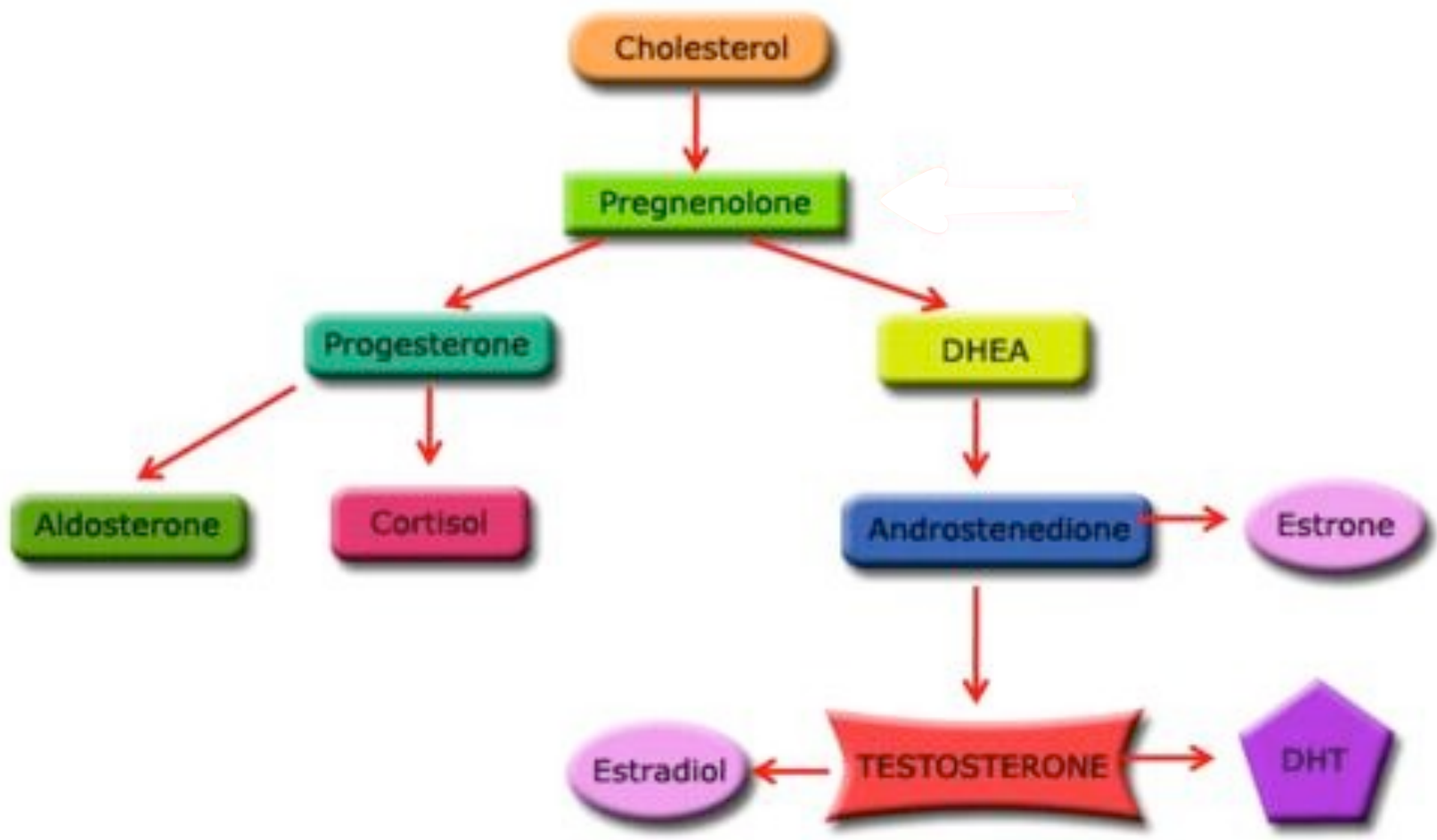
❖ **Secondly...**

❖ **Cholesterol is one of the strongest antioxidants of the body.**

Cholesterol

❖ And Lastly...

❖ What does it have to do with **SEX** ?



How High Should Cholesterol Be?

**How High Should
Cholesterol Be?**

Can It Be Too Low?

If all of this is true...

Why do doctors prescribe Statins?

Date

**Doctors are not bad, nor
are they stupid. They just
work in a different**

**Allopathic Medicine is
reactive care.**

**A doctor's job is to diagnose the
condition and then give you
something to resolve that
condition.**

Basically... if you have high cholesterol they have to prescribe a statin or they would be in danger of losing their license.

So Now What?

Find the root of your

Does your diet have too much sugar causing inflammation and arterial damage?

Are stressed out and have adrenal fatigue?

Are you toxic?

And so on...

A Perfect Starting Point

21 Day
Purification