

The Better Nutrition

Cholesterol & Heart Health Evaluation

Cholesterol. It's one of the most misunderstood and wrongly accused molecules in our bodies. And you've probably heard that it causes heart disease, and that eating cholesterol is one of the worst things you can do for your heart.

The truth is that cholesterol is a waxy substance made in every cell in your body that's vital for better brain function and immunity. Without cholesterol you would die. Yet most people—and even, sadly, many doctors—still believe that cholesterol “causes” heart disease, and, thus label cholesterol a health problem to be eliminated.

Cholesterol does NOT cause heart disease. Neither does eating it.

The effort we all put into lowering our cholesterol — hoping that it will lower our risk for heart disease — would be much better spent elsewhere. According to emerging research, high cholesterol is not the excellent predictor of heart disease we once thought it was. Fully half of people admitted to hospitals for cardiovascular disease have normal or low cholesterol.¹ Plenty of healthy people have “high” cholesterol and some sick people have low cholesterol. In fact, low cholesterol is associated with higher rates of mortality from many diseases including cancer.^{2,3}

Common cholesterol-lowering medications (known as statins) have numerous side-effects—some quite serious—and these side-effects are much more widespread than previously thought. Statins can deplete the body's store of Coenzyme Q10, a nutrient vital for energy production in the heart. In many patients they can produce muscle pain, memory loss and a significant decline in libido.^{4,5} Cholesterol is only one part of a heart health assessment. It's important that we look at other factors such as inflammation, oxidative damage, stress and a diet high in sugar.

All heart health risk factors are influenced by your nutrition choices— what goes in and on you more often — and giving your heart what it needs to run better. So let's assess your current nutrition and health, and then give you help to make better, heart healthy choices more often.



Section 1:

Are you eating or drinking these foods?

	Daily ≥5 days/wk	Often 2-4 days/wk	Never ≤1 day/wk
GREENS: leafy greens, broccoli, Brussel sprouts, etc. [1 serving ~ ½ c cooked / 1 cup raw]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STARCHY VEGGIES: potato, sweet potato, corn, peas [1 serving ~ ½ c cooked / 1 cup raw; ½ potato]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PLANT NITRATES: Romaine, arugula, Swiss chard, butter lettuce, beet greens, beets, spinach, artichoke, spices like cilantro, basil, parsley [1 serving ~ ½ c cooked / 1 cup raw), 1 tsp dried/ 1 Tbsp fresh]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRUITS: berries (blackberries, blueberries, raspberries, strawberries), grapefruit, lemons, limes, banana, cherries, oranges, grapefruit, tomatoes, pomegranate [1 serving ~ ½ c cooked / 1 cup raw; ½ fruit]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER FRUITS/PRODUCTS: Fruit juice, fruit drinks, fructose (on a label), dried fruit [1 serving 4 oz juice; 1-3 pieces]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRUITS THAT ARE FATS: olives, avocado, acai [1 serving 5 olives, 1 avocado, ½ cup acai]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WHOLE GRAINS/FLOUR PRODUCTS: Oats, barley, buckwheat groats, faro, quinoa [1 serving ~ ½ c cooked] Tortillas, breads, crackers, wraps, puffs, rice cakes, baked goods [1 serving 1 slice/ ~15g carb per label]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MEATS: beef, bison, turkey, chicken, pork, ham, bacon, duck, hot dogs [1 serving 3 oz cooked ; 2 hot dogs/sausages]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 1: (Continued)

	Daily ≥5 days/wk	Often 2-4 days/wk	Never ≤1 day/wk
LEGUMES: Beans (black, kidney, white, lentils, garbanzo / chickpea, fava etc), peanuts [1 serving ½ cup cooked, 1 oz peanuts]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soybeans / edamame / tofu / tempeh [1 serving ½ cup]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY / EGGS: yogurt, milk, cheese, cream, creamer, eggs, mayo, butter, ghee [1 serving 6 oz yogurt, milk; 2 eggs; 1 oz cheese; 1 tbsp cream/mayo/butter/ghee]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY REPLACEMENTS: non-dairy milk, creamer, yogurt, mayo? [1 serving 6 oz yogurt, milk; 1 tbsp creamer/mayo/butter]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FAST FOOD / FRIED FOODS: cheese sticks, fish / chicken nuggets, French fries [1 serving]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FISH/SEAFOOD: Tuna, swordfish, tilapia, crab, shrimp, lobster [1 serving 3-4 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salmon, sardines, anchovies, cod [1 serving 3-4 oz fish/shellfish, 1 oz sardines]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NUTS/SEEDS: walnuts, flax, cashews, almonds, hemp, pumpkin, sunflower, chia seeds [1 serving 10 nuts / 1 Tbsp seeds]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OILS: Olive, hemp, walnut, flaxseed, avocado, sesame, coconut [1 serving 1 Tbsp]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canola, soybean, vegetable, safflower, sunflower, peanut, grapeseed, corn [1 serving = 1 Tbsp]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPICES / SAUCES / SPREADS: Cilantro, cinnamon, basil, turmeric, ginger, mustard [1 serving 1 tsp spices]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot sauce, Teriyaki sauce, ketchup, soy sauce [1 serving 1 Tbsp sauces]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TREATS: Dark chocolate (>65%), cacao (nibs, powder) [1 serving 1 oz, 3 Tbsp]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cakes, cookies, candy, frozen treats [1 serving 1 oz, 3 Tbsp]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CAFFEINATED BEVERAGES: Coffee, tea [1 serving 8 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy drinks [1 serving 8 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WATER: Plain, sparkling [1 serving 8 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin water [1 serving 8 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coconut, watermelon [1 serving 8 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ALCOHOL: Wine, beer, spirits [1 serving 8 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cocktails [1 serving 8 oz]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



What nutrients are you adding with supplements?

	Yes	No
Are you taking Coq10?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take red yeast rice?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take an omega-3 or fish oil supplement?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking B vitamins (B12, B6, folic acid) alone or in your multi?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking vitamin D?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking nutrients for bone health?		
Magnesium?	<input type="checkbox"/>	<input type="checkbox"/>
Calcium?	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin K?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking iron (alone or in your multi)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking a fiber supplement?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking a probiotic?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking any herbs?		
Turmeric, ginger?	<input type="checkbox"/>	<input type="checkbox"/>
Holy basil, Ashwaganda?	<input type="checkbox"/>	<input type="checkbox"/>
Reishi, maca?	<input type="checkbox"/>	<input type="checkbox"/>

What quality is your food, beverages, supplements?

	Always	Sometimes	Never
Is your produce (vegetables, fruits) organic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your oils cold-pressed and / or unrefined?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your spices organic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your coffees / tea unsweetened?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your coffees / tea organic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your soybean products non-gmo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your fish / seafood			
Wild caught?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farmed raised?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the meat / dairy / eggs you consume:			
Organic, grass-fed exclusively (if applicable), pasture-raised?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raised without antibiotics, non-gmo, cage-free, uncured, grass fed-grain finished?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you eating foods or food products made with artificial colors, sweeteners, and GMOs (corn starch, beet sugar, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your supplements non-GMO verified, made with organic ingredients?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Section 2:

Tell us a little about yourself?

	Yes	No
Are you worried about your heart health and / or cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sleep well most nights, > 5 nights weekly?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently a smoker, did you smoke for >5 years?	<input type="checkbox"/>	<input type="checkbox"/>
Are you overweight?		
Do you carry your extra weight in your belly?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a healthy weight but overfat (muscle < fat mass)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you relax with a few cocktails or beer(s) most nights?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take a statin?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take medication to lower / maintain blood sugar (Metformin, Glucophage etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take a baby aspirin?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take a medication to address acid reflux (prescribed or over the counter)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you active most days?		
Walking ~10,000, > 5 days weekly?	<input type="checkbox"/>	<input type="checkbox"/>
Exercising > 20 minutes, > 4 days weekly?	<input type="checkbox"/>	<input type="checkbox"/>
Does your exercise include strength training or lifting your own body? > 3 days?	<input type="checkbox"/>	<input type="checkbox"/>
Are you sexually active?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel lonely most days?	<input type="checkbox"/>	<input type="checkbox"/>
Do you meditate or do any breathing exercises > 3 days weekly?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have digestive complaints (bloating, gas, constipation, reflux, pain) or have you been diagnosed with a GI disease (Crohn's, Ulcerative Colitis, SIBO, IBS)?	<input type="checkbox"/>	<input type="checkbox"/>
Have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience fatigue, weakness, muscle cramping, or constipation?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know your Lp(a) level?	<input type="checkbox"/>	<input type="checkbox"/>



So what did your heart health assessment tell you & your practitioner about your cholesterol & heart health?

In section 1:

Are your food choices promoting heart health, optimal cholesterol levels?

- Your better heart health nutrition plan focuses on whole plant foods, more often. If this is you, you are already doing so much better.
- Why do we ask about plant nitrates? Nitrates are excellent for heart health so if you answered ALWAYS, keep doing that, and if you answered SOMETIMES aim to get these foods in more often. If you answered NEVER to the whole list, review it now and see if you can make these better choices more often.
- Your fat intake – how much, how often, what kind – directly impacts your heart health.
 - If you answered ALWAYS to consuming fruit fats (olives, avocado and acai) that's better, keep doing that. If you answered SOMETIMES or NEVER look for ways to include these in more often.
 - You heart and body need essential fatty acids, and getting them from sources like hemp, wild salmon, organic soy and walnuts are heart healthy choices. If you answered ALWAYS to getting in salmon but you are choosing farm-raised salmon consider swapping it more often for wild salmon (canned and frozen are more affordable options). If you answered NEVER to hemp seeds and walnuts (or choose other nuts and seeds more often) you are missing out on their heart healthy fats.
 - Full fat dairy – if it's better quality (organic, grassfed) can be a healthy fat to accessorize with, as can grass-fed / finished meats etc.
 - Your supplements can also be a way to improve your intake of healthy fats especially omegas. Look for whole food versions like wild salmon oil, ahi flower, and hemp seed oil and discuss your choice with your practitioner.
- While grains in their whole food form can be part of a heart healthy nutrition plan, we need to look closely at your grain intake when it comes to better heart health.
 - If you answered ALWAYS and SOMETIMES to flour products:
 - Legumes, seeds, and true whole grains (provide more nutrients than most flours, especially refined flours, so aim to get them in more often..
 - Refined flours are a double negative as they take nutrients out from the grain and then they add "fortification" nutrients that are typically poor quality isolates and don't represent the nutrition your body would get from eating the whole grain.
 - If you answered ALWAYS and SOMETIMES to whole grains:
 - Make sure you are counting them as your carb choice at that eating occasion, choosing better quality and making better quantity (portions) choices.
 - Review their nutrition labels – while they provide some fiber, your choices should still include a variety of veggies, legumes, seeds to meet your daily fiber intake better. Use the fiber evaluation to get better clarity on your current intake and needs.
 - Choose these grains plain, like oats, more often as the flavored versions can contribute a high amount of added sugar to your nutrition plan which is not heart healthy.
 - Nuts and Seeds in their whole form, as butters, as oils, even as yogurts can provide excellent heart healthy nutrients.

If you answered ALWAYS and SOMETIMES

- Review your intake to make sure you are getting a variety of nuts and seeds not just mono-eating one kind, so that you get their different nutrient and plant nutrient benefits more often.
- Watch portion sizes as they are better choices but too much is not better for your heart, digestion or waistline.
- Check the quality of the nut and seeds you are choosing (ideally raw, organic more often). Look at the 'other ingredients' on the label and make sure they are not deducting from the better nutrition of the nuts and seeds.
- Skip reduced or fat-free nut and seed products as the fats are part of what makes them so good for you!
- Consider adding spices to your nuts and seeds to make them even more heart healthy!

If you answered NEVER you are missing out on some of the most important nutrients for heart health.

- If you are allergic or intolerant to nuts, consider (and discuss with your practitioners) seeds.
- If you have digestive issues and have been advised to avoid them you can also discuss having them as spreads or oils, instead of pieces, or adding them into your smoothies when fully blended.
- Nuts and seeds are a great swap for cheese and croutons, so try those as an easy way to introduce them into your diet more often. Sesame seeds provide calcium so it's a great swap for cheese!

If you answered ALWAYS or SOMETIMES to the second set of oils (canola etc.) try swapping them for the first group more often.



- Sodium and potassium balance each other for better heart health. You need both but if you are following heart health advice to reduce sodium and you aren't assessing / addressing your potassium, you could do better.
- Potassium is important because it brings water and nutrients into our cells. Good sources of potassium include banana, coconut water, watermelon water, avocado, and potato. For more help here use The Better Potassium Evaluation to assess your intake and Better Potassium Menu for better potassium-rich eats and sips inspiration.
- Sodium should come from natural sources in food as well as by adding your own to control the quality and quantity of your intake.
- Sea vegetables (seaweeds like kelp, nori etc) provide some sodium as well as iodine and other key minerals as well as being alkaline-formers to help promote better digestive health.
- A better way to reduce sodium intake and keep food flavorful is to swap your added sauces for cooking with or adding spices more often.
- Added sugar contributes to unhealthy inflammation as well as to our waistlines which can add extra stress for the heart.
 - If you answered Always and Sometimes to the second set of desserts or are getting in dried fruit, fruit drinks, candy, sauces and even some breads, you will want to make better swaps to reduce your added sugar.
 - If you use non-dairy options you want to make sure you choose the unsweetened versions more often. This goes the same for coffee and tea.
 - Is your treat a better treat?
- If you answered ALWAYS to your treats being dark chocolate and / or cacao you are making a better heart health choice.
 - Check the other ingredients in your chocolate and aim for organic cacao more often.
- If you supplement with fiber you will want to make sure it is as good quality as your better food choices and review label carefully for "other ingredients". When you add a fiber supplement make sure you are getting enough water in to help the fiber work better.
- Spices add excellent flavor, color and nutrition BUT sauces and spreads can deduct from your better nutrition with too much salt, poor quality ingredients, and excess added sugar.
 - Not all sauces and spreads are a no, but if you answered ALWAYS to them consider using spices to move to SOMETIMES on the sauces and ALWAYS on the spices!
- Fast food needs to be better food, especially if you are grabbing it more often.

If you answered ALWAYS and SOMETIMES for fast food / fried foods these could be working against your better heart health.

- Step 1: is to order better. Use the [Ordering Better Nutrition Guide](#) to help.
- Step 2: is to find better fast food that you grab from home – some assembly required – more often.
- Your better heart health plan should include a rainbow of colors most days (that includes white and brown too).
 - Use the [Better Rainbow Evaluation and Menu](#) to help you assess your current intake and for better colorful menu items to enjoy more often.
- Water helps the body do its work moving nutrients around and eliminating toxins. Are you getting in your better water amount?
 - Use the [Better Water Evaluation](#) to assess your current intake, determine how much you need, and see if your coffee, tea, vegetables, fruits and other favorite beverages can help you get to your better water goal more often.
- Supplements can be a helpful way to meet your better heart health nutrition goals more often. If you consume them, they should be as good quality as your better food choices – so if you eat whole foods, skip refined isolates of nutrients more often. Some favorite heart health supplement recommendations include:
 - Wild salmon fish oil supplement
 - Hempseed oil, ahi flower and algae supplements for plant-based omegas
 - Coq10 >60mg (you likely need 100mg if taking a statin)
 - Magnesium citrate or glycinate ~200mg daily
 - Anti-inflammatory blend: getting in turmeric, ginger from food is fantastic but if you have elevated inflammatory markers discuss adding these in the supplemental form to help promote a healthy inflammatory response.
 - Probiotics help support healthy digestion which is essential to heart health. Use quality strains and look to get in a bifidum bacteria as your probiotic or part of your blend more often.

If you answered ALWAYS and SOMETIMES to the second group of treats you are over-treating yourself and it can be keeping you from your better heart health.

- Reduce the frequency and amount of times you are treating yourself with these foods.
- Choose better quality when you do enjoy these treats
- Keep in mind, your better definition of treat is 1 -2 times weekly.
- Dairy is not a food group. If you answered ALWAYS you need to address your dairy intake even if making better quality choices.
 - Consider swaps like nuts, seeds, avocado and olives that can help you as better heart healthy choices more often.
 - Choose non-cow options like goat and sheep's milk cheese and yogurts to add variety as part of your better nutrition.
 - Make sure your dairy choices aren't creating an added sugar issue too. Get plain unsweetened and then add what you like, even a teaspoon of a sweetener like honey or sugar as needed – better not perfect.
- Fiber plays a key role in heart health. You need both soluble and insoluble fiber for your heart and digestive systems to run better, together.
 - If you answered Never to legumes consider adding these to increase your fiber intake or trying hemp seeds or hemp protein with fiber
 - If you answered ALWAYS or SOMETIMES to flour products see notes above on why you will want to swop these for better choices more often.

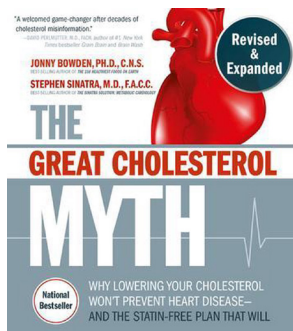


In section 2:

Tell us a little about yourself...

- If you answered yes to "stressed about heart health" we need to address that stat (right now!) as that stress is working against your heart health!
 - Practice the 4-7-8 breath: breathe in through your nose for 4 count, hold for 7 count, and exhale through your mouth for 8 count. Repeat 10 times.
 - This breath is also essential if you suffer from anxiety, high blood pressure, or at moments of high stress to help turn down your body's fight or flight response
- Taking a statin can interfere with the body's ability to absorb key nutrients so you may benefit from supplementation of Coq10 and vitamin K2. Some symptoms of side effects from statins include muscle weakness, memory issues / "brain fog". You also may need to avoid grapefruit if taking a statin, discuss with your practitioner.
- Headed to the doctor to assess your heart health? Excellent. Note that a better heart health assessment includes these labs so request them:
 - CRP, Sed Rate
 - HbA1C, insulin (fasting), blood sugar (fasting)
 - Iron levels (comes in your basic CBC bloodwork)
 - Cholesterol panel (Particle Test Version) - This should include your Lp(a) but make certain; if your level is normal then you don't ever need to retest unless advised by your practitioner.

- If you answered Yes to digestive complaints, first see your doctor and dietitian. Digestive health is essential for heart health for your body to absorb the nutrients needed for better heart health and to eliminate unwanted or used materials that could interfere with heart health. You can also use the Better Digestive Evaluation before your appointment and bring the information in to your practitioner or use it now to see if your body is sending you signals that the digestive system needs attention.
- Other medications can interfere with nutrients needs for better heart health and / or challenge digestion. Discuss medications with your practitioners.
- If you answered Yes to being active in 1 or more ways most days then awesome! If not, assess what is keeping you from a better activity schedule? There are time-saving tips ranging from home workouts to walking meetings to in-room travel options. Being active is key to better heart health.
- Did you answer no to sexual activity? This may be for a range of reasons but being sexually active (healthfully) is valuable for better heart health as is intimacy and spending time with others. So if you are unable or not interested in sexual activity, make time to spend with others and consider options like massage or hugs to get the benefits of another's touch.



Meet The Better Nutrition Program expert

Jonny Bowden, PhD, CNS, also known as "The Nutrition Myth Buster" is a board-certified nutritionist with a master's degree in psychology and the best-selling author of thirteen books including The Great Cholesterol Myth which he co-authored with Stephen Sinatra MD.

- 1 - Sachdeva, et al. Lipid Levels in Patients Hospitalized with Coronary Artery Disease: An Analysis of 136,905 hospitalizations in Get with The Guidelines Am Heart J. 2009; 157 (1): 111-117
- 2 - Low LDL cholesterol is related to cancer risk. Science Daily, Mar 26, 2012 Source: American College of Cardiology, March 25, 61st Annual Scientific Session
- 3 - Low Cholesterol May Be Marker of Undiagnosed Cancer. Medscape, Oct 6, 2017 Source: Cancer Epidemiology, Biomarkers and Prevention, Nov 3, 2017
- 4 - Golomb and Evans. Statin Adverse Effects: A Review of the Literature and Evidence for a Mitochondrial Mechanism. Am J Cardiovasc Drugs, 2008; Vol 8 (6): 373-418
- 5 - Weintraub. Statins and Your Sex Life. Ask Well. NY Times, April 3, 2015.

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