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- Tips to Lower Cholesterol Naturally
- 6 Ways to Reduce Inflammation -- Without a Statin Drug

The science behind statin drugs is failing to prove a benefit; here's what can really do the trick.

- How You Have Been Fooled By Good and Bad Cholesterol

Even most physicians are confused about this important health concern.

- What Happens When Your Cholesterol Goes Too Low?
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Omega-3 fats do more to normalize your cholesterol than Lipitor and the other statin drugs, and are safer and less expensive as well.

- Cholesterol's Contribution to Prostate Cancer

High cholesterol is likely to increases your risk of prostate cancer. Although statin drugs lower cholesterol levels, they are not your best option to reduce...

- Cholesterol Drugs Actually Cause Heart Disease

Cholesterol drugs are prescribed for millions of people even though they lead to a life-threatening deficiency of CoQ10, which can actually cause heart failure.

- The Cure for High Cholesterol--Hint it is NOT a Drug

Avoid using statin drugs to lower cholesterol levels with these natural solutions and reap great health as a side effect. If you or someone you know has high cholesterol this is a must read.

- New Cholesterol Guidelines Issued

New federal guidelines have changed the "normal" range for cholesterol so now even more people will be put on cholesterol-lowering drugs.

- New Cholesterol Guidelines for Converting Healthy People into Patients
Instead of preventing cardiovascular disease, the new guidelines may transform healthy individuals into unhappy hypochondriacs obsessed with the chemical composition of their food and their blood, destroy the joy of eating, and divert health care money from the sick and the poor to the rich and the healthy.

- **Cholesterol Guidelines Fraught With Massive Conflict of Interest**

  Eight of the nine influential doctors responsible for forming new cholesterol guidelines may be blinded by dollar signs. It seems they have been making money from drug companies by urging patients to take their drugs.

- **Lunatic Recommendations For Statin Drug Use**

  "Experts" from the American College of Physicians recommended that most diabetics should be taking cholesterol-lowering medication to reduce their risk of having a heart attack—even if their cholesterol levels fell in the normal range.

- **Why Low Cholesterol is NOT Good For You**

  - **Low Cholesterol Causes Aggressive Behavior**

    Despite the fact that most people are worried about having cholesterol levels that are too high, yet another study has found that low cholesterol is actually associated with adverse behavioral effects such as aggression and depression.

- **Low Cholesterol Linked to Depression**

  Results of a study conducted by Dutch researchers provide additional evidence for a link between low cholesterol levels and an increased risk of depression in men.

- **Low Cholesterol Linked to Stroke Risk**

  If your cholesterol levels are too low, it may increase your risk of stroke.

- **Low Cholesterol Linked to Violence**

  Lowering cholesterol could trigger changes in brain chemistry that encourage violent behavior.