

## Alternative Medicine : The CoQ10-Statin Secret

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The medical literature clearly shows that statin medications like Lipitor, Crestor, Zocor shut down the production of one of the most important nutrients in the body. And I am referring to Co-Enzyme Q10 (CoQ10).

What many people are unaware of is the fact that when CoQ10 is depleted it causes the LDL cholesterol to become oxidized. This in turn sets off a cascade of events making the LDL cholesterol drill holes in the arterial wall causing major inflammation. This inflammation sets you up for an increased risk of getting a heart attack or stroke.

This a major reason why taking statins drugs is no guarantee you will not die of a heart attack.

I have to admit I am at a total loss why any doctor would prescribe a statin medication without adding the life-saving CoQ10. This may be hard to swallow (excuse the pun) but it should be illegal to prescribe a statin without also prescribing CoQ10.

The following list of health challenges should be a wake up call for people who believe they are safe taking statins without CoQ10. CoQ10 deficiency can cause fatal cardiomyopathy, heart attack, congestive heart failure (which usually carries a death sentence of 5 years), exhaustion, cancer, myopathy, depression resistant to anti-depressants, high blood pressure, gum disease and tooth loss, hair loss, liver disease, sudden complete memory loss or amnesia, cataracts, angina, cancer, folic acid deficiency, damaged cell membranes, and much more.

In fact, it not only increases you from getting a variety of diseases but low CoQ10 levels predict that you can die within 6 months.

So you can see that any doctor who prescribes a statin medication then turns you loose without also prescribing CoQ10 shows lack of scientific knowledge of the very drug he is authorized to prescribe. Take a look at the wealth of scientific references listed below.

Now if you think I am being a bold about what I have just shared with you please understand that this is serious.

Here is something that will shock many of you. Back in 1990s, the pharmaceutical giant, Merck, decided to add CoQ10 to a statin medication. They even went so far as to get a patent. The patent number is 4,933,165. Go ahead and download the patent document:

[//www.functionalmedicineuniversity.com/statin-CoQ10.pdf](http://www.functionalmedicineuniversity.com/statin-CoQ10.pdf)

So you may ask why in the world would they produce a statin with CoQ10 and the answer is quite obvious. They knew the seriousness of selling the world on statins without CoQ10.

Now you may be thinking whatever happened to this drug. Well it never came to the marketplace. Not sure why but again they wouldn't have created this combination statin-CoQ10 drug if they were not warned of the serious consequences of promoting a statin without CoQ10.

Hmmm.. makes me very suspicious...

If you are on a statin medication, I urge you to insist that your doctor checks your CoQ10 levels. You can easily have this done by getting an CardiolON test which includes a direct test for CoQ10 and a more sensitive test called hydroxymethylglutarate.

Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at [Dr.Badanek.com](http://Dr.Badanek.com) and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151