**Email One: What The Doctors DON’T Want You To Know - The Shocking Truth About Statins**

Dear (Insert Name),

If you have high cholesterol, you’ll need to read this email very carefully, because the information you’re going to learn here is going to shock you beyond belief...

...As a high cholesterol sufferer, you’re probably taking some form of statins – cholesterol lowering drugs which are routinely given to patients with high cholesterol.

Now, you may be thinking *‘So What? If the doctor says it’s good for me and will help me, they must be right.’* Right?

WRONG!

Statins are by far the WORST type of drug you can put into your body because they cause so many dangerous side effects – to the point where the benefits seem, well, negligible compared to the risks.

Put it this way, statins work by blocking the enzyme that controls the production of cholesterol in the liver.

Now, you may be thinking this is a good thing... right?

Wrong again...You have good cholesterol and bad cholesterol in the body.

Good cholesterol is needed for your body to function, while bad cholesterol blocks your arteries. So, in short, when statins block your body’s ability to produce cholesterol, **they don’t differentiate between which type of cholesterol to block.**

The result is that blocking good cholesterol interferes with the way in which your cells function. The results? See for yourself:

* Liver damage
* Loss of memory
* Muscle weakness (this is dangerous and can even lead to death)
* Sleep problems
* Depression
* Loss of libido
* Tingling and numbness in the hands and feet
* Dizziness and headache
* An increase in the chance of having a heart attack

I don’t know about you, but for me, the increased chance of having a heart attack is the final nail in the coffin.

I mean, isn’t the whole point of statins to reduce your chances of heart disease and therefore the chance of having a heart attack?

I’m no rocket scientist, but even I know that if something can give you a heart attack when it’s being given to you for preventing one in the first place, then something doesn’t quite add up...

But... there's another piece to the puzzle that is about to make the whole statin story a lot more interesting...

And you’ll have to come back tomorrow to find out more!

Here’s to your heart health,

Mary Ruddy

[www.howtolowercholesterolwithoutmedication.org](http://www.howtolowercholesterolwithoutmedication.org/)

PS – Don’t forget to come back tomorrow when I reveal a mystery ingredient that is causing cardiologists problems but helping you LOTS!

**Email 2:The Mystery Ingredient That Is a GODSEND For You and a NIGHTMARE For Your Doctor.**

Dear (Insert name),

Yesterday I revealed to you the shocking side effects that statins can cause when used to help lower your cholesterol.

Today, I want to talk a bit more about the terrible side effects of statins...and the mystery ingredient that is causing a stir among cardiologists world-wide...

...it is none other than the super-antioxidant CoQ10.

CoQ10 is a naturally occurring antioxidant which is found in every single cell in our body. Without it, our cells simply would not function.

One of the benefits of CoQ10 is that it helps stabilize your blood pressure and is responsible for keeping your heart ticking independently of the brain.

When levels of CoQ10 fall in the body, it can cause high blood pressure and can lead to a weakening in the heart muscles eventually causing a heart attack.

So, what’s this got to do with statins?

Everything. Statins have been actively shown to REDUCE levels of CoQ10 in the body by as much as 40%, making it more likely to cause heart problems and eventually a heart attack!

In fact, clinical studies by one pharmaceutical giant Merck led to the development of a patented statin drug which was combined with CoQ10. Unfortunately though, this drug never came to market because... simply put, it was far too expensive to produce.

The patents for that particular statin drug have been locked away for over 18 years, and there are no plans to bring it into production in the near future.

An interesting case about an actual patient on statins was mentioned in Dr Al Sears’ book ‘The Doctor’s Heart Cure’.

Apparently, a lady came to Dr Sears’ clinic with memory loss, high blood pressure and heart problems. She was taking statins and two types of blood pressure drugs. When a sample of her blood was tested, it was revealed that her CoQ10 levels were abnormally low.

She was given 200mg of CoQ10 and advised to stop her blood pressure medication. The ‘side effects’ of taking CoQ10 were that she felt much better, had more energy and her memory recovered....

And guess what her cardiologist did in anger?

I guess you’ll have to wait and see what happened tomorrow!

Here’s to your heart health,

Mary Ruddy

[www.howtolowercholesterolwithoutmedication.org](http://www.howtolowercholesterolwithoutmedication.org/)

PS – Don’t forget to come back tomorrow and find out what the cardiologist did!

**Email Three: Why The Cardiologist Was Fuming!**

Dear (insert name),

Yesterday, I told you about the lady in Dr Sears’ clinic who came off her blood pressure medications and felt great after taking a daily dose of CoQ10...and that her cardiologist was angry...

...What I didn’t tell you is why the cardiologist was angry or what he did!

...He was so angry at her good results, that he threw the bottle of CoQ10 in the trash!

Imagine that! As a cardiologist, surely he should have been HAPPY that his patient was improving?

So why was he so angry?

One simple reason – cost.

That’s right, cost.

Prescribing CoQ10 to patients is very expensive. It also means that pharmaceutical companies would lose out on MASSIVE profits from their statin drugs if everyone knew the truth.

So why don’t more people know the truth?

It’s because most people don’t actually go and research every drug that is prescribed to them. Think about it, how many times have you and your loved ones blindly taken medication prescribed to you by your doctor without so much as questioning it?

I mean, why on earth would you question the expertise of your doctor, right?

WRONG!

ALWAYS take a few minutes to research your options by checking the side effects of the drugs you're taking.

It makes sense that you would never ever try something new without so much as knowing what it contained, so why should drugs be any different?

So the next time you are sick with a serious problem, do your research first. You never know what you might discover!

Here’s to a healthy heart,

Mary Ruddy

[www.howtolowercholesterolwithoutmedication.org](http://www.howtolowercholesterolwithoutmedication.org/)

PS – tomorrow I’ll reveal another little secret that’s going to not only drastically improve your heart and your cholesterol, but will improve your skin too!

**Email Four: Why This Smelly Ingredient Will Do Your Heart and Skin The World of Good!**

Dear (Insert name),

Over the last few days I’ve been talking to you about the dangers of statins.

Today, I want to talk to you about a common ingredient you probably eat every now and again which really help to keep your heart healthy and your cholesterol levels in check.

Have you guessed what it is yet? Here’s a clue – It’s oily and smelly.

Any ideas? It’s oily fish such as salmon, herrings and mackerel.

Oily fish are bursting with omega oils... special types of oils that have been proven to lower the bad cholesterol in the body and increase the good cholesterol.

Oily fish is one of nature’s superfoods and should ideally be eaten at least 3-4 times a week. The omega oils within this heart friendly choice are so potent that they actively prevent the arteries from becoming hardened and blocked!

In fact, oily fish has a number of health benefits such as:

* improved joint pain and mobility
* reduces inflammation
* keeps your brain sharp and prevents dementia and Alzheimer’s
* improves elasticity of arterial walls helping to flush away bad cholesterol
* lowers blood pressure
* excellent for your eye and brain health
* protects against blood clots, therefore reduces chances of heart attacks and strokes
* helps protect against depression
* gives you smooth, flawless and youthful looking skin

I don’t know about you, but for a food group that does so much for the body, I’d be eating it by the bucket load~~s~~!

The best way to have oily fish is to keep it simple – grilling, baking and steaming are the best ways to cook it and serve the fish with lots of salad and vegetables for a nutritious, heart healthy meal.

And if you really can’t stomach fish, you can always supplement with high quality fish oils such as [Xtend-Life’s Omega 3/DHA Fish Oil](http://xtend-life.com/product/Omega_3_DHA_Fish_Oil.aspx?id=999815).

Research from the American Heart Association shows that omega oils can actively lower your levels of bad cholesterol and are highly recommended for anyone who is serious about maintaining a healthy heart.

Until next time,

Here’s to your heart health!

Mary Ruddy

[www.howtolowercholesterolwithoutmedication.org](http://www.howtolowercholesterolwithoutmedication.org/)

PS – Stay tuned for tomorrow to learn why the best way to improve your heart is without drugs! Make sure you don’t miss it!

**Email Five: Why Improving Heart Health Naturally Is FAR Better Than Drugs!**

Dear (insert name),

Over the last few days, I’ve been sharing with you some important information about statins and natural medicines provided to us by nature that can seriously improve your heart health.

Today, I want to talk a little more about reducing heart problems without drugs.

We all know that conventional medicines can be bad for you as most of them have some form of side effects. However, what we don’t know is that it is far better and far easier to control our cholesterol and reduce the associated problems of heart disease than you think.

All it takes is a simple dedication of time more than anything else. Spending around 30 minutes daily for an activity such as walking or swimming is great for your mind as well as your body. Quickening the pace so that you are slightly out of breath and get sweaty is great for your overall heart health.

Put it this way, you could just spend your life on drugs. This may seem like the ideal solution, but the truth is that no one actually likes taking medications which can have long term side effects that even drug companies are not yet fully aware of.

In particular, statins, which are routinely given to patients with high cholesterol to help control and prevent heart disease, have been found to deplete the naturally occurring levels of CoQ10 in the body...

... a dramatic decrease of this enzyme has been found to cause memory loss, sleep disturbances, joint and muscle pains and more worryingly, cause damage to the heart muscle which can lead to a heart attack.

So in essence, taking Statins can actually *cause* a heart attack!

Or perhaps you could just rely on a healthy lifestyle of exercise and a good diet. That is by far the best option, since you're completely staying away from medication. However, unless you're sticking to the recommended portions of oily fish and fresh fruit, veg and fibre, it can be hard to keep track of what you're eating...

Or, you could do even better. Taking the healthy lifestyle approach in conjunction with taking a special supplement such as [Xtend Life’s Cholest-Natural](http://www.xtend-life.com/product/Cholest-Natural.aspx?999815) can give you all the confidence you need to ensure you’re giving your heart the best chance there is of fighting back against heart disease.

[Xtend Life’s Cholest-Natural](http://www.xtend-life.com/product/Cholest-Natural.aspx?999815) is a completely 100% herbal supplement which aids in helping the body to reduce its levels of bad cholesterol.

So, if you need a helping hand with lowering your cholesterol levels and want to do so without the use of conventional drugs, make sure you’re doing all it takes to look after yourself. After all, you only have one heart, and you should protect it.

Here’s to a lifetime of health,

Mary Ruddy,

[www.howtolowercholesterolwithoutmedication.org](http://www.howtolowercholesterolwithoutmedication.org/)

**Email Six: Why Using a Natural Supplement Will Help You Stay OFF Medication!**

Dear (insert name),

Over the last few days we have looked at different factors in controlling your cholesterol and helping you to avoid long term medication such as statins which can be potentially fatal.

Yesterday, I mentioned a product called [Xtend Life’s Cholest-Natural](http://www.xtend-life.com/product/Cholest-Natural.aspx?999815), an all natural herbal supplement which is used by thousands of people world-wide to help control their bad cholesterol levels and life to the fullest without turning to statins.

My own experience of [Xtend Life’s Cholest-Natural](http://www.xtend-life.com/product/Cholest-Natural.aspx?999815) is a very personal one. After being diagnosed with high cholesterol levels, I was prescribed statins, but found that these were causing me uncomfortable side effects such as headaches and memory loss.

When my doctor told me I would have to be on them for life, I was shocked. I started researching statins and to my horror, found a wealth of evidence pointing me away from them and adopting a more natural approach instead.

After taking [Xtend Life’ Cholest-Natural](http://www.xtend-life.com/product/Cholest-Natural.aspx?999815) for a few weeks, I found that I had more energy and felt generally better within myself. After a few months, I was able to come off the statins completely, and I owe it to [Xtend Life’ Cholest-Natural](http://www.xtend-life.com/product/Cholest-Natural.aspx?999815).

This herbal supplement contains rice bran oil, pumpkin seed oil and vitamin E oil – all of which actively help to lower your bad cholesterol and raise your good cholesterol levels.

Taken in conjunction with a healthy lifestyle, Cholest-Natural has been shown to help with:

* Reducing levels of bad cholesterol
* Raising levels of good cholesterol
* Reducing inflammation in the blood
* Maintaining good heart health
* Reducing or even eliminate the need for statins
* Improving your memory
* Maintaining overall good cardiovascular health

Fish oils (in particular omega 3 oils) have been recommended by the American Heart Association as helping to actively lower bad cholesterol – a primary indicator in heart disease. Taking [Xtend-Life’s Omega 3/DHA Fish Oil](http://xtend-life.com/product/Omega_3_DHA_Fish_Oil.aspx?id=999815) with your daily dose of Cholest-Natural and even on its own has been shown to significantly prevent incidences of heart disease.

If you suffer from additional complications such as high blood pressure, you may want to consider the addition of [Xtend-Life’s Cardio-Klenze](http://xtend-life.com/product/Cardio-Klenz.aspx?id=999815) which has been found to improve circulation and reduce your blood pressure. This makes it perfectly suited to taking with Cholest-Natural as a complete solution to maintain the health of your circulation system and your heart, as well as reducing your blood pressure and preventing high cholesterol.

In particular, you should consider supplementation if you have a family history of high cholesterol and heart disease. With support from your Doctor, you may be able to completely reduce or even stop taking statins permanently.

Remember, a healthy heart is as a result of a healthy lifestyle, and supplementation can really help increase the quality of your life. All Xtend-Life’s products are completely natural and have no reported side effects.

Here’s to your heart health,

Mary Ruddy

<http://www.howtolowercholesterolwithoutmedication.org/>