



Why **Cholesterol Drugs** May Be Bad for You

降胆固醇药物...安全吗？

If your blood test results show that you have high cholesterol levels, chances are quite high that your doctor will recommend you to take statin drugs. What are statins? Statins are a category of drugs used to lower the level of cholesterol in the blood. They do so by blocking enzymes found in the liver that are responsible for producing cholesterol.

As mentioned in our previous article "Cholesterol Confusion" (LifeLine March & April 2018 issue), cholesterol is in fact beneficial to our bodies. Cholesterol is necessary for the creation of hormones, vitamin D, and enzymes needed for digestion. Nothing good will come out of taking statins to block the natural production of cholesterol. Here are a few reasons why you should seek a second opinion before taking statin drugs:

1. Statins lower CoQ10

CoQ10 is a powerful antioxidant needed for every process of life. It provides the "spark" which our cells need to create energy. From birth, everyone has a large supply of CoQ10, however this supply declines rapidly as we age. Research shows that many health conditions are linked to a deficiency of CoQ10. Heart diseases like heart failure, high blood pressure and even high cholesterol have been linked to a deficiency of CoQ10.

Taking statins lowers the body's supply of CoQ10. This is a double edged sword, as low levels of CoQ10 in the body can increase the risk of heart failure.

If you decide to take a statin drug, you MUST take CoQ10 as a supplement.

2. Statins reduce Vitamin K2

Vitamin K2 has many roles in the body. The two most important ones are to help with calcium metabolism and prevent calcification of the arteries. Vitamin K2 also stops calcium from building up in soft tissues.

When statins are taken, they stop the synthesis of vitamin K2 from occurring. This means you might end up with a vitamin K2 deficiency, a condition known to lead to a number of diseases like osteoporosis, atherosclerosis, heart disease, heart attacks, heel spurs, kidney stones, brain disease and even cancer.

If you are taking statins, it is crucial that you also take Vitamin K2. Spirulina is rich in Vitamin K2.

3. Statins increase the risk of diseases

Prolonged usage of statins can increase the risk of cancer, diabetes, musculoskeletal conditions and neurological disorder.

Cancer

According to a letter to the editor of the Journal of Clinical Oncology entitled "Statins Do Not Protect against Cancer: Quite the Opposite" (<http://ascopubs.org/doi/full/10.1200/JCO.2014.58.9564>):

"Several cholesterol-lowering drugs, including statins, have been found to be carcinogenic in rodents in doses that produce blood concentrations of the drugs similar to those attained in treating patients."

通常只要验血报告结果显示胆固醇水平过高，医生都会建议您服用降胆固醇药物（他汀类药）。什么是他汀？他汀是一种用来降低血液中胆固醇的药物，通过抑制肝脏胆固醇合成酶以达到降低胆固醇的效果。

之前生命线杂志（2018年3月至4月期）刊登了一篇《有关胆固醇的困惑》的文章。文中提到，胆固醇实际上对我们的身体是有益的。胆固醇是产生激素、维生素D和消化所需酶的重要物质。因此，透过他汀类药来抑制胆固醇的自然合成是不健康的。这里有几个原因为什么在服用司他汀药物之前，您应该寻求第二意见：

1. 他汀类药会降低辅酶Q10

辅酶Q10是一个强有力的抗氧化剂，也是人类生命不可缺少的重要元素之一，能激活人体细胞和细胞能量的营养。出生时，人体内有大量的辅酶Q10。随着年龄的增长，辅酶Q10的供应量就会迅速下降。研究显示许多健康状况都与辅酶Q10缺乏有关，如心脏衰竭、高血压、甚至高胆固醇等。

他汀类药在抑制胆固醇合成的同时也会抑制体内辅酶Q10的生成，从而增加心脏衰竭的风险，导致更严重的后果。

如果您决定服用他汀类药，那么就一定要服用辅酶Q10以补充体内辅酶Q10的不足。

2. 他汀类药会减少维生素K2的含量

维生素K2在人体中扮演多种角色。其中两个最重要的功能就是协助钙代谢和预防动脉钙化。维生素K2也可防止钙在软组织中堆积。

服用他汀类药会抑制维生素K2的合成作用，最终可导致身体缺乏维生素K2，进而引发许多疾病，如骨质疏松症、动脉粥样硬化、心脏病、脚跟骨刺、肾结石、大脑疾病及癌症。

如果您有服用他汀类药，也一定要服用维生素K2。其中，螺旋藻是维生素K2的最佳食源。

3. 他汀类药会增加患病风险

长期服用他汀类药会增加患癌、糖尿病、肌肉骨骼疾病和神经系统疾病的风险。

癌症

根据一篇写给《临床肿瘤学杂志》编辑的文章主题——《他汀类药不能预防癌症：恰恰相反》中提到：
(<http://ascopubs.org/doi/full/10.1200/JCO.2014.58.9564>):

"好几种降胆固醇药物，包括他汀类药，已被发现对啮齿类动物具有致癌作用，其摄取的剂量所产生的血药浓度与治疗患者的浓度相似。"

Diabetes

There are a number of ways that the intake of statins can increase your risk of diabetes, and they are as follows:

- a. Increases insulin resistance.
(<https://www.sciencedirect.com/science/article/pii/S0735109710001865>)
- b. Depletes your body of vitamin D and CoQ10, which are both needed to maintain normal blood sugar levels.
(<http://www.vivo.colostate.edu/hbooks/pathphys/endocrine/otherendo/vitamind.html>)
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2426990/>)
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4939545/>)

Musculoskeletal Conditions

It is quite common for people who are taking statins to complain about muscular pain, soreness, tiredness and weakness. There are several reasons why these symptoms might be occurring, including how the production of CoQ10 and selenoproteins are inhibited during the usage of statins.

Selenoproteins, like glutathione peroxidase, are selenium-containing proteins, which are important for protecting muscle tissue from oxidative damage. Without this valuable enzyme, inflammation and free radicals will have nothing to stop them from damaging muscle tissues.

Memory Problems

25% of the cholesterol in the body can be found in the brain. It is used for the creation of the synapse, which enables us to think, learn and form memories. A direct result of the usage of statins is that there will be a shortage of cholesterol going to the brain. Because of this, there have been reports of mental impairment (e.g. memory loss, forgetfulness, amnesia, confusion) among those consuming statin drugs.
(<https://www.sciencedirect.com/science/article/pii/S0005273603000245>)

These symptoms tend to reverse themselves when the usage of statins is stopped altogether.
(<https://www.fda.gov/Drugs/DrugSafety/ucm293101.htm>)

Nevertheless, before you decide to follow your doctor's advice and take statins, there is a likelihood that you may reduce elevated blood cholesterol levels by making the following lifestyle and dietary changes:

糖尿病

服用他汀类药可能增加患糖尿病的风险，原因如下：

- a. 它会增加胰岛素抵抗
(<https://www.sciencedirect.com/science/article/pii/S0735109710001865>)
- b. 它会大量减少体内的维生素D和辅酶Q10，这两者都是维持正常血糖的所需物质。
(<http://www.vivo.colostate.edu/hbooks/pathphys/endocrine/otherendo/vitamind.html>)
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2426990/>)
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4939545/>)

肌肉骨骼疾病

他汀类药服用者经常会抱怨肌肉疼痛、酸痛、疲倦和虚弱。这些症状出现的原因有好几个，其中是因为他汀类药会抑制辅酶Q10和硒蛋白的自然生成。

硒蛋白，类似谷胱甘肽过氧化物酶，是一种含硒的蛋白质，对保护肌肉组织免受氧化损害很重要。若没有这种酶，炎症和自由基就会无受控制大量破坏肌肉组织。

记忆衰退

人体有25%的胆固醇集中在大脑，用来制造大脑内的神经键。神经键的工作就是允许我们思考、学习和产生记忆。服用他汀类药会直接减少大脑中的胆固醇含量，进而造成患者出现精神障碍（如记忆力丧失、健忘、老人痴呆、精神错乱）。
(<https://www.sciencedirect.com/science/article/pii/S0005273603000245>)

一旦停止服用他汀类药，这些症状就有机会被逆转。
(<https://www.fda.gov/Drugs/DrugSafety/ucm293101.htm>)

尽管如此，在您还没决定遵从医生的建议服用他汀类药之前，您也许可考虑先尝试通过以下的生活方式和饮食改变来降低血液中的胆固醇：

1

Adopt an anti-inflammatory diet

There are certain foods that are commonly known to increase inflammation in the body. If your cholesterol levels are elevated, it is probably a good idea to avoid the following foods:

- Fried foods
- Refined carbohydrates
- Refined sugars
- Alcoholic beverages
- Animal products that contain hormones and antibiotics
- Artificial sweeteners
- Processed foods (i.e. biscuits, chips, hot dogs etc.)
- Foods cooked in refined cooking oil (such as soy, corn, canola etc.)
- Trans-fats in margarine, vegetable shortening and all products listing them as ingredients or made with partially hydrogenated oils of any kind.

采用抗炎饮食

有些食物会增加体内的发炎反应。如果胆固醇水平过高，最好避免摄取以下食物：

- 油炸食物
- 精制碳水化合物
- 精制糖
- 酒精饮料
- 含有荷尔蒙和抗生素的动物性食品
- 人工甜味剂
- 加工食品（如饼干、薯片、热狗等）
- 使用精制油烹煮的食物（如大豆油、玉米油、菜籽油等）
- 人造奶油、植物起酥油和所有含有反式脂肪的食品，或由任何类型部分氢化油制成的食品。



Eat more of the following:

- **Green leafy vegetables & fruits** – If you struggle to consume whole portions of vegetables and fruits, simply use the **NewLife™'s Alpha Juicer** to make nutrient dense, deliciously tasting juices.

Alternatively, **NewLife™'s Super Green Food ++** and **Spirulina** are excellent supplements to get more greens into your diet. They are concentrated sources of vitamins, minerals, amino acids, enzymes, phytonutrients, chlorophyll and powerful antioxidants.

- **Potassium rich foods** – Health experts recommend an intake of at least 5 times more potassium than sodium. To reconstruct healthy cells, we must replenish potassium levels in the body. Besides cutting down salt intake and taking more high potassium foods, supplementing with natural, specially formulated potassium such as **NewLife™'s K-Salt** is the perfect antidote to reduce inflammation.

- **Extra virgin coconut oil & omega-3 fatty acids** – In many recent studies, the lauric acid in virgin coconut oil was found to reduce inflammation in cells. **NewLife™'s Extra Virgin Coconut Oil** is cold pressed and naturally processed from freshly harvested, organic, mature coconuts.

NewLife™'s Omega Gold Flax Seed Oil is one of the best sources of natural Omega-3. Flaxseed oil contains Essential Fatty Acids (EFAs). EFAs are necessary fats that human cannot synthesize, and must be obtained through diet. EFAs support the cardiovascular, reproductive, immune, and nervous systems. **NewLife™'s Omega Gold Flax Seed Oil** assures the highest quality oil, which is extracted from organically grown golden flaxseed using a cold-press process that eliminates the damaging effects of light, oxygen, and heat.

多吃以下食物:

- **深绿色蔬菜和水果** – 如果您在一天内无法摄取每日所需的蔬菜和水果份量, 可使用新生命奥发绿汁机, 制作出营养丰富、新鲜美味的蔬果汁。

另外, **新生命特超绿食品**和**螺旋藻**也是非常好的营养补充剂, 它们可增加您饮食中的蔬菜份量。它们是维生素、矿物质、氨基酸、酶、植物营养素、叶绿素和强大抗氧化剂的最佳来源。

- **高钾食物** – 健康专家建议钾的摄取量必须至少是钠摄取量的5倍。如果要重建健康的细胞, 我们必须补充体内的钾含量。除了减少盐的摄取和增加高钾食物外, 摄取天然含钾配方的营养保健品, 如**新生命钾质**是减少炎症的优选。

- **特级初榨椰子油和奥美加-3脂肪酸** – 许多研究发现, 初榨椰子油中的月桂酸可有效减轻细胞的发炎反应。**新生命特级初榨纯椰子油**是由新鲜采收的有机成熟椰子, 经过冷榨和天然加工所制成的。

新生命奥美加金牌亚麻籽油是获取天然奥美加-3的最佳来源之一。亚麻籽油含有必需脂肪酸(EFAs)。必需脂肪酸是人类无法自身合成的必需脂肪, 必须通过饮食获得。必需脂肪酸可维持心血管、生殖器、免疫和神经系统的健康功能。**新生命奥美加金牌亚麻籽油**是最高质量的亚麻籽油, 萃取自有机黄金亚麻籽, 经过冷压过程制成, 保护它免受阳光、氧气和热能的破坏。



2 Add more antioxidants

Antioxidants protect your cells from the effects of free radicals and can help reduce inflammation.

CoQ10 – Clinical evidence has suggested that CoQ10 has potent effects on inflammatory markers.

CoQ10 is found in meat, fish and whole grains. However, the amount of CoQ10 found in these dietary sources is not sufficient to significantly increase CoQ10 levels in the body. Also, levels of CoQ10 in the body decrease as you age, making supplementation essential.

NewLife™'s CoQ10 Plus is an advanced formula synergistically blended with essential fatty acids found in flaxseed concentrate to enhance bioavailability.

Other supplements that are high in antioxidants include **NewLife™'s Collasta** and **Spirulina**.

摄取更多的抗氧化剂

抗氧化剂指能减缓或防止细胞被自由基氧化的影响, 从而有助减少炎症。

临床研究显示, 辅酶Q10对消除炎症因子具有显著的影响。

辅酶Q10天然存在于肉类、鱼类和全谷物。然而, 这些饮食中的辅酶Q10含量不足以显著增加体内的辅酶Q10水平。而且, 随着年龄的增长, 体内辅酶Q10的含量也会随之降低, 因此有必要摄取辅酶补充剂。

新生命生物吸收性CoQ10是一种与亚麻籽浓缩物中的必需脂肪酸一起配合以产生协同效应, 及提高生物利用度的先进配方。

其他富含抗氧化剂的营养补充剂包括**新生命的康丽达胶原红藻**和**螺旋藻**。



3

A daily dose of **NewLife™'s Cholestinin**, which contains Red Yeast Rice, safely reduces elevated cholesterol levels by reducing inflammation in the body.

每日摄取含红麴米的**新生命减固醇**, 可通过减少体内炎症进而安全降低胆固醇水平。



4 Regular exercise with each session lasting at least 30 minutes. It can be any form of exercise but it should at least raise the pulse rate moderately.

定期运动，每次至少持续30分钟。可以进行任何类型的运动，但必须适度提高脉搏率。



5

Quit smoking – smoking lowers the concentration of HDL and worsens the detrimental effects that LDL naturally has on the body. “Smoking creates an environment in the bloodstream that leads to a destructive breakdown [of cholesterol], making LDL even more toxic to blood vessels, increasing deposits of plaque in the arteries, and increasing inflammation,” says Dr. L. Kristin Newby, MD, professor of medicine at the Duke University School of Medicine in Durham, North Carolina.

戒烟 – 吸烟不单只降低高密度脂蛋白的浓度，还会加重低密度脂蛋白对身体的有害影响。北卡罗莱纳达勒姆杜克大学医学院的克里斯汀医学博士指出，吸烟会破坏血液中的胆固醇，导致低密度脂蛋白增加它对血管的毒害，进而增加动脉中的斑块堆积，最终引发炎症。



6

Stop consuming alcohol. Every drop of alcohol burdens and intoxicates your liver. The accumulation of alcohol in your body can destroy cells, eventually leading to liver diseases. Only a healthy liver can effectively produce and clear cholesterol in the body. Cholesterol is necessary for the creation of hormones, vitamin D, and enzymes needed for digestion.

戒酒。每一滴酒精都会加重肝脏的负担，甚至导致酒精性肝中毒。积累在体内的酒精会破坏细胞，导致肝病。记得只有健康的肝脏才能有效地生产和清除体内的胆固醇。胆固醇是产生荷尔蒙、维生素D及消化所需酶的重要物质。



At the end of the day, each of us are responsible for our own health. Make a choice that will benefit you in the long-term instead of going for short-term convenience.

每个人都要为自己的健康负责。选择一个对您长期健康有益的途径，不要为了短期、暂时性的方便妥协。