

BAD POSTURE COULD RAISE YOUR BLOOD PRESSURE



A link between the muscles in the neck, blood pressure and heart rate has long been suspected. Researchers at the University of Leeds, UK, have found a direct neural connection between these neck muscles and a part of the brainstem - called the nucleus tractus solitarius (NTS) - which plays a crucial role in regulating heart rate and blood pressure.

THE JOURNAL OF NEUROSCIENCE

Edwards, I. Dallas, M. Poole, S. Carol The Neurochemically Diverse
Intermedius Nucleus of the Medulla as a Source of Excitatory and
Inhibitory Synaptic Input to the Nucleus Tractus Solitarii
Journal of Neuroscience 1 August 2007, 27 (31) 8324-8333

www.keithwellness.com

Anatomical abnormalities of the cervical spine at the level of the atlas vertebra are associated with relative ischemia of the brainstem circulation and increased blood pressure. Manual correction of this misalignment has been associated with reduced arterial pressure.

JOURNAL OF HUMAN HYPERTENSION

Bakris, G. Dickholtz, M. Meyer, P. Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients: Journal of Human Hypertension (2007) 21, 347- 352

www.elsevier.com



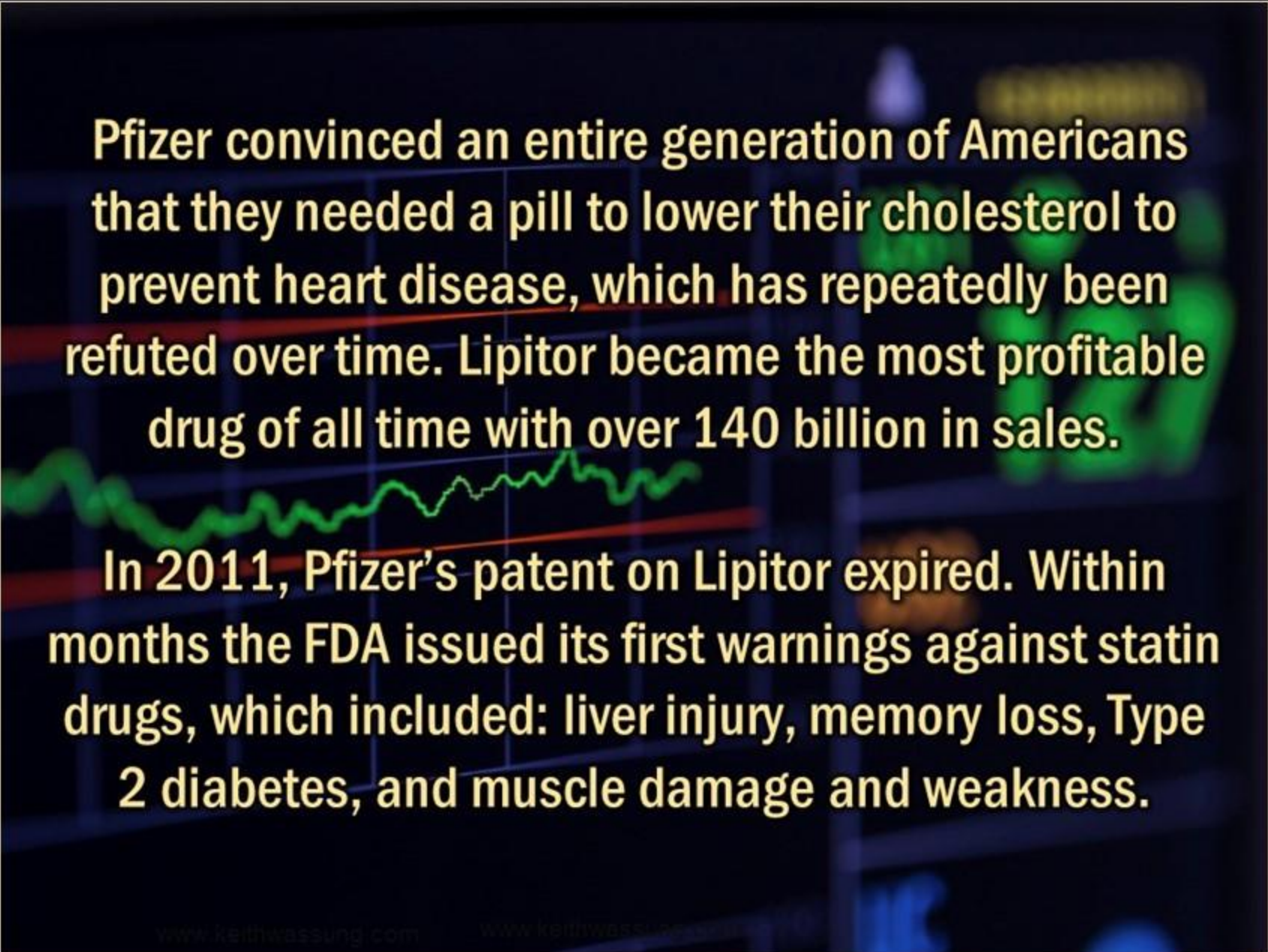
**“LOWERING CHOLESTEROL WITH
MEDICATIONS FOR PRIMARY
CARDIOVASCULAR PREVENTION IN
THOSE AGED OVER 60 IS A TOTAL
WASTE OF TIME AND RESOURCES,
WHEREAS ALTERING YOUR
LIFESTYLE IS THE SINGLE MOST
IMPORTANT WAY TO ACHIEVE
A GOOD QUALITY OF LIFE.”**

BRITISH MEDICAL JOURNAL

Ravnskov, U, U. Diamond, D Rokura Hama, R. Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review. BMJ Open 2016;6:e010401

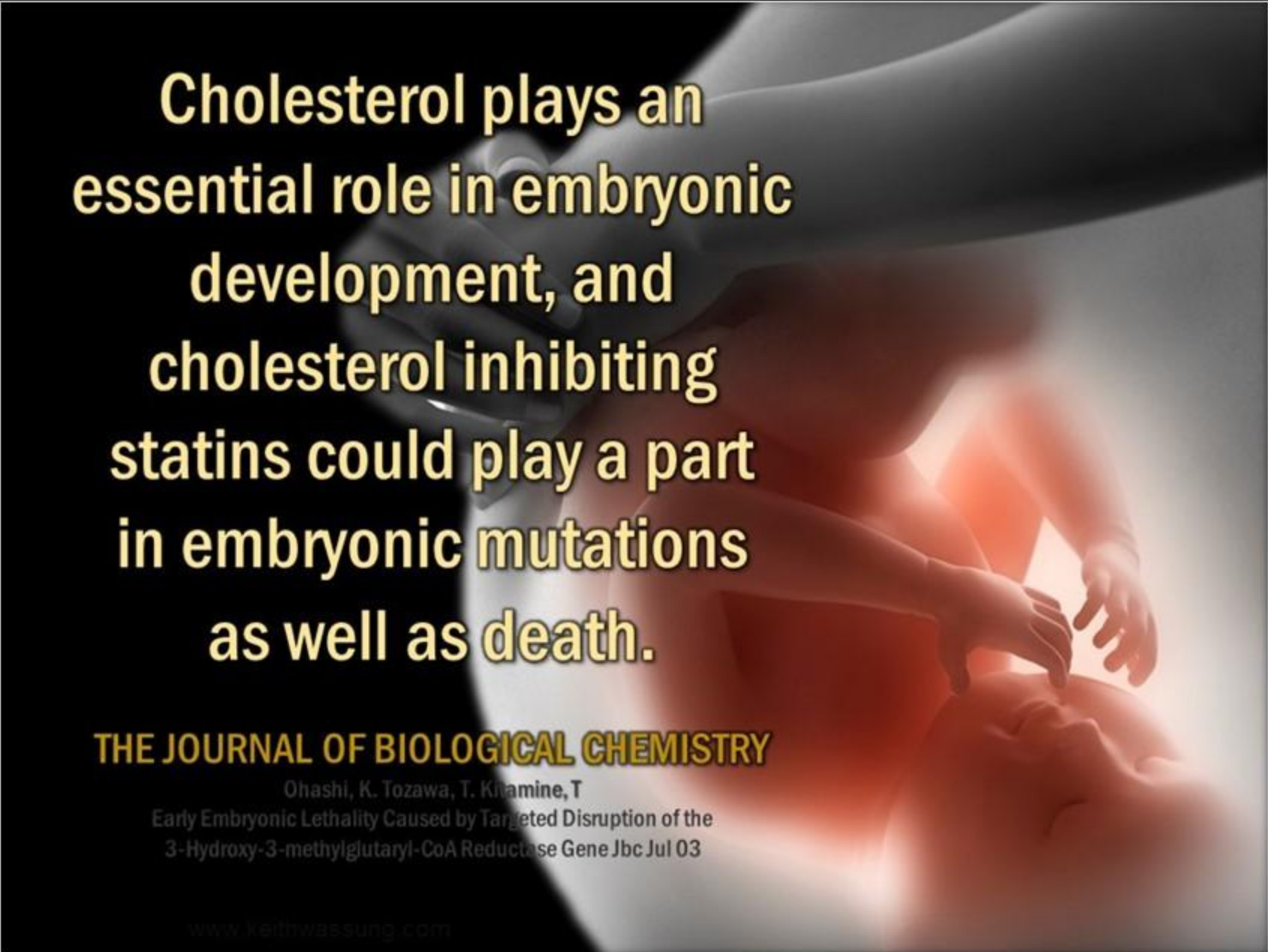


www.keithwassung.com



Pfizer convinced an entire generation of Americans that they needed a pill to lower their cholesterol to prevent heart disease, which has repeatedly been refuted over time. Lipitor became the most profitable drug of all time with over 140 billion in sales.

In 2011, Pfizer's patent on Lipitor expired. Within months the FDA issued its first warnings against statin drugs, which included: liver injury, memory loss, Type 2 diabetes, and muscle damage and weakness.



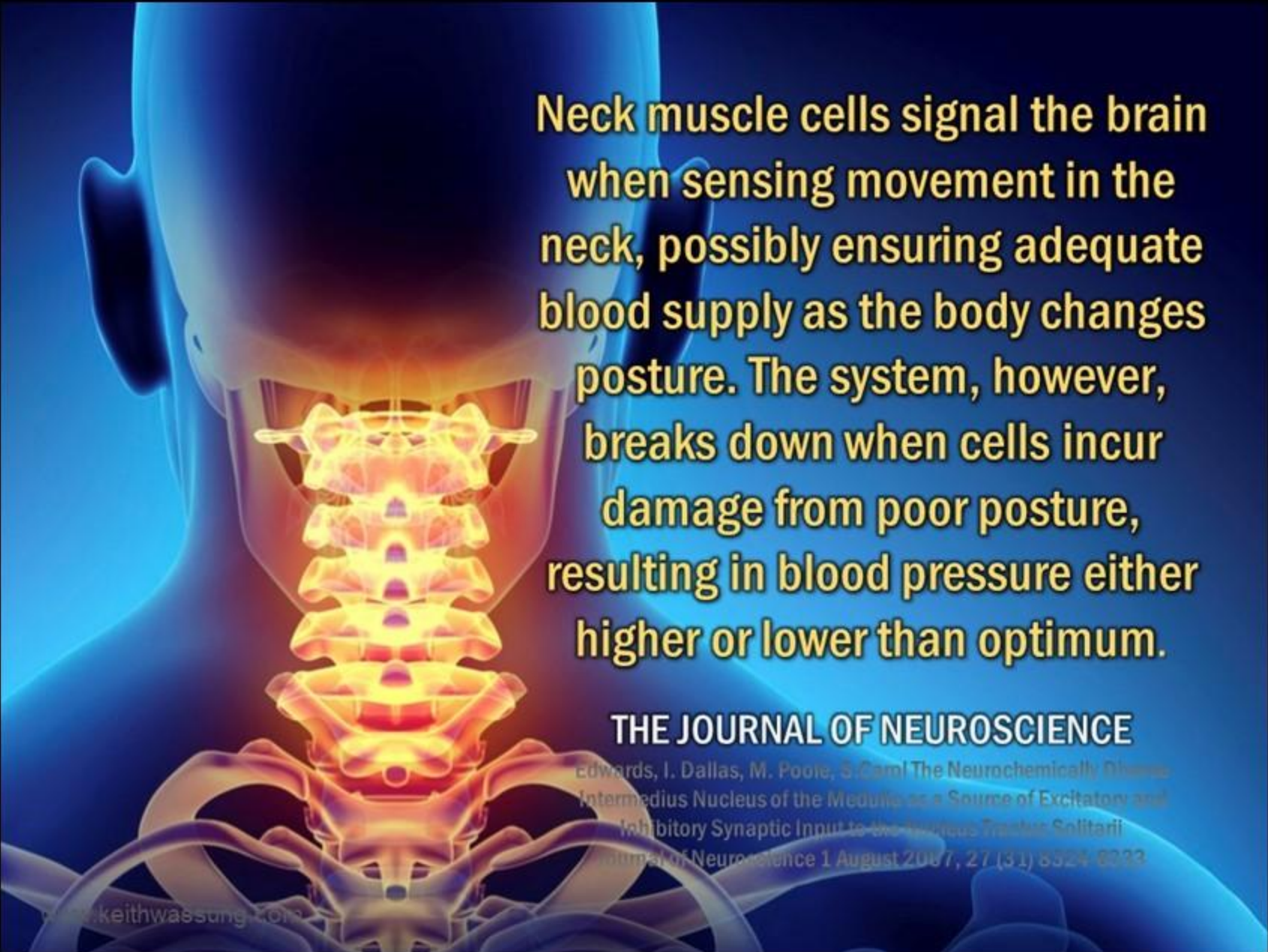
**Cholesterol plays an
essential role in embryonic
development, and
cholesterol inhibiting
statins could play a part
in embryonic mutations
as well as death.**

THE JOURNAL OF BIOLOGICAL CHEMISTRY

Ohashi, K. Tozawa, T. Kikamine, T

Early Embryonic Lethality Caused by Targeted Disruption of the
3-Hydroxy-3-methylglutaryl-CoA Reductase Gene Jbc Jul 03

www.keithwassung.com

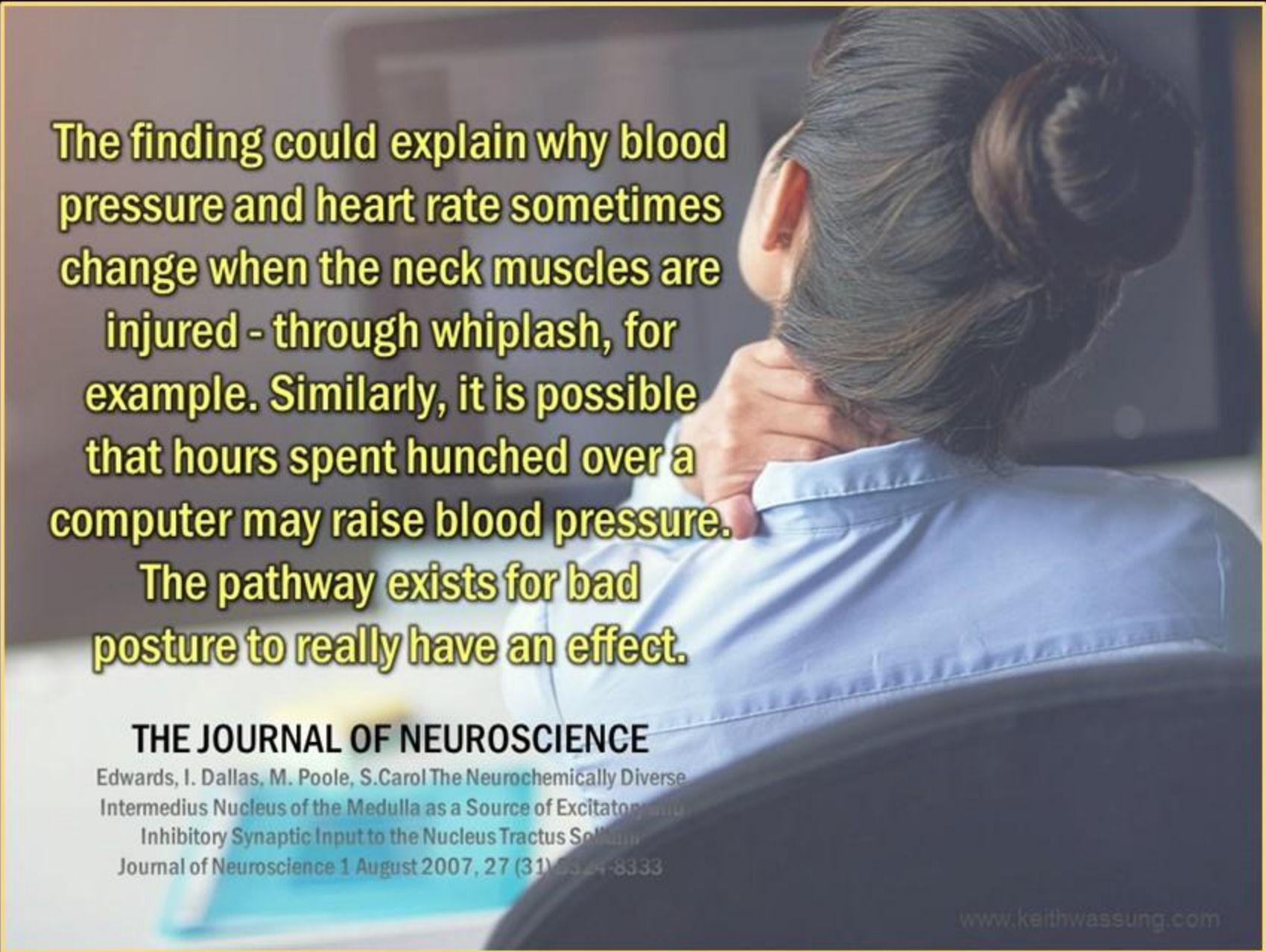


Neck muscle cells signal the brain when sensing movement in the neck, possibly ensuring adequate blood supply as the body changes posture. The system, however, breaks down when cells incur damage from poor posture, resulting in blood pressure either higher or lower than optimum.

THE JOURNAL OF NEUROSCIENCE

Edwards, I. Dallas, M. Poole, S. Caml The Neurochemically Distinct Intermedius Nucleus of the Medulla as a Source of Excitatory and Inhibitory Synaptic Input to the Nucleus Tractus Solitarius
Journal of Neuroscience 1 August 2007, 27 (31) 8324-8333

www.keithwassung.com



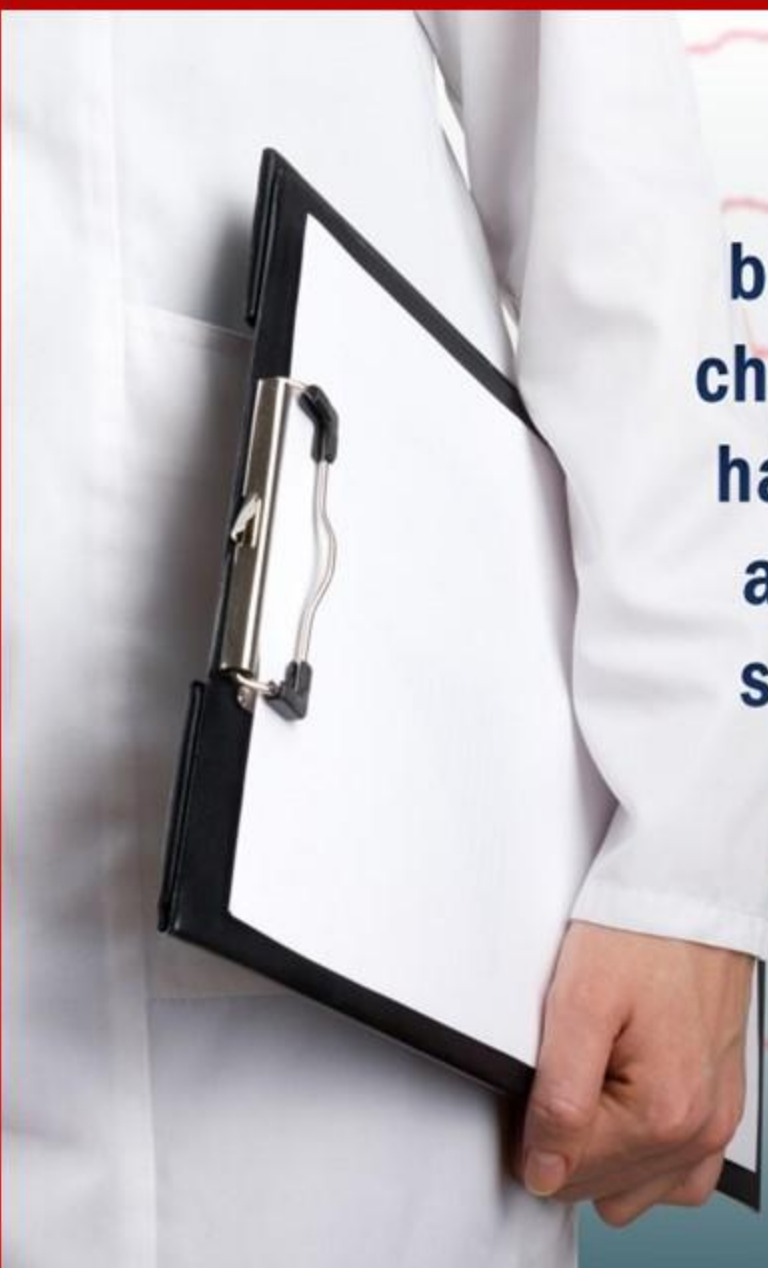
The finding could explain why blood pressure and heart rate sometimes change when the neck muscles are injured - through whiplash, for example. Similarly, it is possible that hours spent hunched over a computer may raise blood pressure.

The pathway exists for bad posture to really have an effect.

THE JOURNAL OF NEUROSCIENCE

Edwards, I. Dallas, M. Poole, S. Carol The Neurochemically Diverse Intermedius Nucleus of the Medulla as a Source of Excitatory and Inhibitory Synaptic Input to the Nucleus Tractus Solitarius
Journal of Neuroscience 1 August 2007, 27 (31):8324-8333

www.keithwassung.com



**The hypothetical link
between high levels of total
cholesterol and heart disease
has NEVER been proven. It's
a diagnosis conjured up to
serve drug companies who
want to sell cholesterol
lowering statin drugs.**

STEVEN SINATRA, M.D.

*The Great Cholesterol Myth: Why Lowering Your Cholesterol
I Won't Prevent Heart Disease, Fair Winds Press, 2012*

Chiropractic care during pregnancy can provide benefits for women who are pregnant. Potential benefits of chiropractic care during pregnancy include:

- Maintaining a healthier pregnancy
- Controlling symptoms of nausea
- Reducing the time of labor and delivery
- Relieving back, neck or joint pain
- Prevent a potential cesarean delivery

AMERICAN PREGNANCY ASSOCIATION

www.americanpregnancy.org/pregnancy-health/chiropractic-care-during-pregnancy



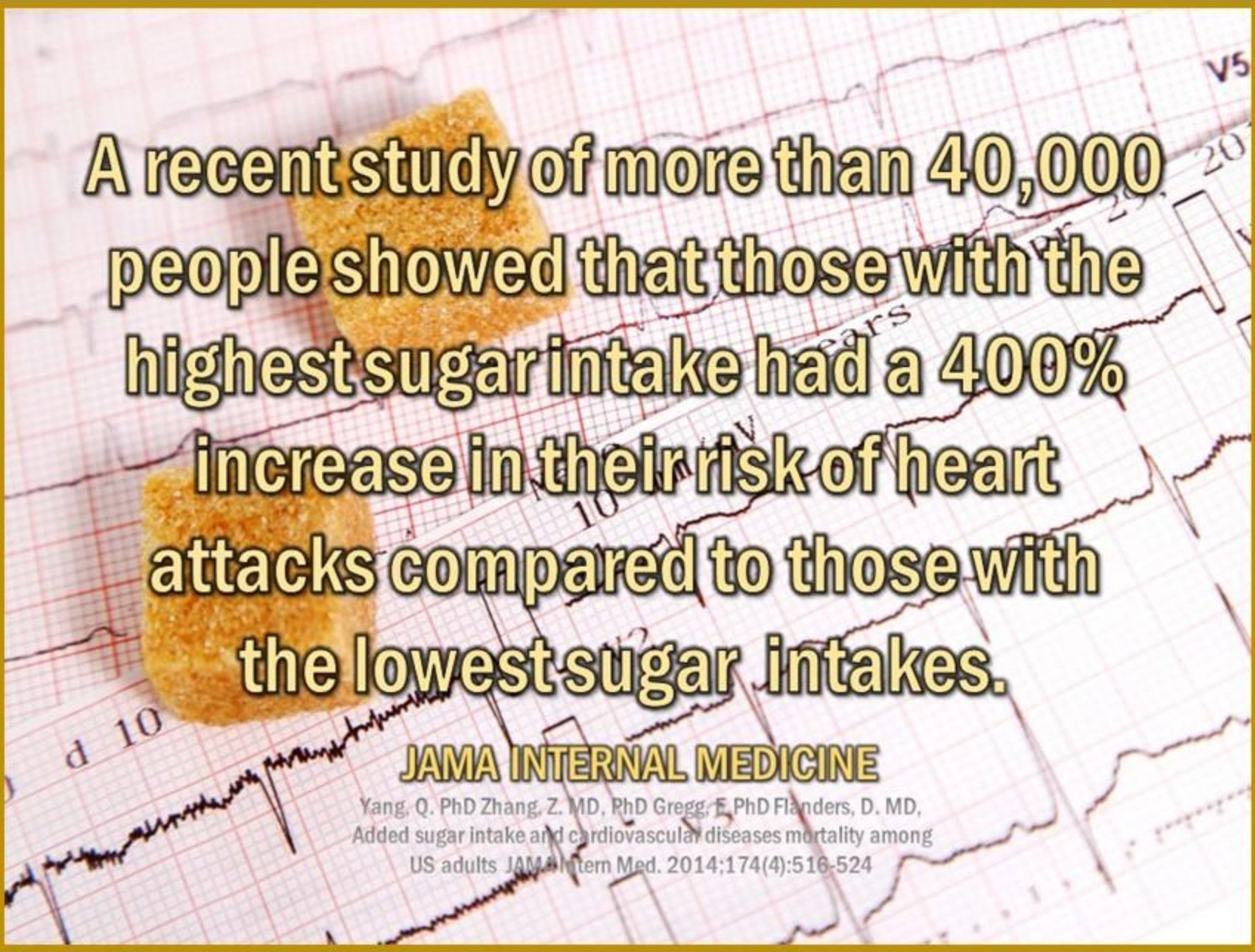


“Heart bypass operations do more harm than good. It does not cure the patient and it is scandalously overused. The high cost drains resources from other areas of need. We now spend more on bypass operations that we do on medical research and prevention of heart disease.”

THOMAS PRESTON, M.D.

Marketing an operation: Coronary artery bypass surgery. *J Holistic Med* 1985;7(1):8-15

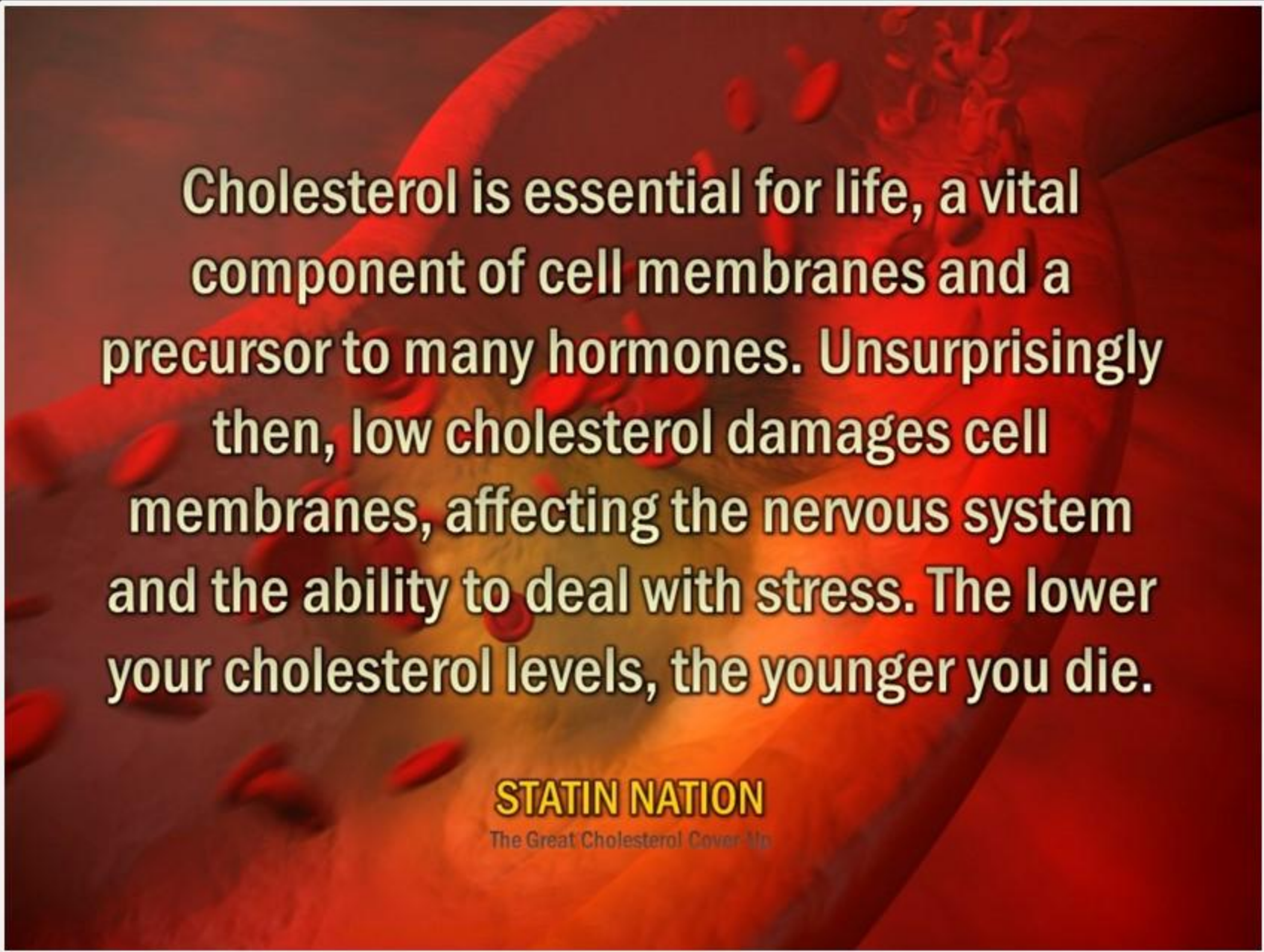
www.karlthomassung.com



A recent study of more than 40,000 people showed that those with the highest sugar intake had a 400% increase in their risk of heart attacks compared to those with the lowest sugar intakes.

JAMA INTERNAL MEDICINE

Yang, Q. PhD Zhang, Z. MD, PhD Gregg, E. PhD Flanders, D. MD,
Added sugar intake and cardiovascular diseases mortality among
US adults JAMA Intern Med. 2014;174(4):516-524

A microscopic view of blood vessels, showing red blood cells flowing through a vessel. The image has a warm, reddish-orange color palette.

Cholesterol is essential for life, a vital component of cell membranes and a precursor to many hormones. Unsurprisingly then, low cholesterol damages cell membranes, affecting the nervous system and the ability to deal with stress. The lower your cholesterol levels, the younger you die.

STATIN NATION

The Great Cholesterol Cover-Up

A new clinical research study completed by a team of geriatrics researchers at Yale, found that in older adults aged 70 or older, taking blood pressure medication was linked to a higher risk of **serious falls** that resulted in **fractures, dislocated joints and brain bleeds.**

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Tinetti, M. MD; Han, L. MD, Ph.D; Lee, D. Ph.D
Antihypertensive Medications and Serious Fall Injuries in a
Nationally Representative Sample of Older Adults
JAMA Intern Med. 2014;174(4):588-595. doi:10.1001



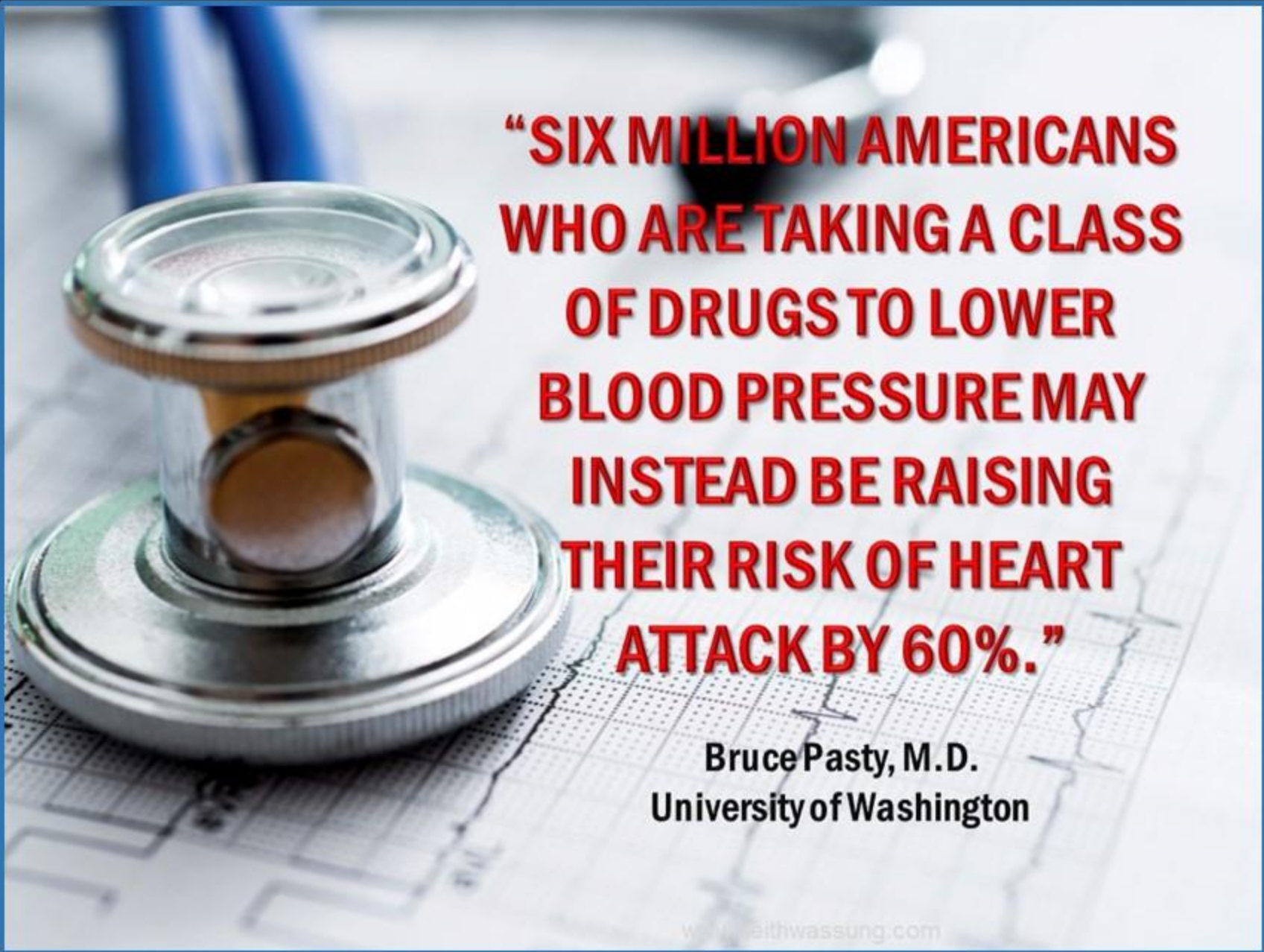
www.keithwassung.com



A recent study, which included nearly a million people demonstrated a strong association between first exposure to statins and accurate memory loss diagnosed within 30 days following exposure. The increase in memory loss was 4.4 times the rate compared with non-statin users. In other words, statins hiked up loss of memory by 440%

JAMA INTERNAL MEDICINE

Strom B, Schinnar R., Karlawish J, Hennessy
Statin Therapy and Risk of Acute Memory Impairment.
JAMA Intern Med. 2015 Aug;175(8):1399-405



**“SIX MILLION AMERICANS
WHO ARE TAKING A CLASS
OF DRUGS TO LOWER
BLOOD PRESSURE MAY
INSTEAD BE RAISING
THEIR RISK OF HEART
ATTACK BY 60%.”**

**Bruce Pasty, M.D.
University of Washington**

www.forthewellness.com

**The 2012 Cochrane Review
on Pharmacotherapy for mild
hypertension concluded
that antihypertensive drugs
used in the treatment of
otherwise healthy adults
with mild hypertension have
not been shown to reduce
mortality or morbidity in
randomized clinical trials.**

COCHRANE HYPERTENSION GROUP

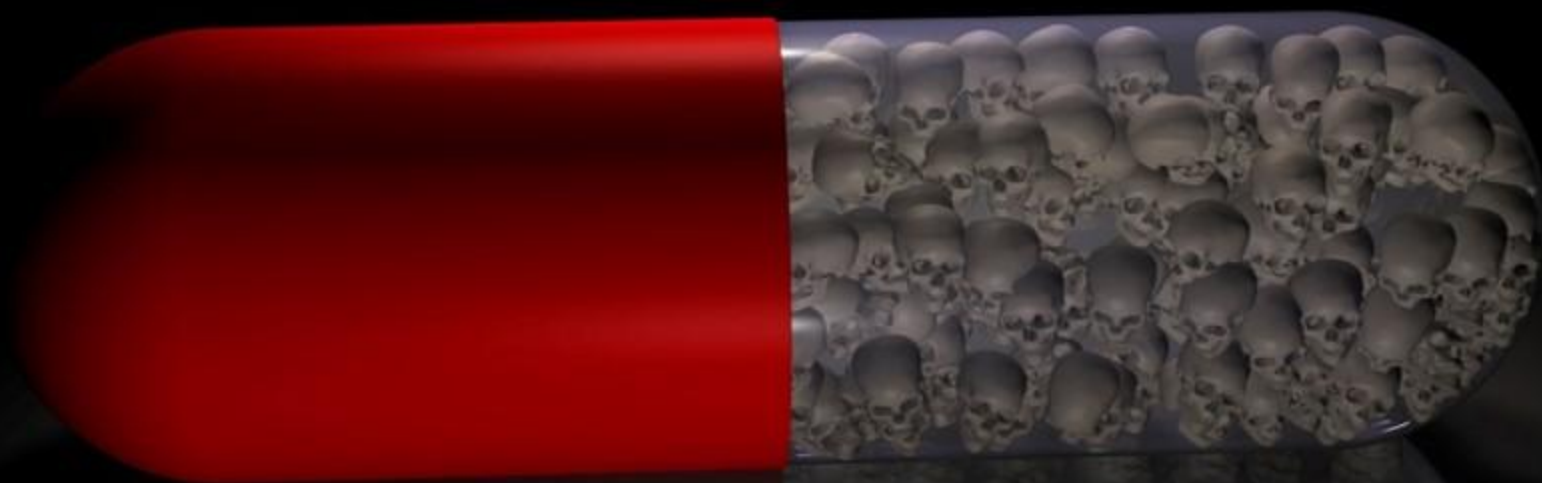
Diao, D. Wright, J. Cundiff, D.

Pharmacotherapy for mild hypertension, 2012



www.keithwassung

**OVER 98% OF DRUGS WORK BY POISONING
ENZYMES OR BLOCKING RECEPTORS.**



**THE HUMAN BODY IS NOT DESIGNED TO
HAVE OUR ENZYMES POISONED OR
OUR RECEPTORS BLOCKED.**

HEALTH IMPACT NEWS

Statins Might Make Your Heart Health Worse

www.keithwassung.com

A doctor in a white lab coat with a stethoscope around their neck is holding a pink breast cancer awareness ribbon. The background is a light pink gradient.

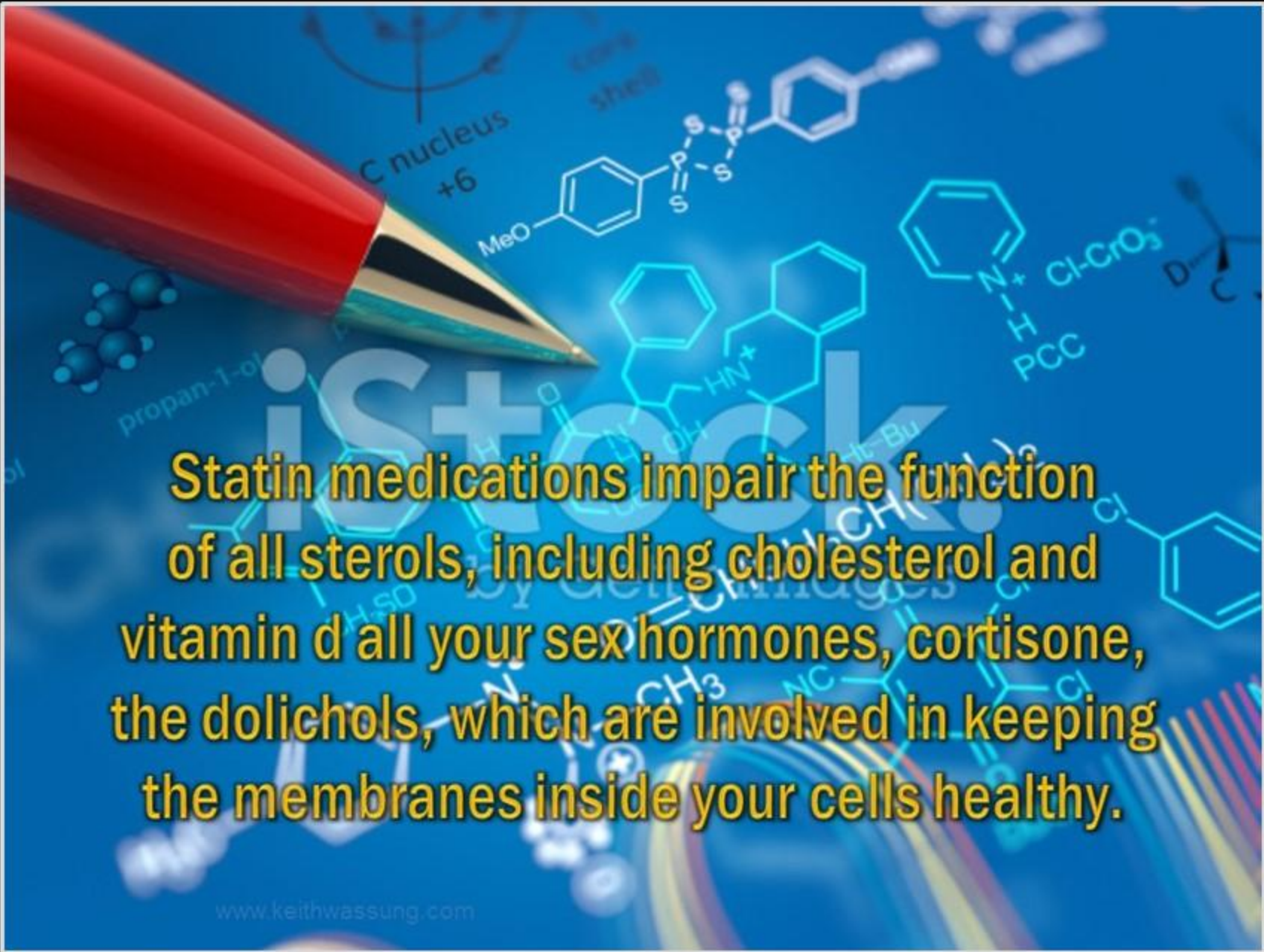
STUDIES SHOW THAT CHOLESTEROL-LOWERING STATIN DRUGS MORE THAN DOUBLE BREAST CANCER RISK.

Journal of the American Medical Association

Newman T, Hulley S. Carcinogenicity of lipid-lowering drugs.
JAMA. 1996 Jan 3;275(1):55-6

www.keithwassung.com

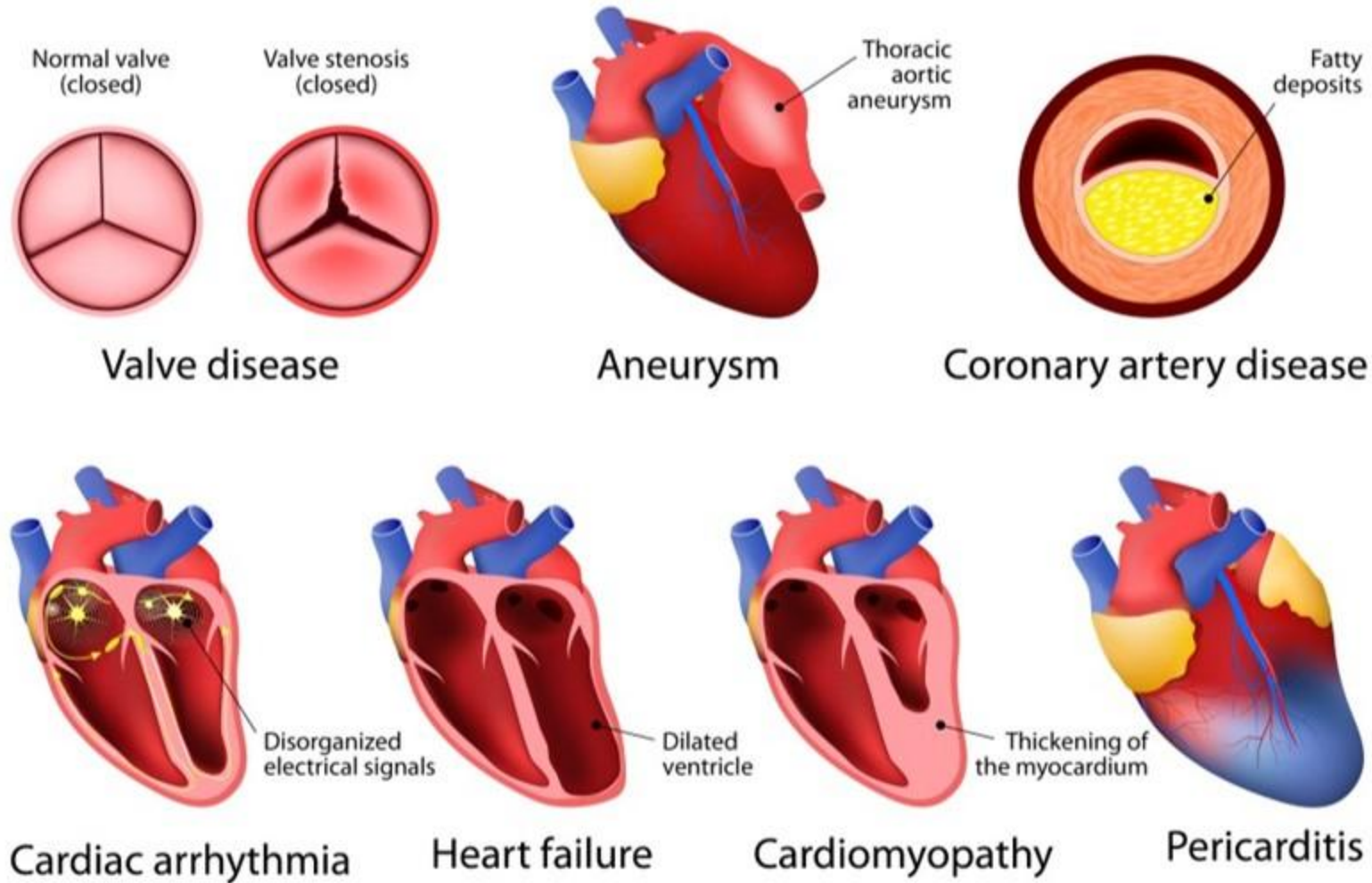
www.keithwassung.com

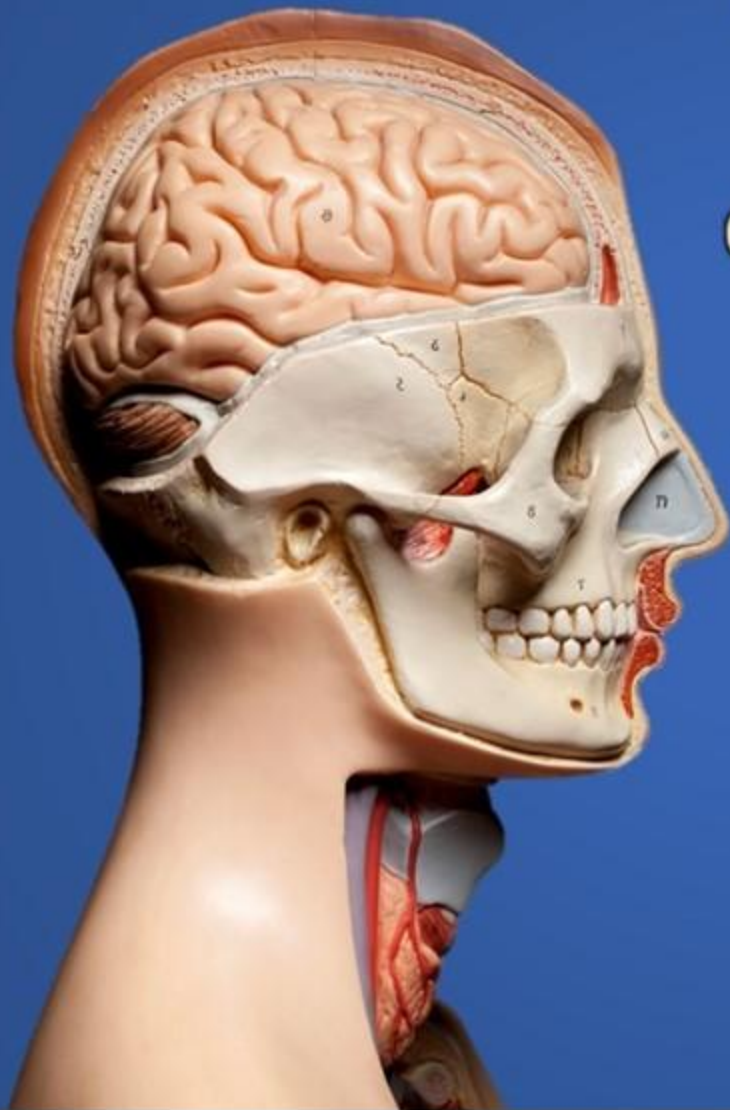


Statin medications impair the function of all sterols, including cholesterol and vitamin d all your sex hormones, cortisone, the dolichols, which are involved in keeping the membranes inside your cells healthy.

www.keithwassung.com

Types of heart disease

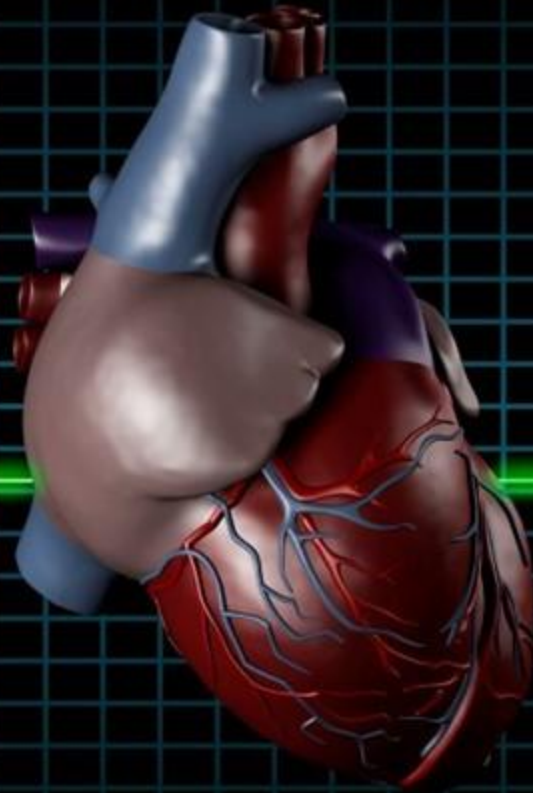




Cholesterol is essential to life. Remove all the cholesterol in your body, and you die! 25% of your body's cholesterol is in your brain, and it is found in the walls of every cell in your body.

IVAKUMARAN KARUPPIAH

The Benefit of Cholesterol to Human

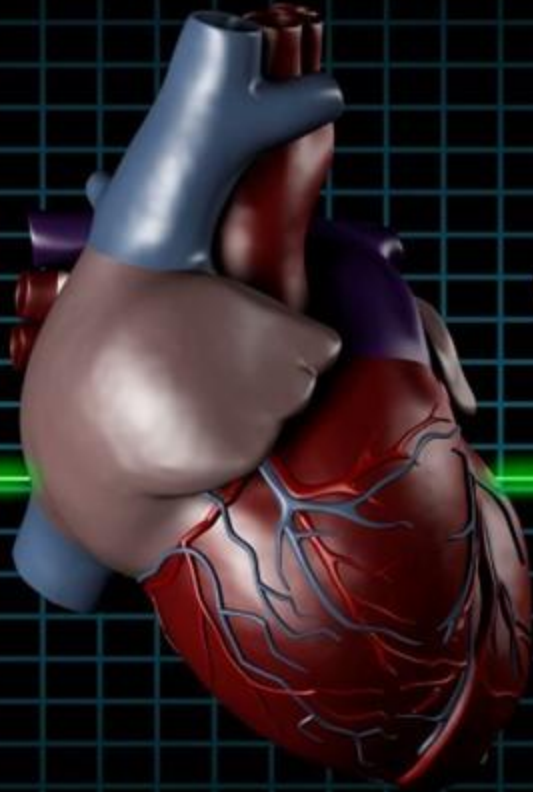


**A study published in the british
medical journal involving
nearly 70,000 people found
there was no link between
what has traditionally be
considered “bad” cholesterol
and deaths related to
cardiovascular disease.**

BRITISH MEDICAL JOURNAL

Uffe Ravnskov, David M Diamond, Rokura Hama
Lack of an association or an inverse association between
low-density-lipoprotein cholesterol and mortality in the elderly:
a systematic review BMJ Open 2016;6:e010401

www.keithwassung.com

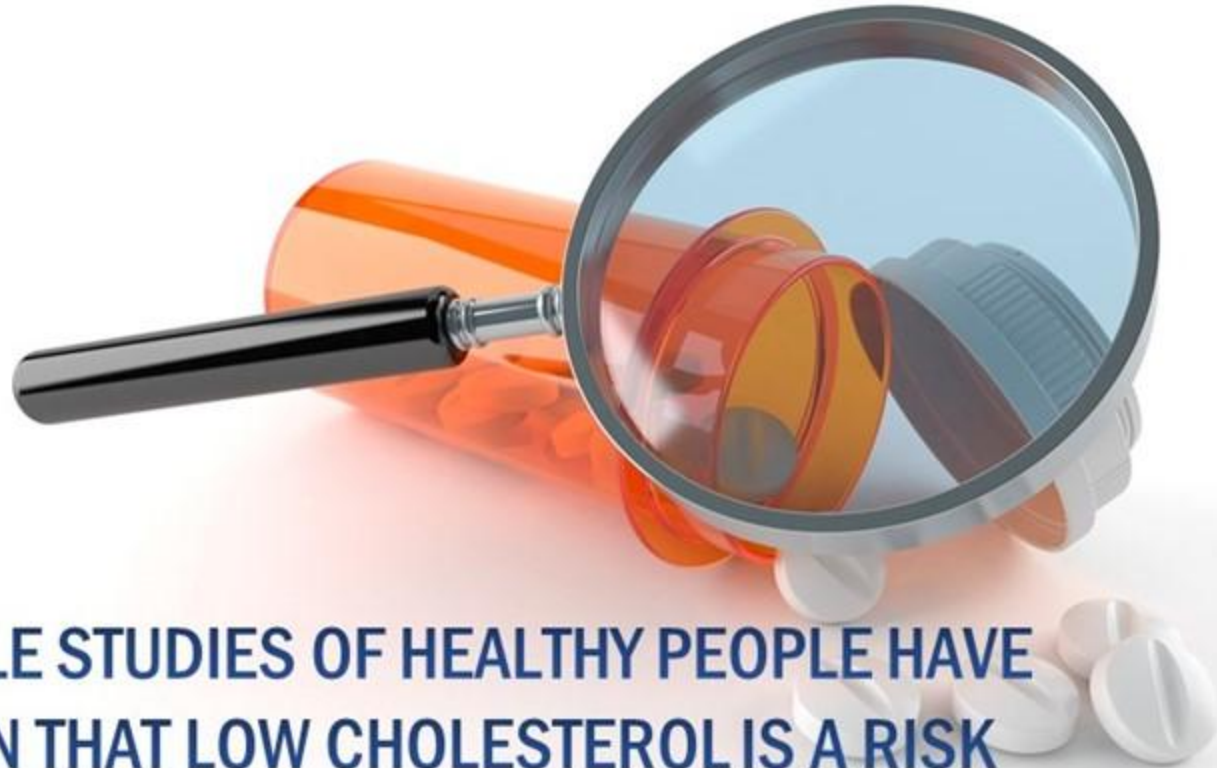


**IT ALSO FOUND THAT 92
PERCENT OF PEOPLE
WITH HIGH CHOLESTEROL
LEVELS LIVED LONGER.**

BRITISH MEDICAL JOURNAL

Uffe Ravnskov, David M Diamond, Rokura Hama
Lack of an association or an inverse association between
low-density-lipoprotein cholesterol and mortality in the elderly:
a systematic review BMJ Open 2016;6:e010401

www.keithwassung.com



**MULTIPLE STUDIES OF HEALTHY PEOPLE HAVE
SHOWN THAT LOW CHOLESTEROL IS A RISK
MARKER FOR FUTURE CANCER.**

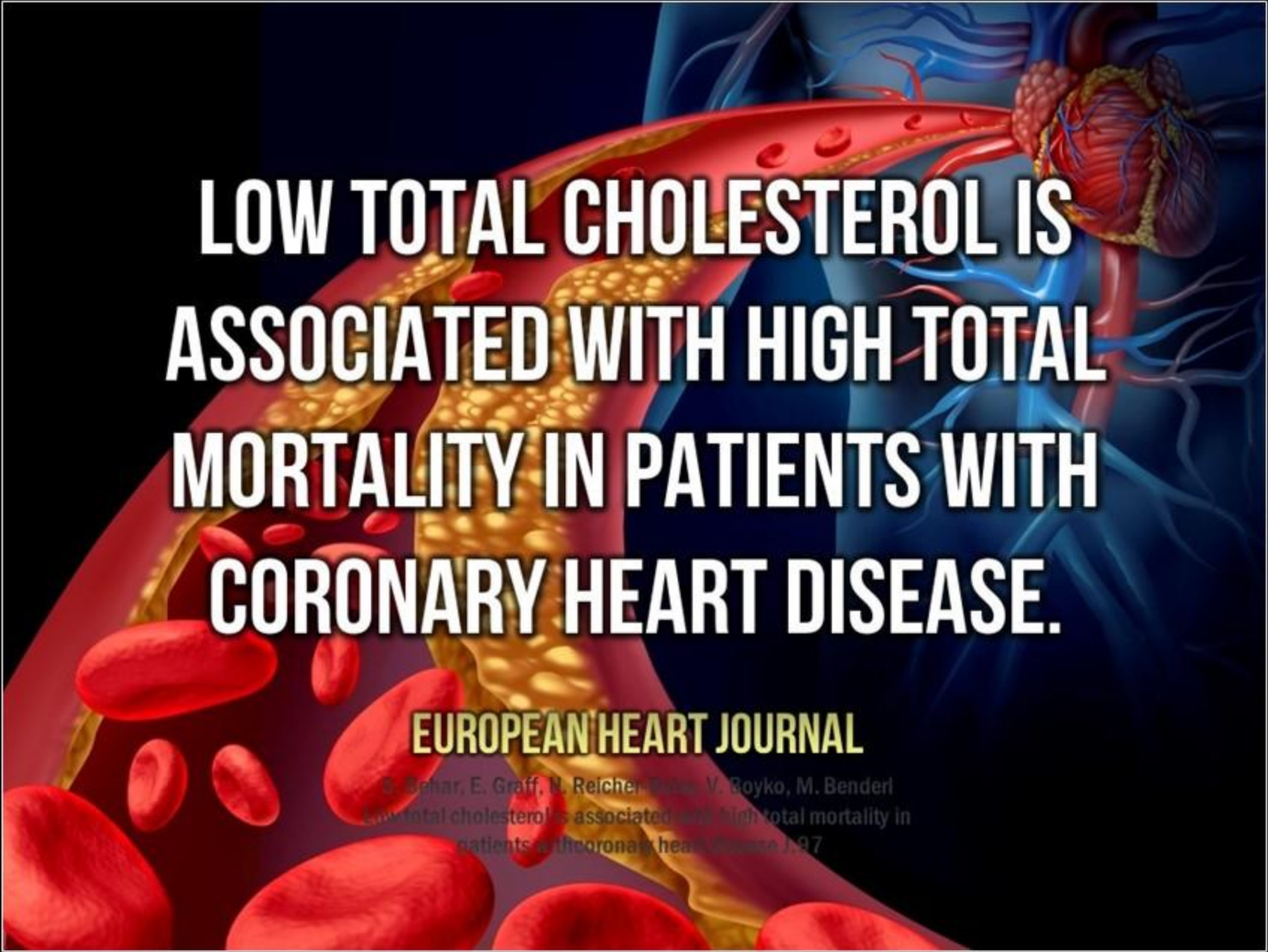
Journal of the Association of Physicians

U. RAVNSKOV¹, K.S. McCULLY² and P.J. ROSCH³

The statin-low cholesterol-cancer conundrum

Q.Jml Med Dec 2011

www.keithwassung.com



LOW TOTAL CHOLESTEROL IS ASSOCIATED WITH HIGH TOTAL MORTALITY IN PATIENTS WITH CORONARY HEART DISEASE.

EUROPEAN HEART JOURNAL

B. Behar, E. Graff, M. Reicher-Nir, V. Boyko, M. Benderl
Low total cholesterol is associated with high total mortality in
patients with coronary heart disease J:97



Marked height loss in older men, often due to degenerative changes in bones, muscles and joints, is independently associated with an increased risk of all-cause mortality and coronary heart disease.

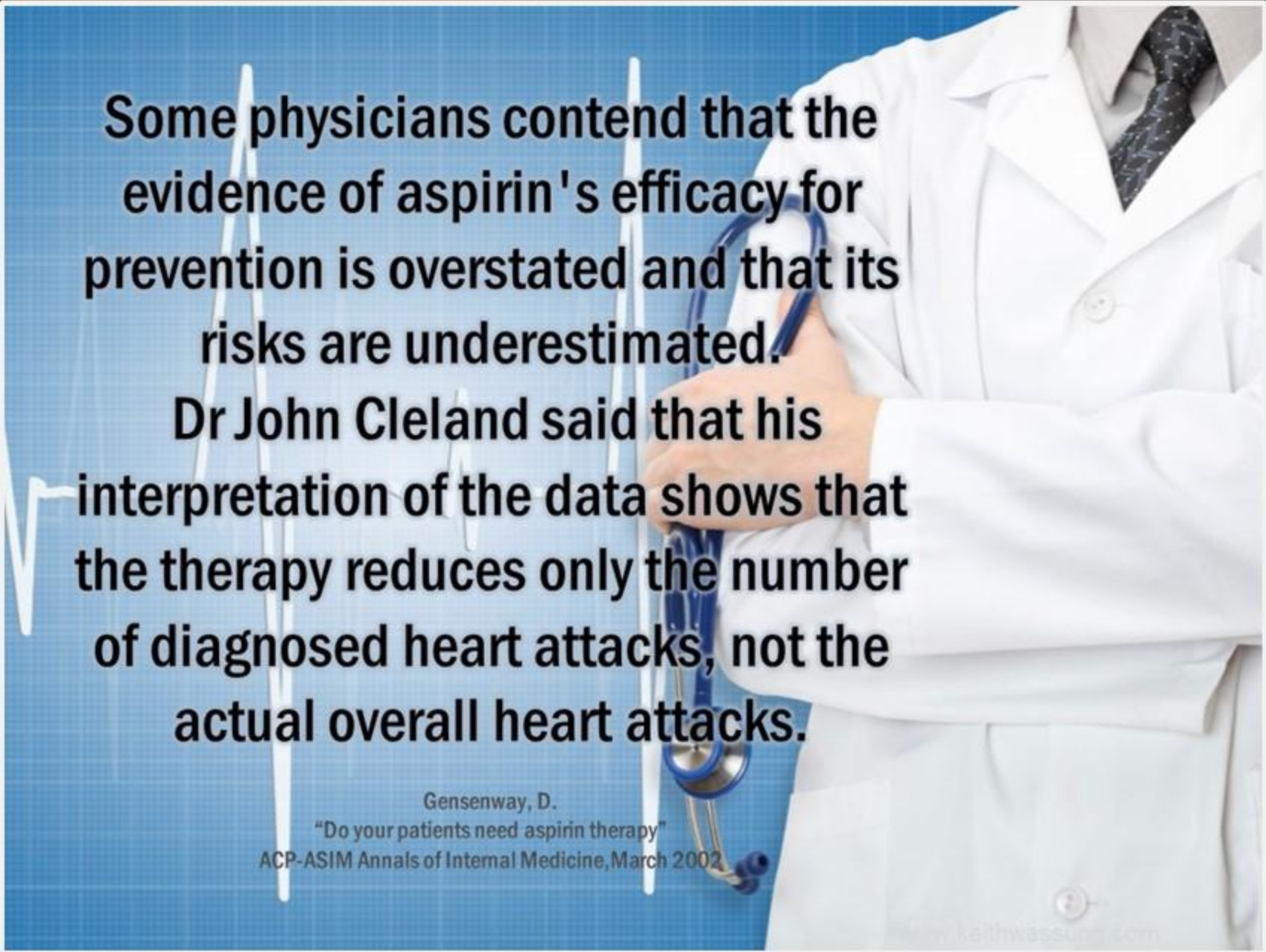
ARCHIVES OF INTERNAL MEDICINE

Wannamethee, S. Shaper, G, Lennon, L.

Height loss in older men: associations with total mortality and incidence of cardiovascular disease.

Arch Intern Med. 2006 Dec 11-25;166(22):2546-52.

www.keithwassung.com



Some physicians contend that the evidence of aspirin's efficacy for prevention is overstated and that its risks are underestimated.

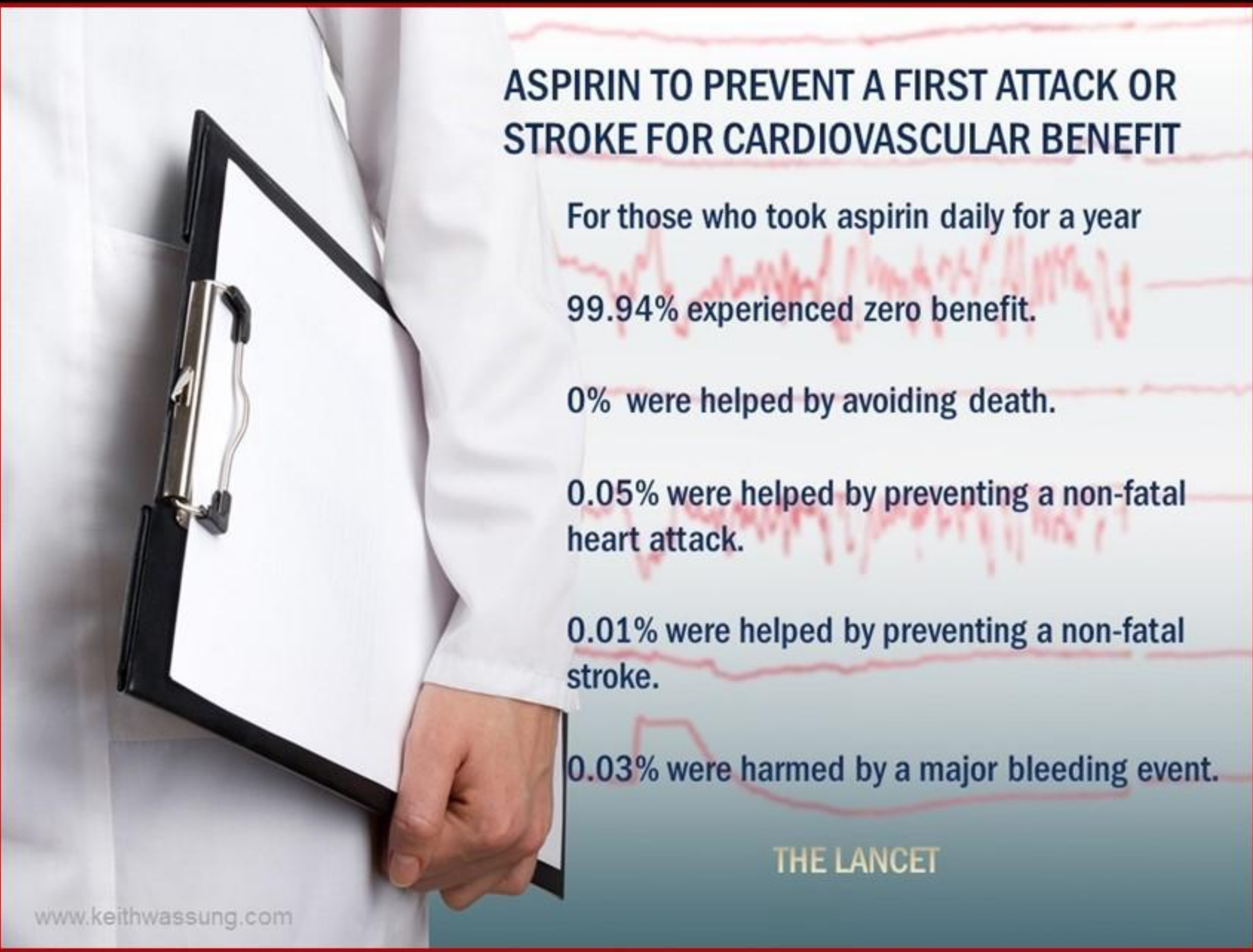
Dr John Cleland said that his interpretation of the data shows that the therapy reduces only the number of diagnosed heart attacks, not the actual overall heart attacks.

Gensenway, D.

"Do your patients need aspirin therapy"

ACP-ASIM Annals of Internal Medicine, March 2002

www.keithwassung.com



ASPIRIN TO PREVENT A FIRST ATTACK OR STROKE FOR CARDIOVASCULAR BENEFIT

For those who took aspirin daily for a year

99.94% experienced zero benefit.

0% were helped by avoiding death.

0.05% were helped by preventing a non-fatal heart attack.

0.01% were helped by preventing a non-fatal stroke.

0.03% were harmed by a major bleeding event.

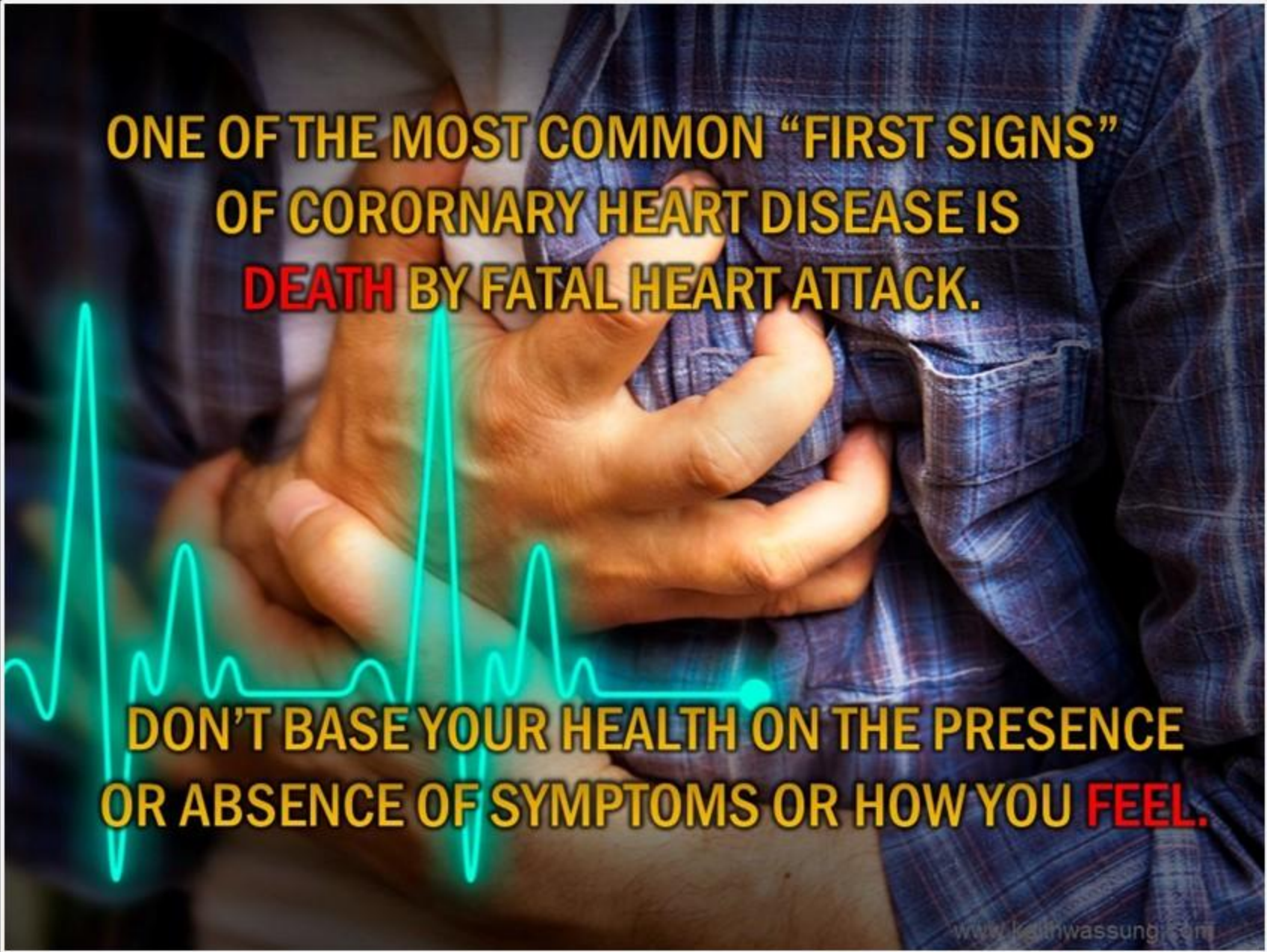
THE LANCET

www.keithwassung.com

Dr. John Ferguson

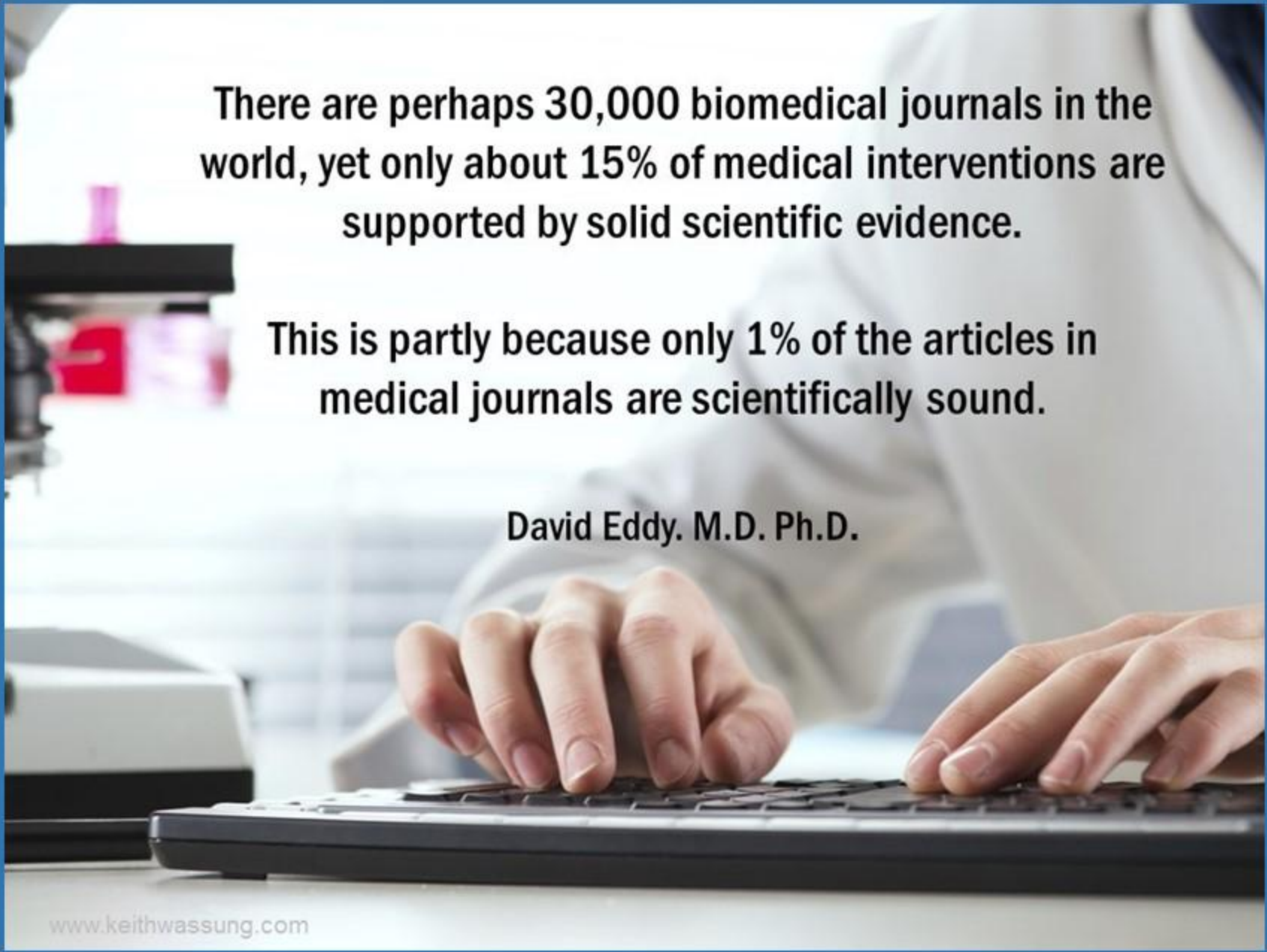
518.383.5595

www.ForLifetimeWellness.com



ONE OF THE MOST COMMON “FIRST SIGNS”
OF CORONARY HEART DISEASE IS
DEATH BY FATAL HEART ATTACK.

DON'T BASE YOUR HEALTH ON THE PRESENCE
OR ABSENCE OF SYMPTOMS OR HOW YOU **FEEL.**



There are perhaps 30,000 biomedical journals in the world, yet only about 15% of medical interventions are supported by solid scientific evidence.

This is partly because only 1% of the articles in medical journals are scientifically sound.

David Eddy. M.D. Ph.D.

www.keithwassung.com

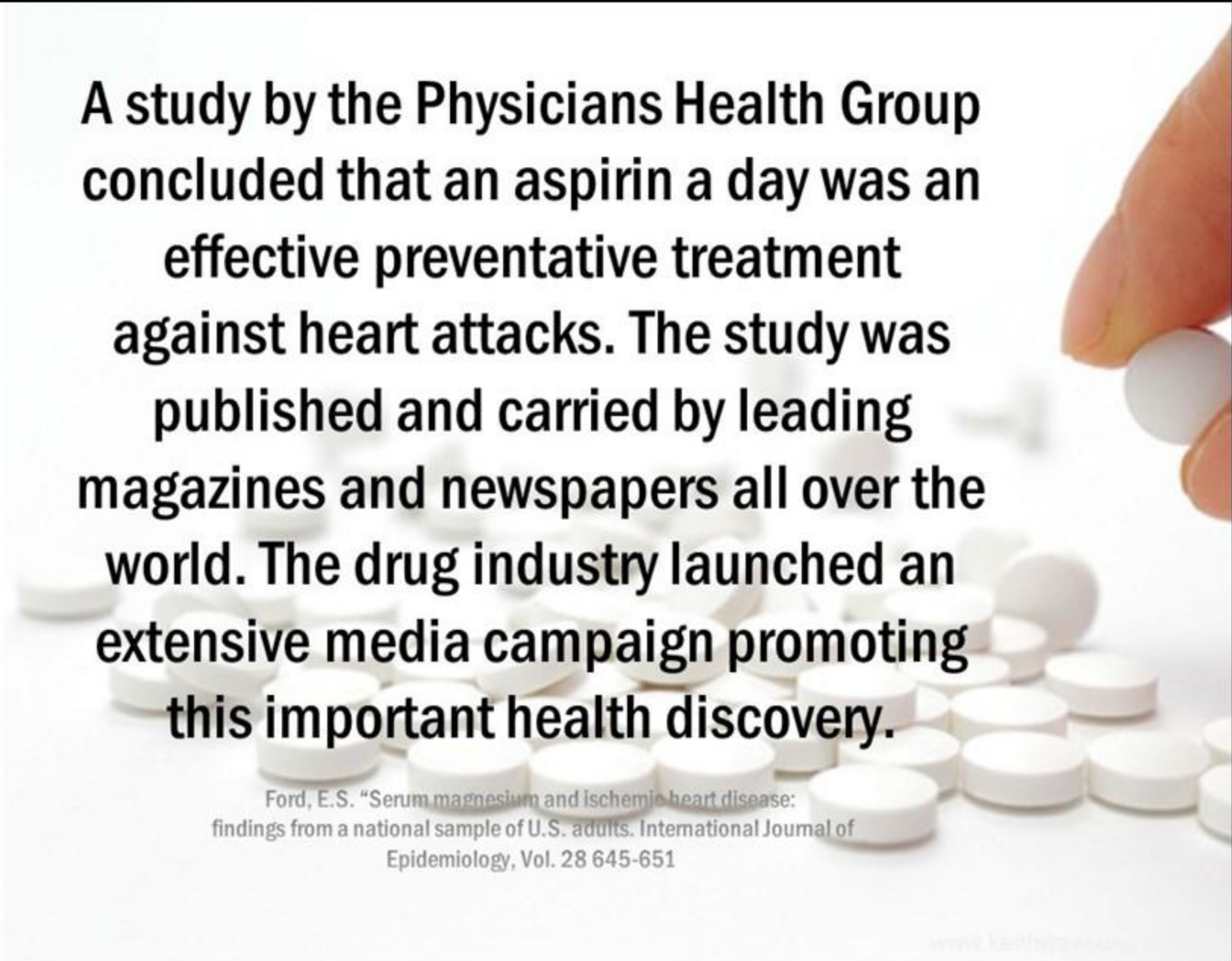
Dr. John Ferguson

518.383.5595

www.ForLifetimeWellness.com



A typical male living in the United States has a better statistical chance of either winning a Super Bowl ring or an Academy Award than they do of reaching the age of 65 without being diagnosed with **diabetes, hypertension or coronary heart disease.**

A close-up photograph of a hand holding a single white, round pill between the thumb and index finger. Below the hand, a large number of similar white pills are scattered on a light-colored surface. The background is slightly blurred, focusing attention on the pill being held.

A study by the Physicians Health Group concluded that an aspirin a day was an effective preventative treatment against heart attacks. The study was published and carried by leading magazines and newspapers all over the world. The drug industry launched an extensive media campaign promoting this important health discovery.

Ford, E.S. "Serum magnesium and Ischemic heart disease: findings from a national sample of U.S. adults. International Journal of Epidemiology, Vol. 28 645-651



What the study failed to mention was that it was conducted with buffered aspirin, which contains magnesium. Magnesium is a valuable mineral which has long been associated with the prevention of heart attacks. Follow-up studies revealed that aspirin alone did nothing to prevent heart attacks. Sadly, the results of the follow-up studies received little media attention.

Ford, E.S. "Serum magnesium and ischemic heart disease: findings from a national sample of U.S. adults. International Journal of Epidemiology, Vol. 28 645-651

www.keithwells.com



**“Only 6% of drug
advertising material is
supported by evidence.”**

BRITISH MEDICAL JOURNAL

Institute for Evidence-Based Medicine News Roundup

[abridged Versions Appear In The Paper Journal]

Only 6% of drug advertising material is supported
by evidence. BMJ 2004;328:485

www.keithwassinger.com



Anticholinergic drugs, which includes popular drugs to to treat allergies, inability to sleep, anxiety, depression and bladder over-activity, block the action of acetylcholine. This substance transmits messages in the nervous system. In the brain, acetylcholine is involved in learning and memory. In the rest of the body, it stimulates muscle contractions.

JAMA INTERNAL MEDICINE

Gray, S. Anderson, M. Dublin, S.
Cumulative Use of Strong Anticholinergics and Incident
Dementia. JAMA Intern Med. 2015;175(3):401-407



**A seven year study of 3500
people demonstrated
compelling evidence of the link
between between long-term
use of anticholinergic
medications like Benadryl,
Sominex and dementia.**

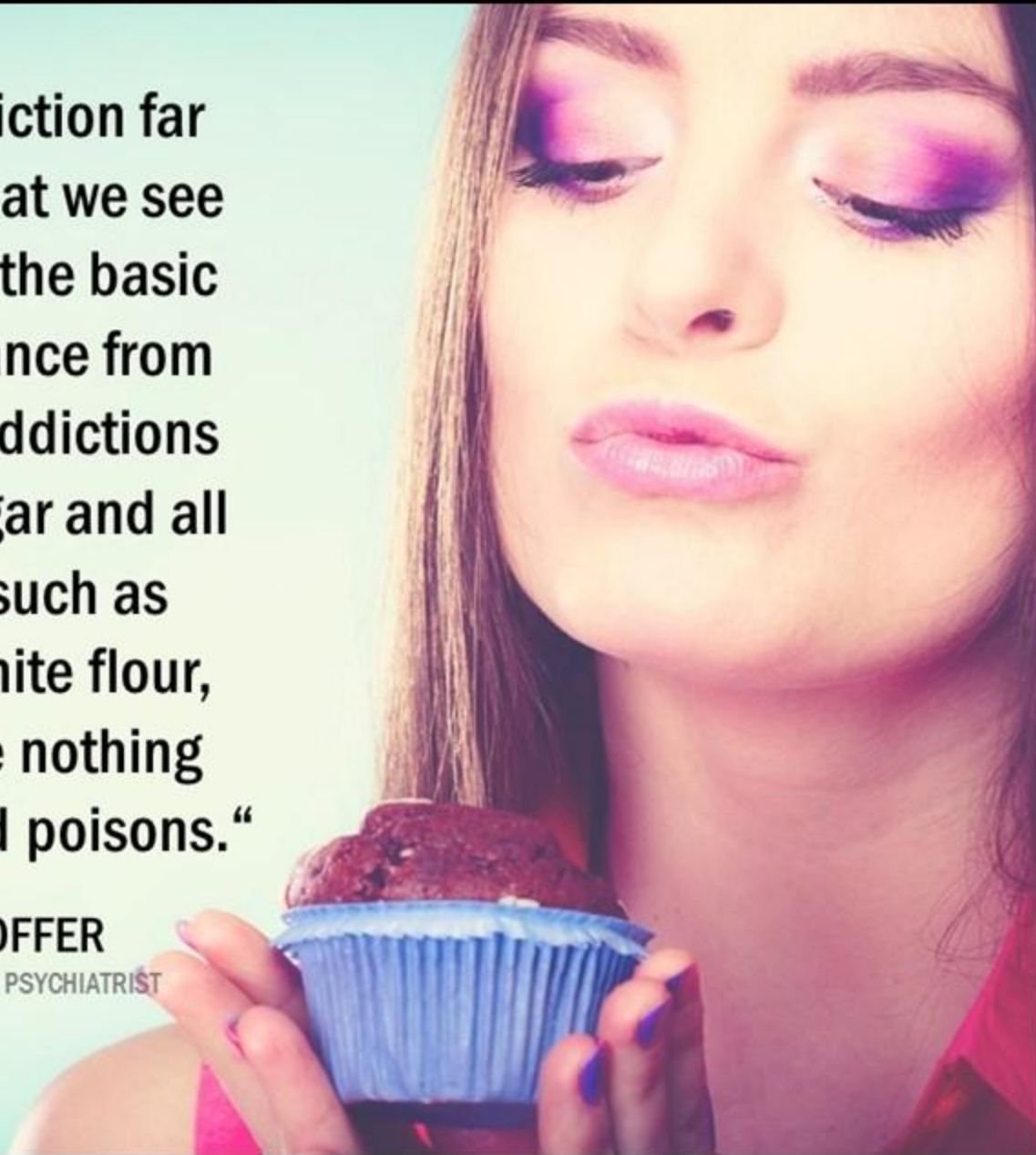
JAMA INTERNAL MEDICINE

Gray, S. Anderson, M. Dublin, S.
Cumulative Use of Strong Anticholinergics and Incident
Dementia. JAMA Intern Med. 2015;175(3):401-407

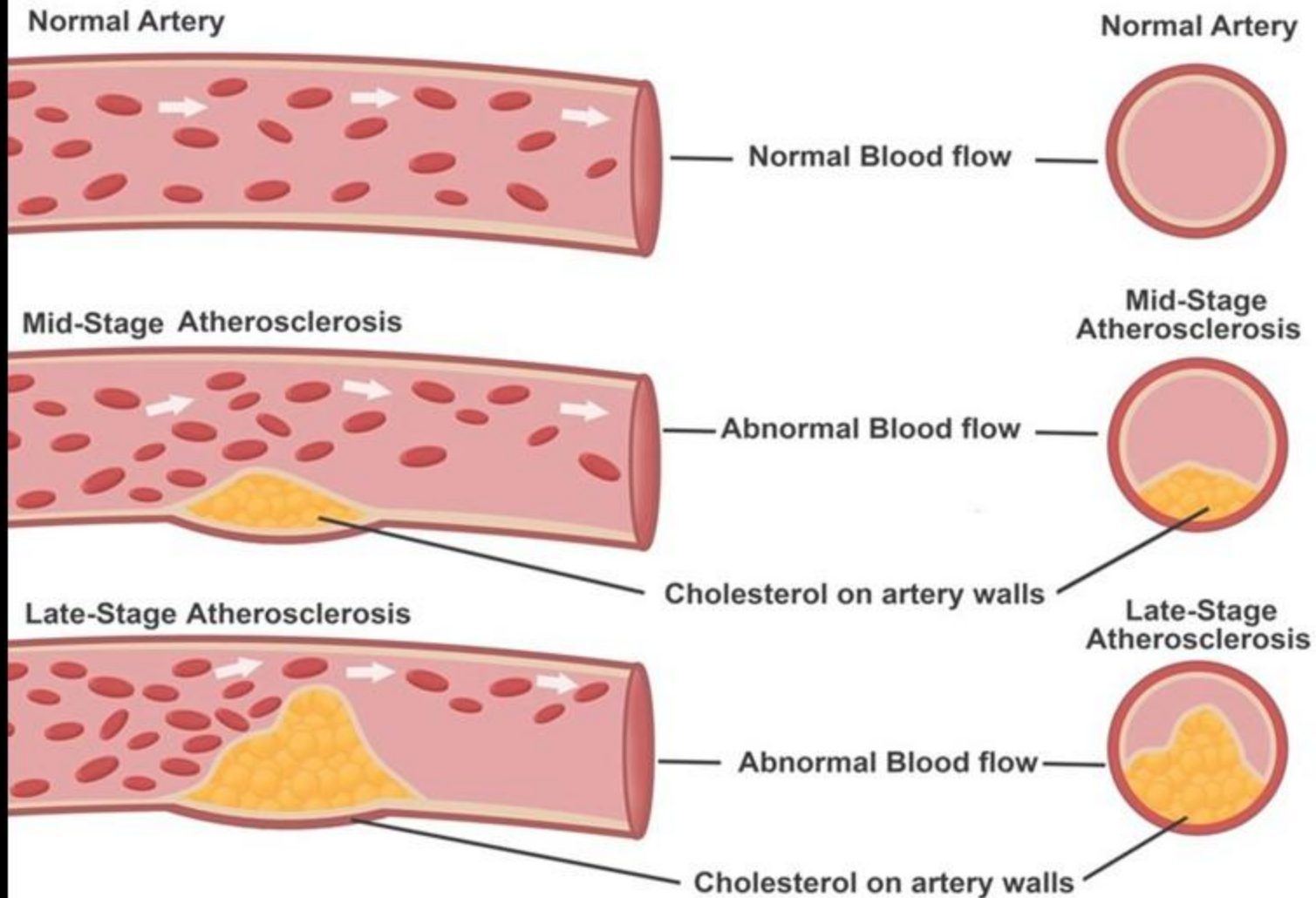
Sugar is an addiction far stronger than what we see with heroin. It is the basic addictive substance from which all other addictions flow. Refined sugar and all refined foods such as polished rice, white flour, and the like, are nothing less than legalized poisons."

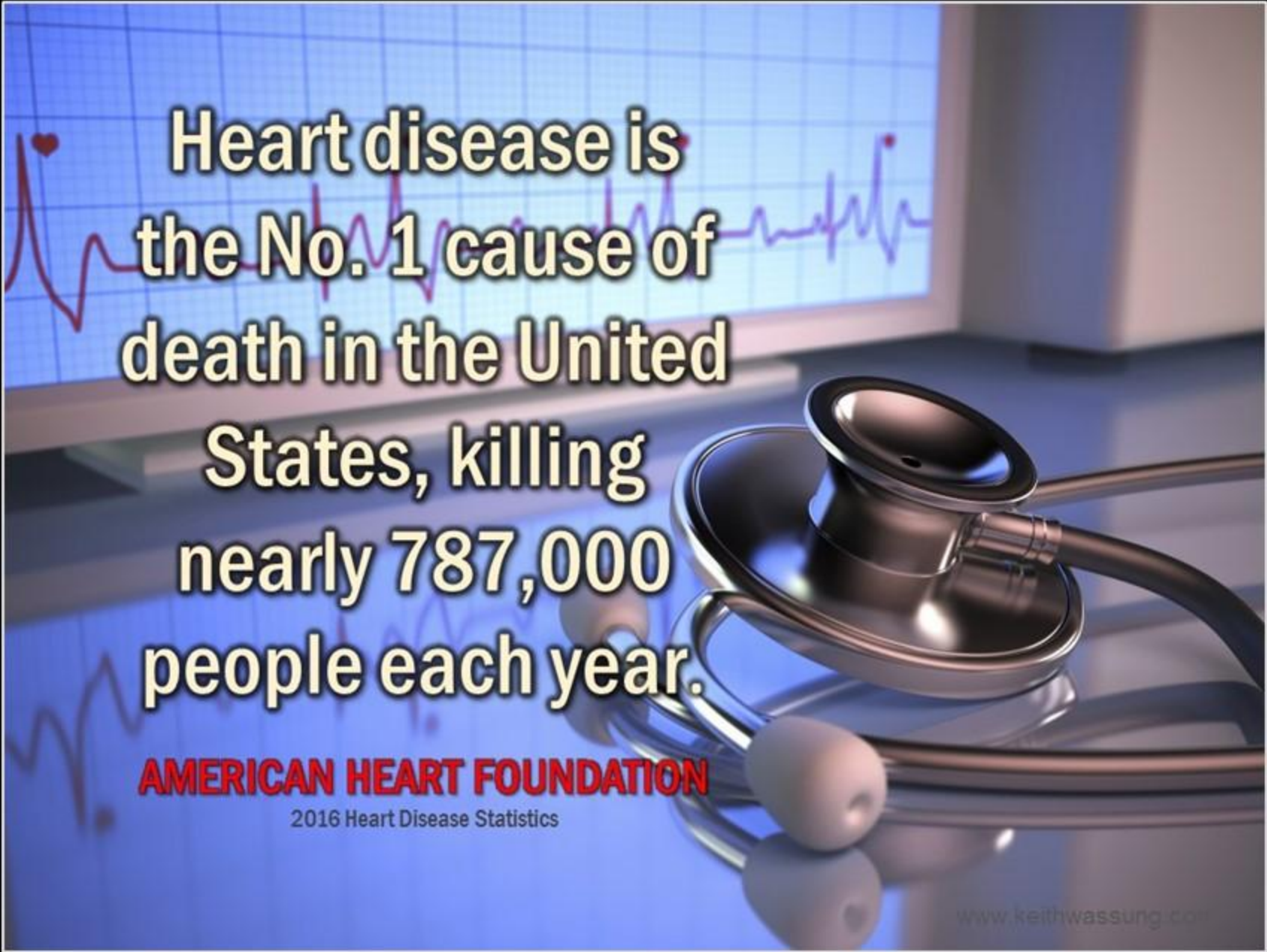
DR. ABRAM HOFFER

BIOCHEMIST, PHYSICIAN, AND PSYCHIATRIST



ATHEROSCLEROSIS



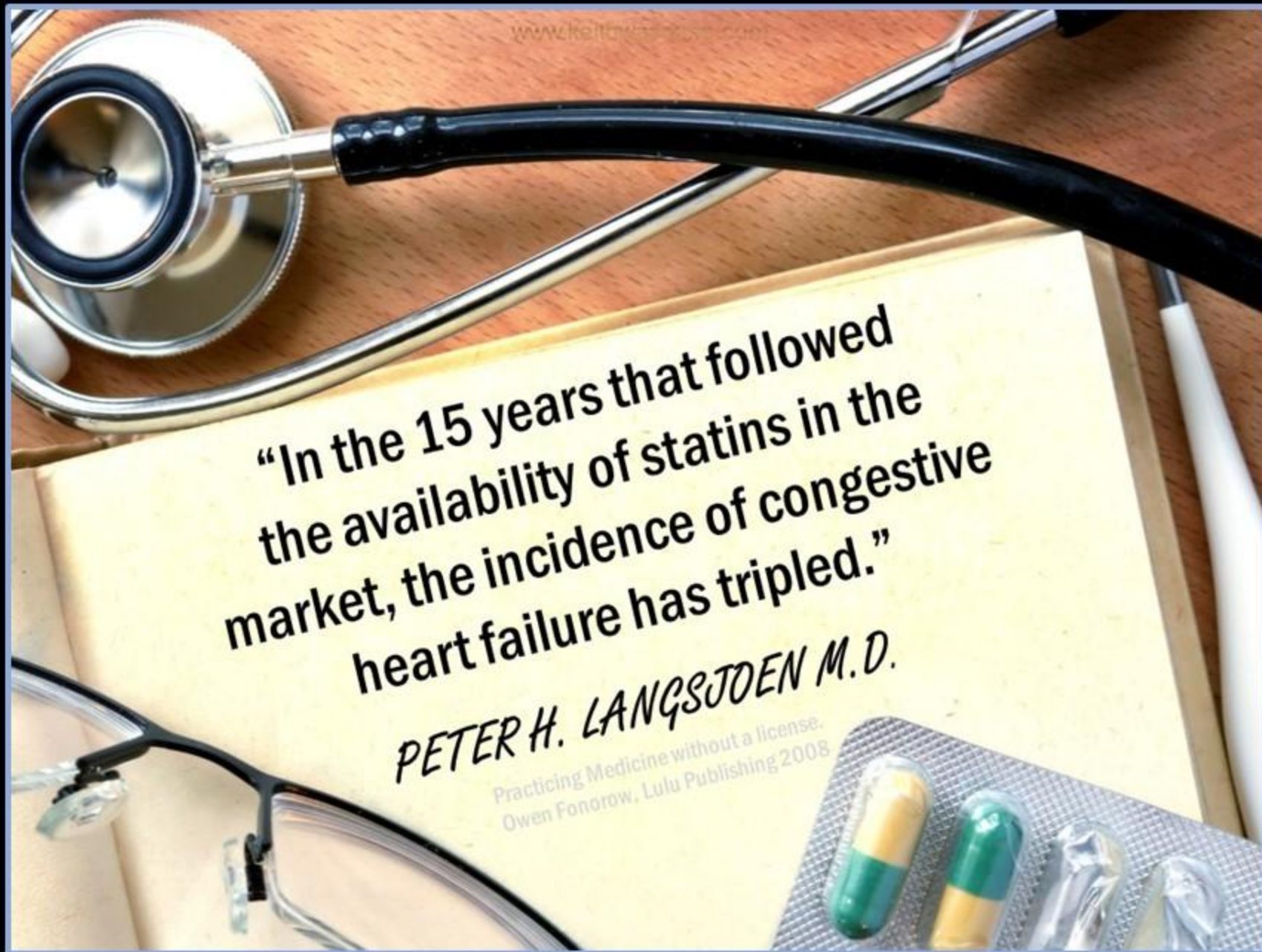


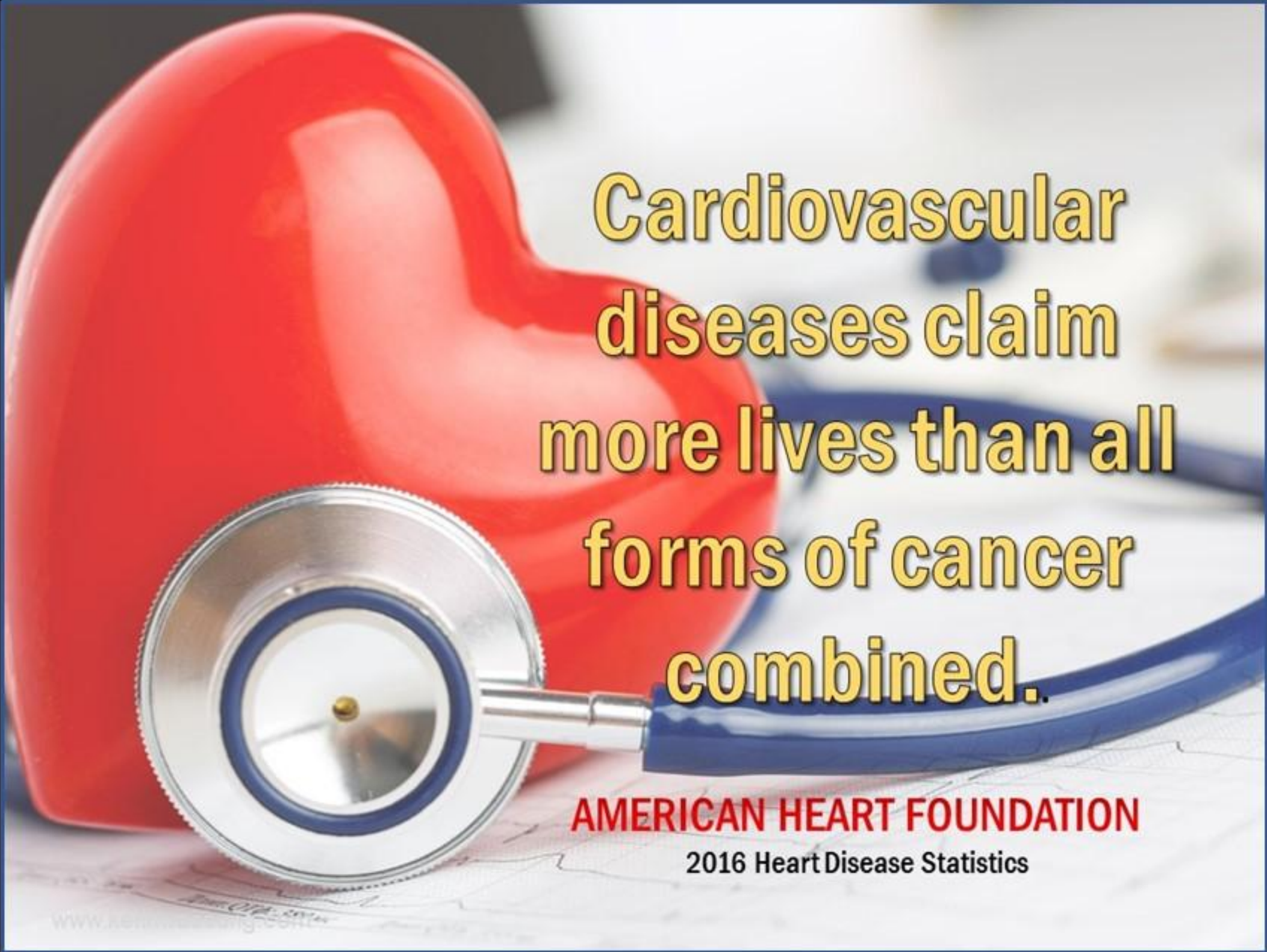
**Heart disease is
the No. 1 cause of
death in the United
States, killing
nearly 787,000
people each year.**

AMERICAN HEART FOUNDATION

2016 Heart Disease Statistics

www.keithwassung.com



A red heart and a stethoscope are the central visual elements. The heart is a bright, glossy red, positioned on the left side of the frame. A blue stethoscope is draped across the heart and extends towards the right. The background is a soft-focus white, suggesting a clinical or medical setting. The text is overlaid on the right side of the image, in a yellow, bold, sans-serif font with a slight drop shadow.

**Cardiovascular
diseases claim
more lives than all
forms of cancer
combined.**

AMERICAN HEART FOUNDATION

2016 Heart Disease Statistics

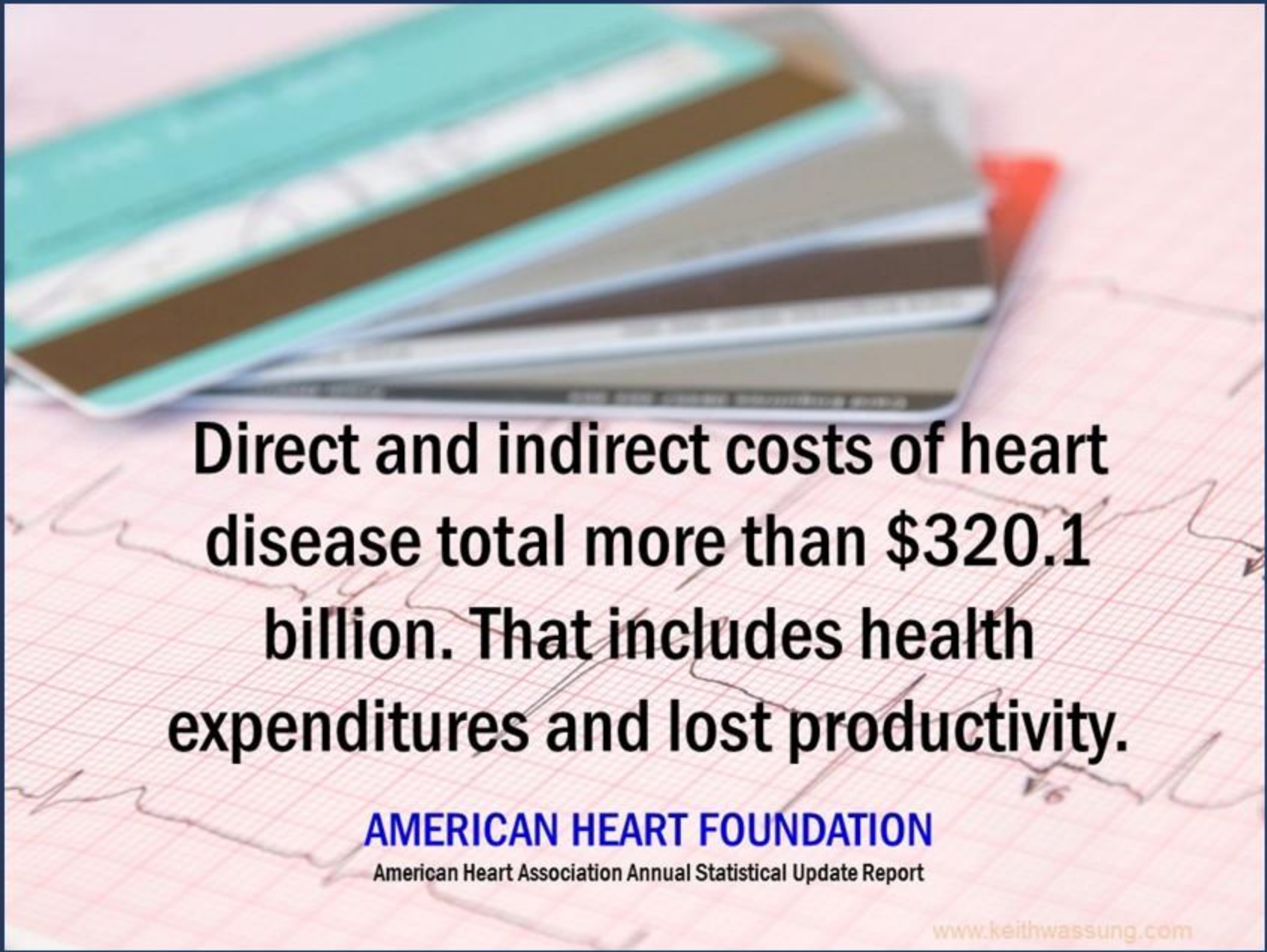


IN THE UNITED STATES,
SOMEONE HAS A **HEART**
ATTACK EVERY 34
SECONDS. EVERY 60
SECONDS, SOMEONE
IN THE UNITED STATES
DIES FROM A HEART
DISEASE-RELATED EVENT.

CENTER FOR DISEASE CONTROL

2016 Heart Disease Fact Sheet

www.keithwassung.com

The background of the slide features a stack of books with teal, brown, and grey covers, resting on a pink grid pattern. A black heart rate monitor line is visible across the grid. The text is centered in a bold, black, sans-serif font.

**Direct and indirect costs of heart
disease total more than \$320.1
billion. That includes health
expenditures and lost productivity.**

AMERICAN HEART FOUNDATION

American Heart Association Annual Statistical Update Report

www.keithwassung.com

Researchers from the U.S. National Institutes of Health found that **statin** use during the first trimester of pregnancy is associated with severe central **nervous system defects and limb deformities**. Their findings, showed that 20 of 52 babies exposed to **statins** in the womb were born with malformations.

MAXIMILLIAN MUNKE, M.D.

National Human Genome Research Institute,
Bethesda, MD NEJM, April 2004



www.keithwassung.com

A person wearing a yellow button-down shirt is holding a human heart against their chest. The heart is anatomically detailed, showing red and blue vessels. The background is a soft, out-of-focus yellow.

**Every year about
735,000 Americans
have a heart attack. Of
these, 525,000 are a
first heart attack and
210,000 happen in
people who have already
had a heart attack.**

CENTER FOR DISEASE CONTROL

Mozaffarian D, Benjamin EJ, Go AS, et al. Heart Disease and Stroke Statistics—2015 update: A report from the American Heart Association. *Circulation*. 2015 131(4):e29-322.

www.heart.org

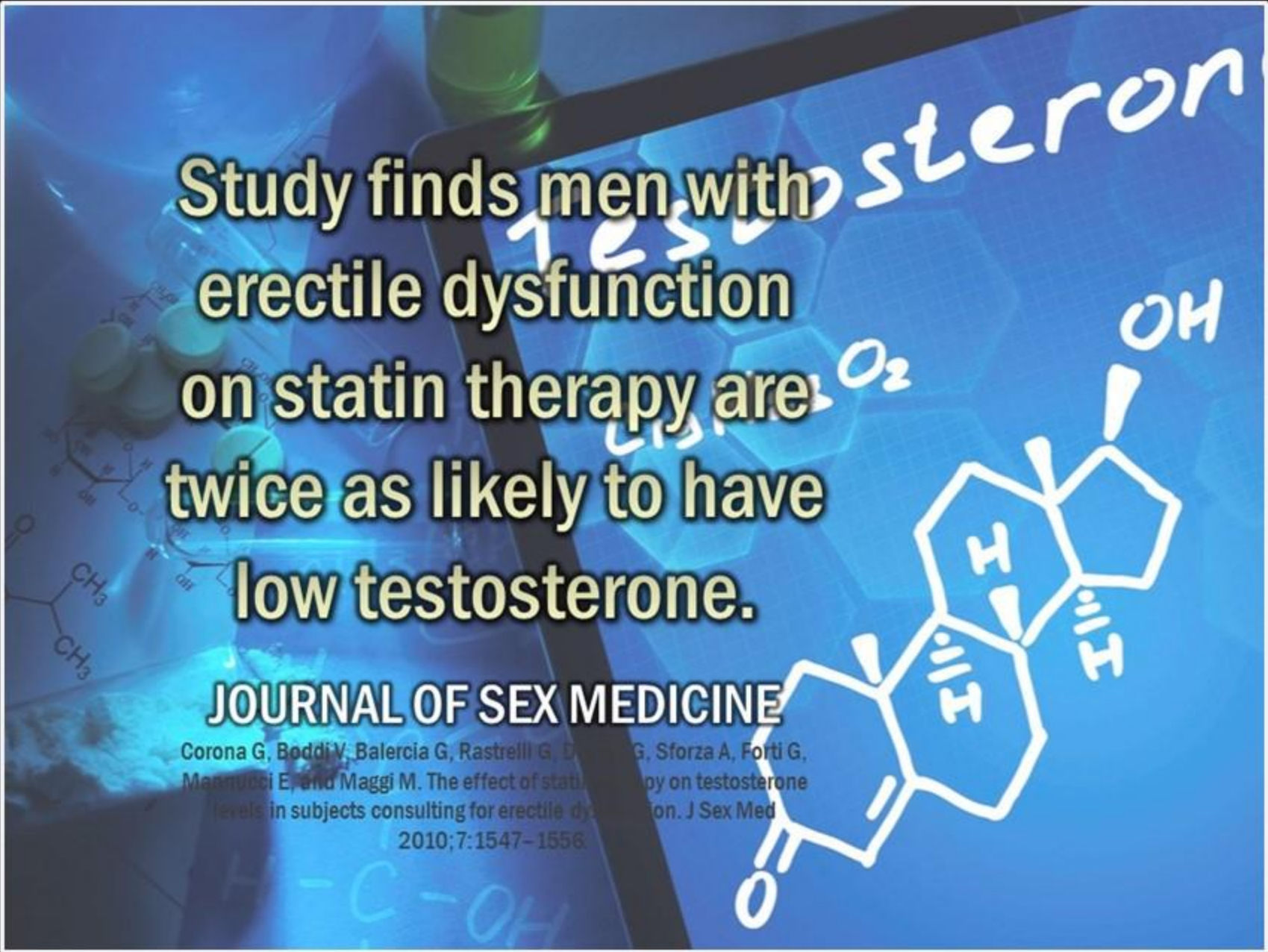


**Efficacy of statin medications
has been examined and the
research demonstrates that
statin medications do not, in
fact, reduce cardiovascular
disease risk in the majority of
the people taking these drugs.**

**JOURNAL OF ENDOCRINE
& METABOLISM DISEASES**

Sultan S, Hynes N. The ugly side of statins. Systemic appraisal
of the contemporary un-known unknowns. Open J Endocrine
Metaboloc Diseases. 2013;3(3)179-85.

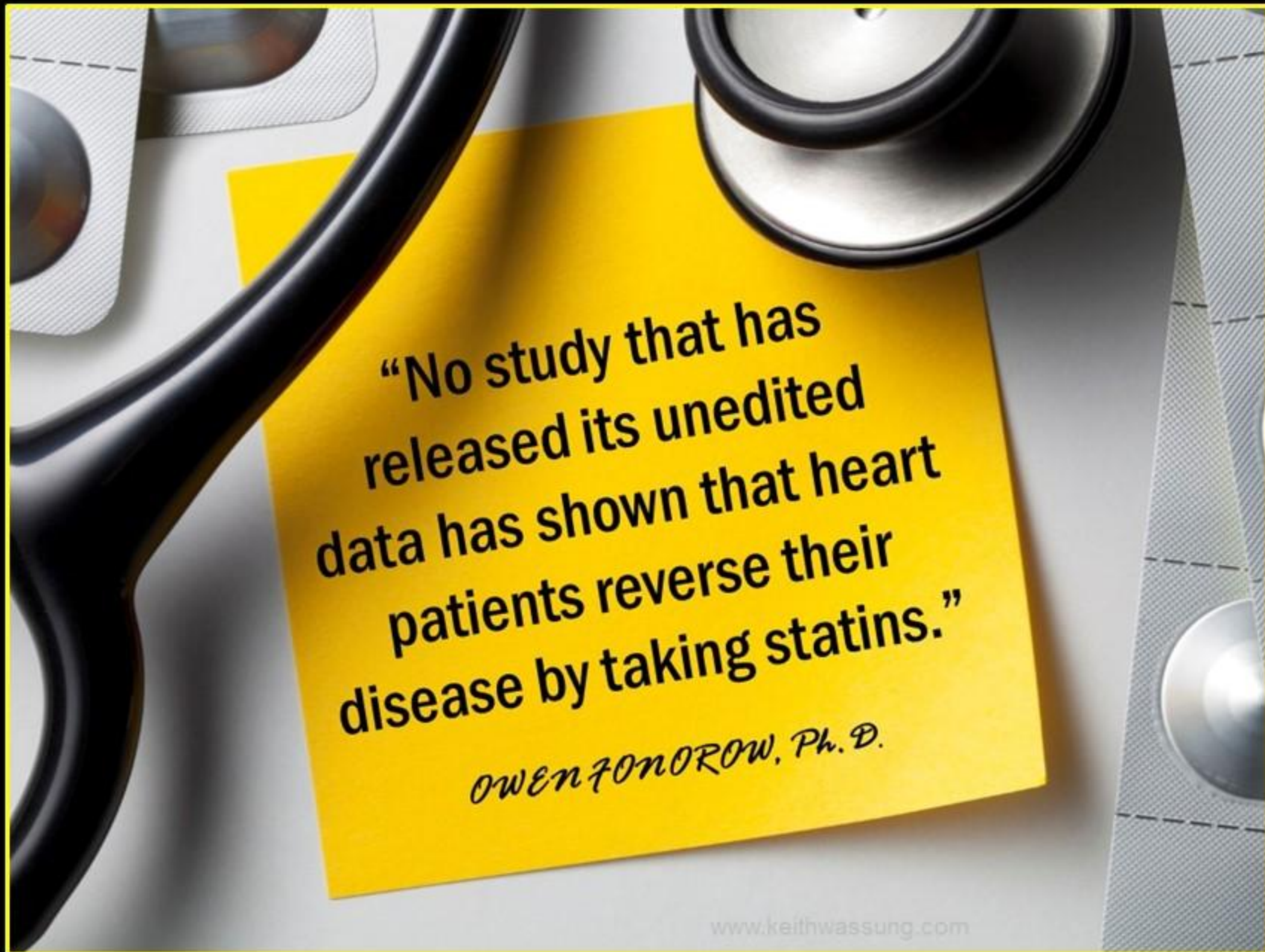
www.keithwassung.com



**Study finds men with
erectile dysfunction
on statin therapy are
twice as likely to have
low testosterone.**

JOURNAL OF SEX MEDICINE

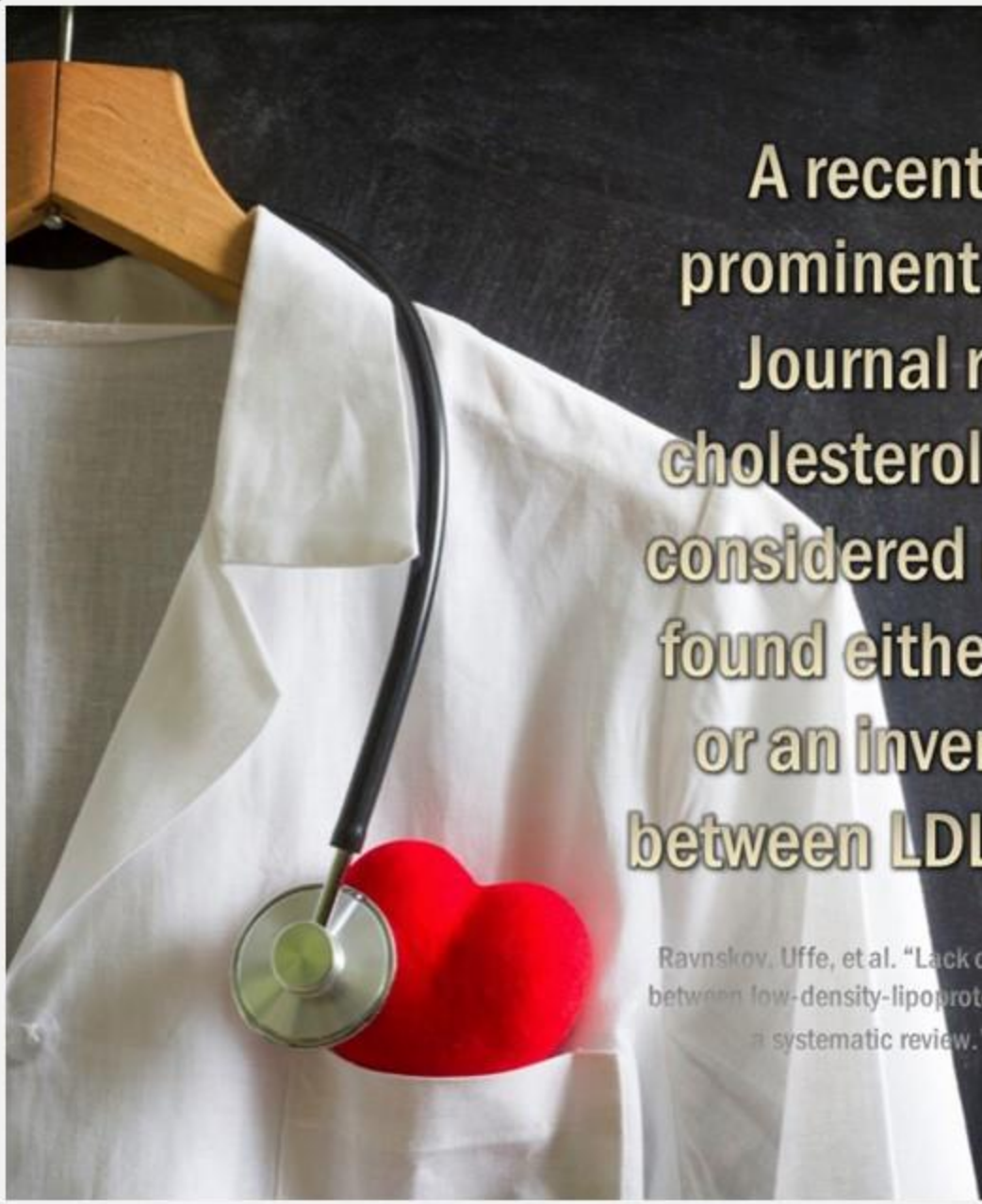
Corona G, Boddi V, Balercia G, Rastrelli G, Di Lorenzo G, Sforza A, Forti G, Mannucci E, and Maggi M. The effect of statin therapy on testosterone levels in subjects consulting for erectile dysfunction. J Sex Med 2010;7:1547-1556.



**“No study that has
released its unedited
data has shown that heart
patients reverse their
disease by taking statins.”**

OWEN FONROW, Ph.D.

www.keithwassung.com



A recent review in the prominent British Medical Journal regarding LDL cholesterol, the risk marker considered most significant, found either no association or an inverse association between LDL and death rates.

Ravnskov, Uffe, et al. "Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review." *BMJ open* 6.6 (2016): e010401.

**Popular drugs like Nexium,
Prilosec and Aciphex used to
provide relief from heartburn and
acid reflux may increase the risk
of heart attacks, according to a
study by researchers at Stanford.
It's one of many studies in recent
years to reveal the drugs called
proton pump inhibitors (PPIs)
aren't without risk.**

Scientific American, Certain Heartburn Drugs Linked to Increased Risk of
Heart Attack lead author Nigam H. Shah of Stanford University in California



www.keithwassung.com



**AT LEAST NINE STUDIES
HAVE SHOWN THAT
CANCER IS ASSOCIATED
WITH LOW CHOLESTEROL,
MEASURED 10 TO 30
YEARS BEFORE
DIAGNOSIS.**

Ravnskov U, Rosch PJ, McCully KS: The statin-low cholesterol-cancer conundrum. QJM 105:383-388, 2012.

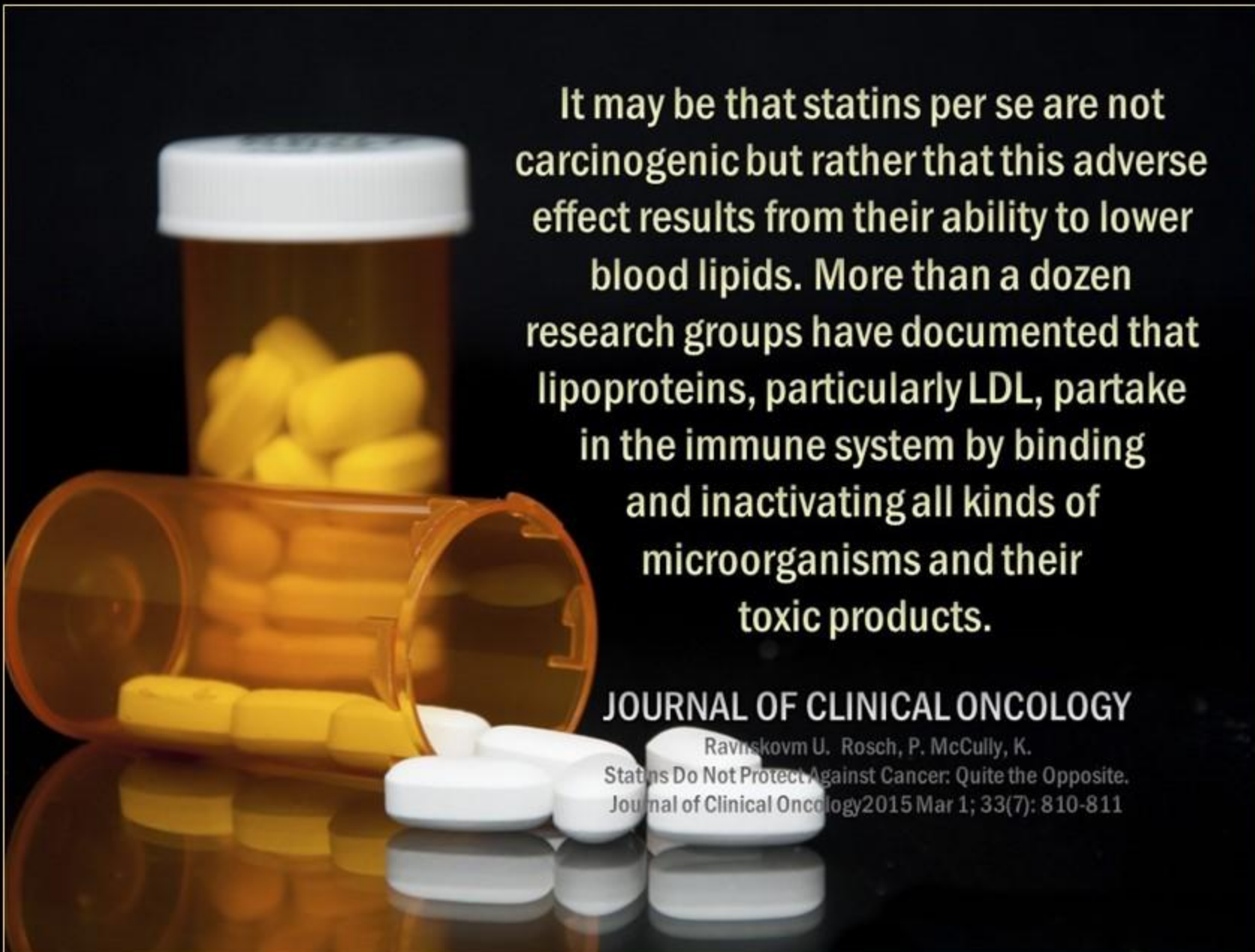
www.keithwassung.com

**A recent study showed that
10 years of statin therapy
increased women's risk of
invasive ductal carcinoma by
83% and their risk of invasive
lobular carcinoma of the
breast by more than 97%**

**CANCER EPIDEMIOLOGY
BIOMARKERS PREVENTION**

McDougall J, Malone K, Daling J, Cushing-Haugen K. Long-term statin use and risk of ductal and lobular breast cancer among women 55 to 74 years of age. 2013 Sep;22(9):1529-37.

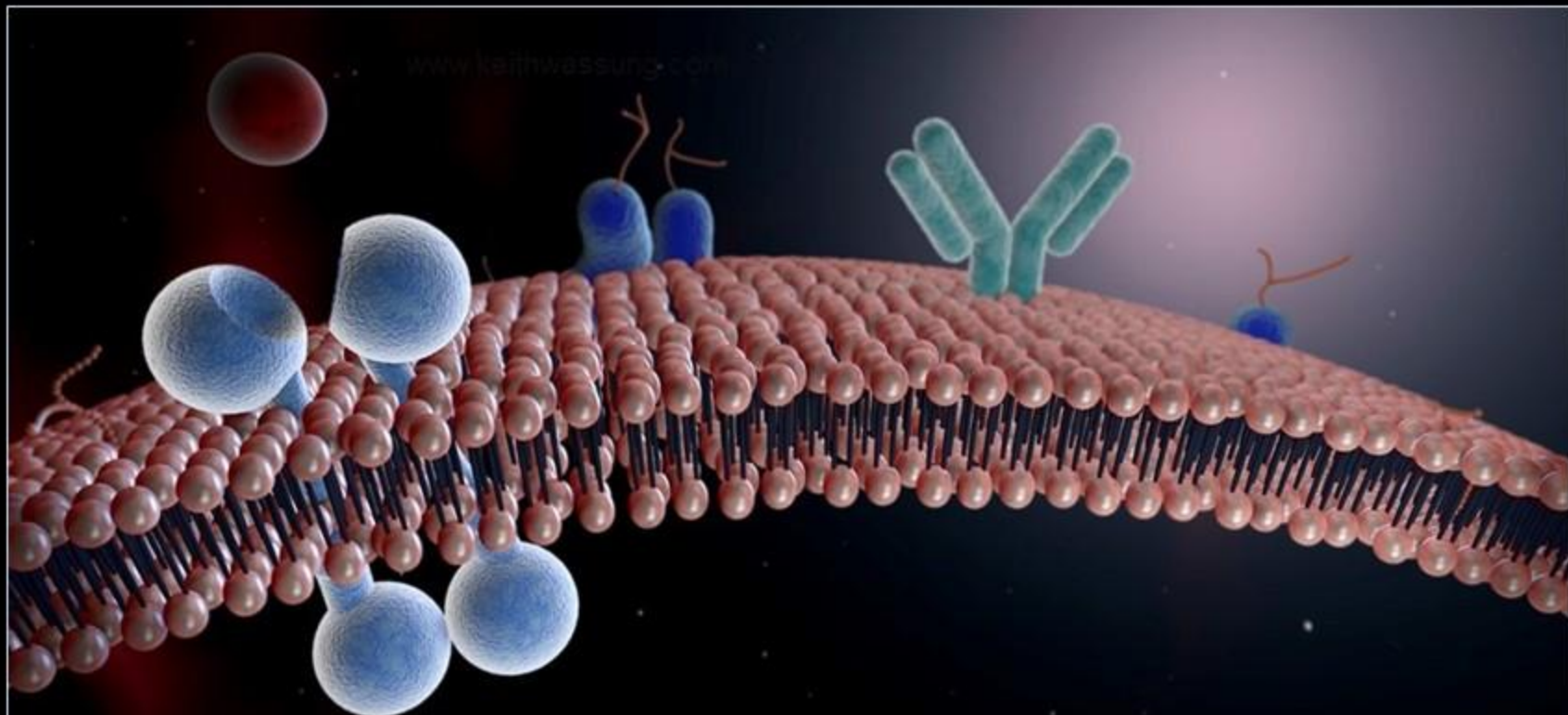




It may be that statins per se are not carcinogenic but rather that this adverse effect results from their ability to lower blood lipids. More than a dozen research groups have documented that lipoproteins, particularly LDL, partake in the immune system by binding and inactivating all kinds of microorganisms and their toxic products.

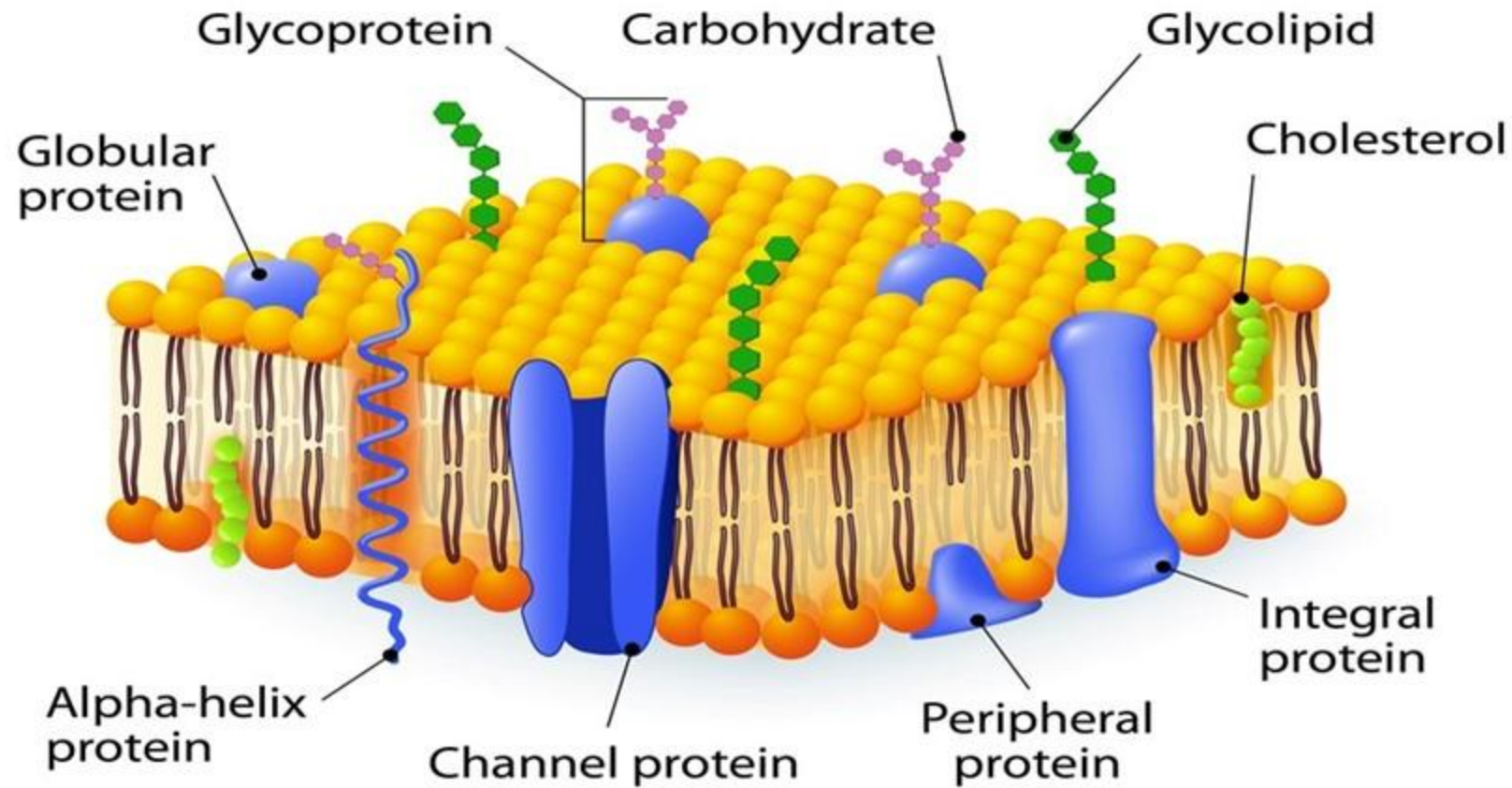
JOURNAL OF CLINICAL ONCOLOGY

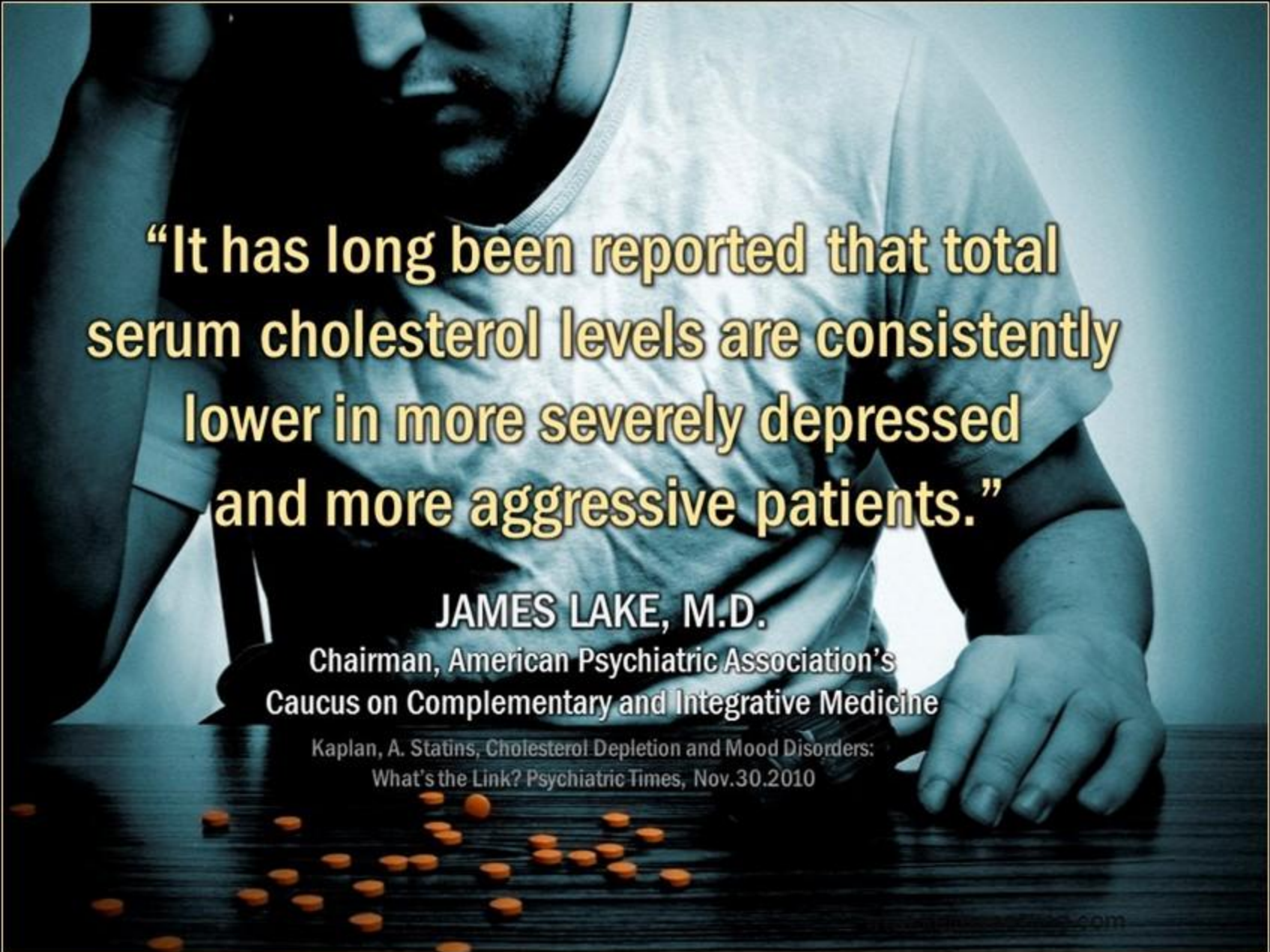
Ravnskova U. Rosch, P. McCully, K.
Statins Do Not Protect Against Cancer: Quite the Opposite.
Journal of Clinical Oncology 2015 Mar 1; 33(7): 810-811



Cholesterol is absolutely vital for our existence. Every cell in our body is surrounded by a membrane. These membranes are largely responsible for fluidity and permeability, which essentially control how a cell moves, how it interacts with other cells, and how it transports “important” things in and out.

CELL MEMBRANE



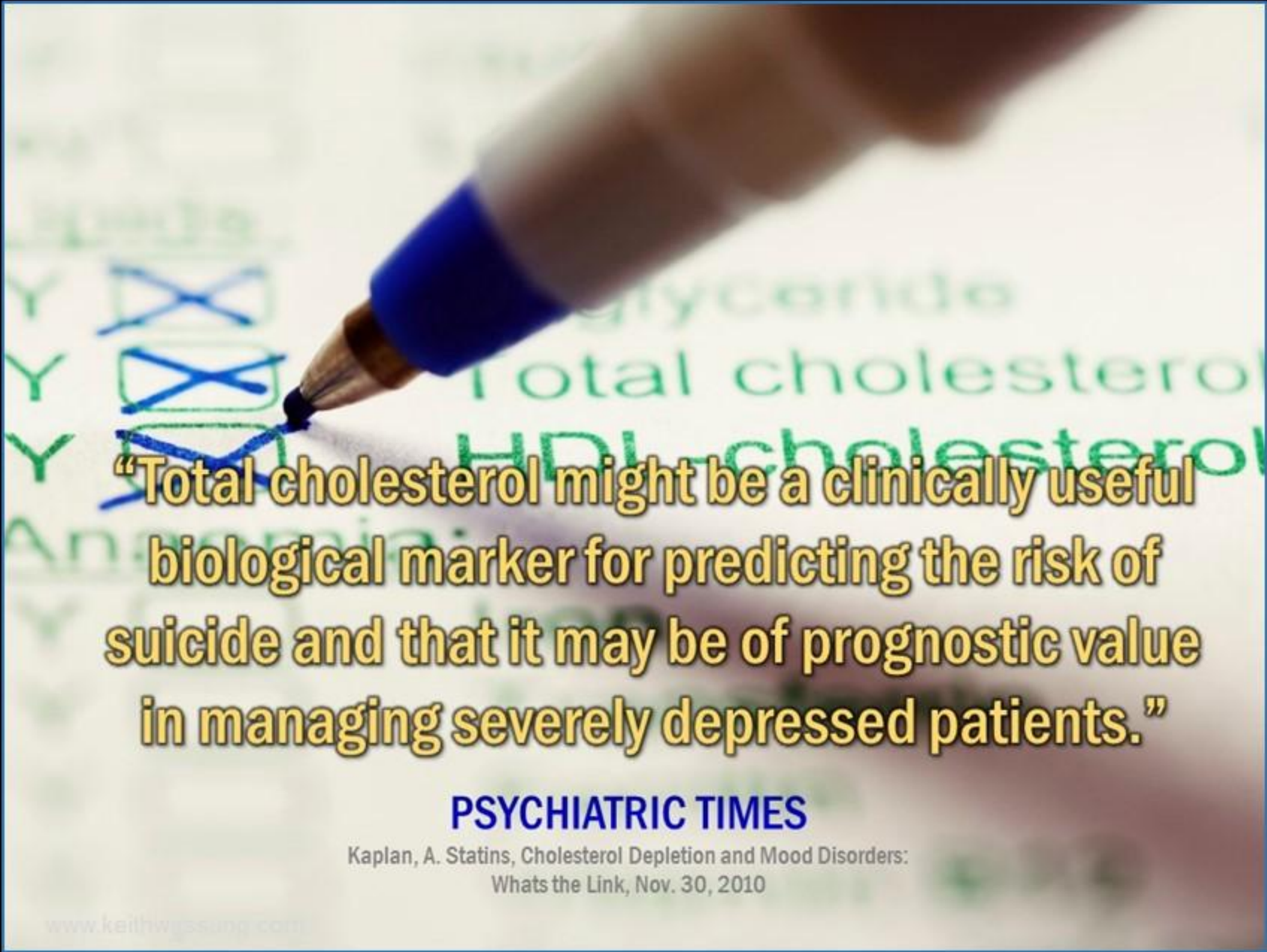
A man in a white t-shirt is looking down at a dark surface where several orange pills are scattered. The background is a soft, out-of-focus blue.

“It has long been reported that total serum cholesterol levels are consistently lower in more severely depressed and more aggressive patients.”

JAMES LAKE, M.D.

**Chairman, American Psychiatric Association's
Caucus on Complementary and Integrative Medicine**

Kaplan, A. Statins, Cholesterol Depletion and Mood Disorders:
What's the Link? Psychiatric Times, Nov.30.2010

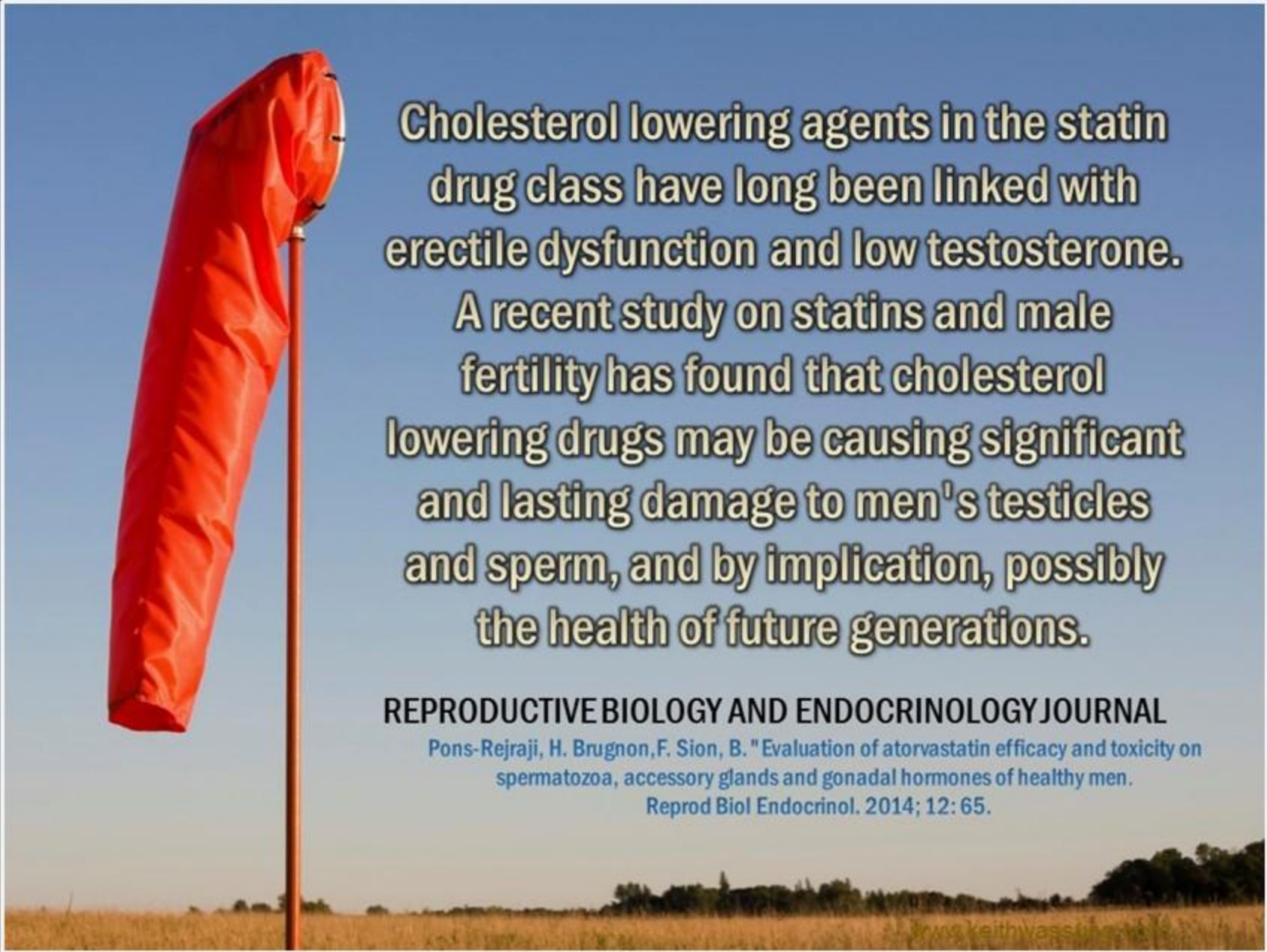


“Total cholesterol might be a clinically useful biological marker for predicting the risk of suicide and that it may be of prognostic value in managing severely depressed patients.”

PSYCHIATRIC TIMES

Kaplan, A. Statins, Cholesterol Depletion and Mood Disorders:
Whats the Link, Nov. 30, 2010

www.keithwessing.com

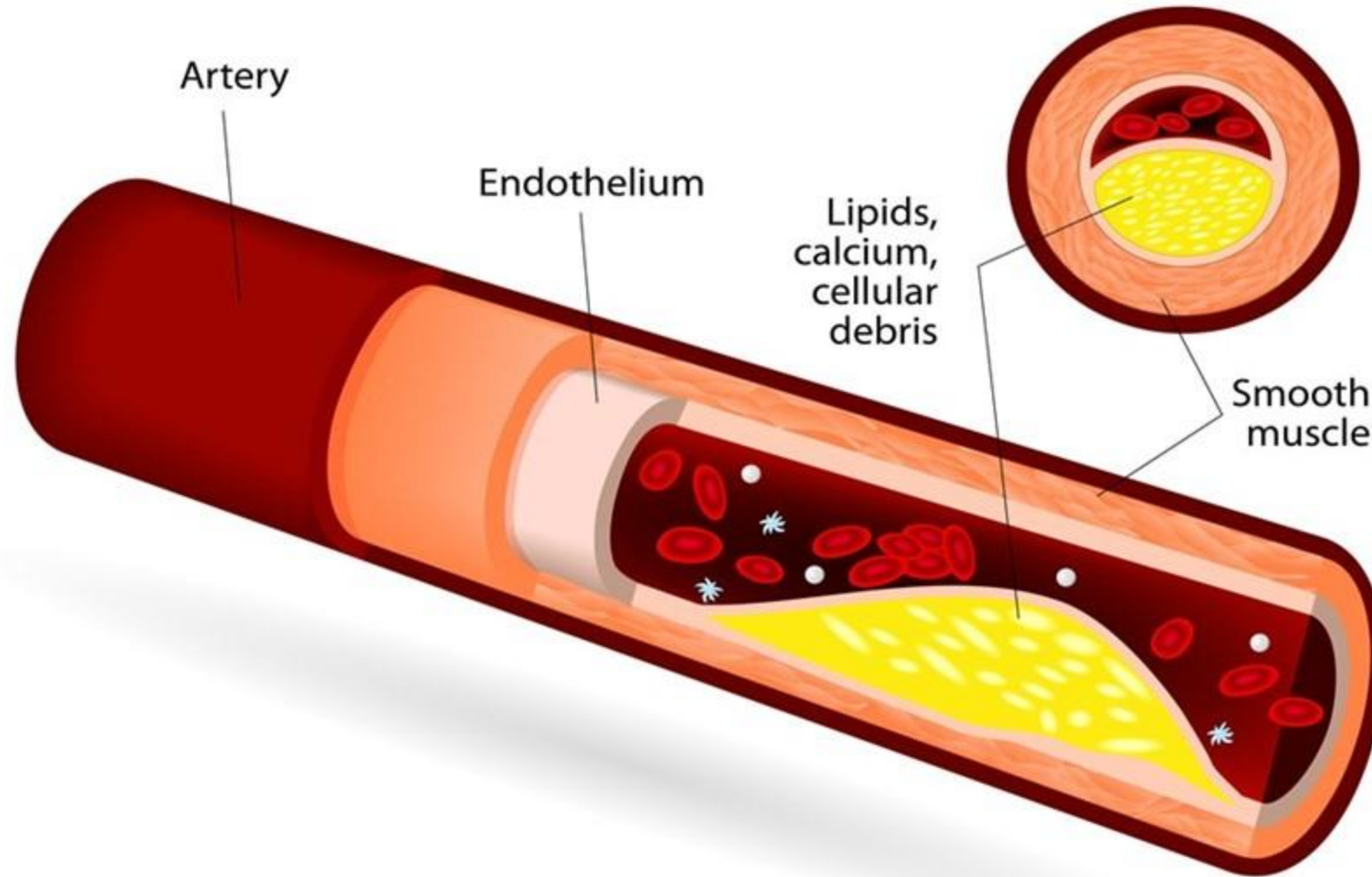


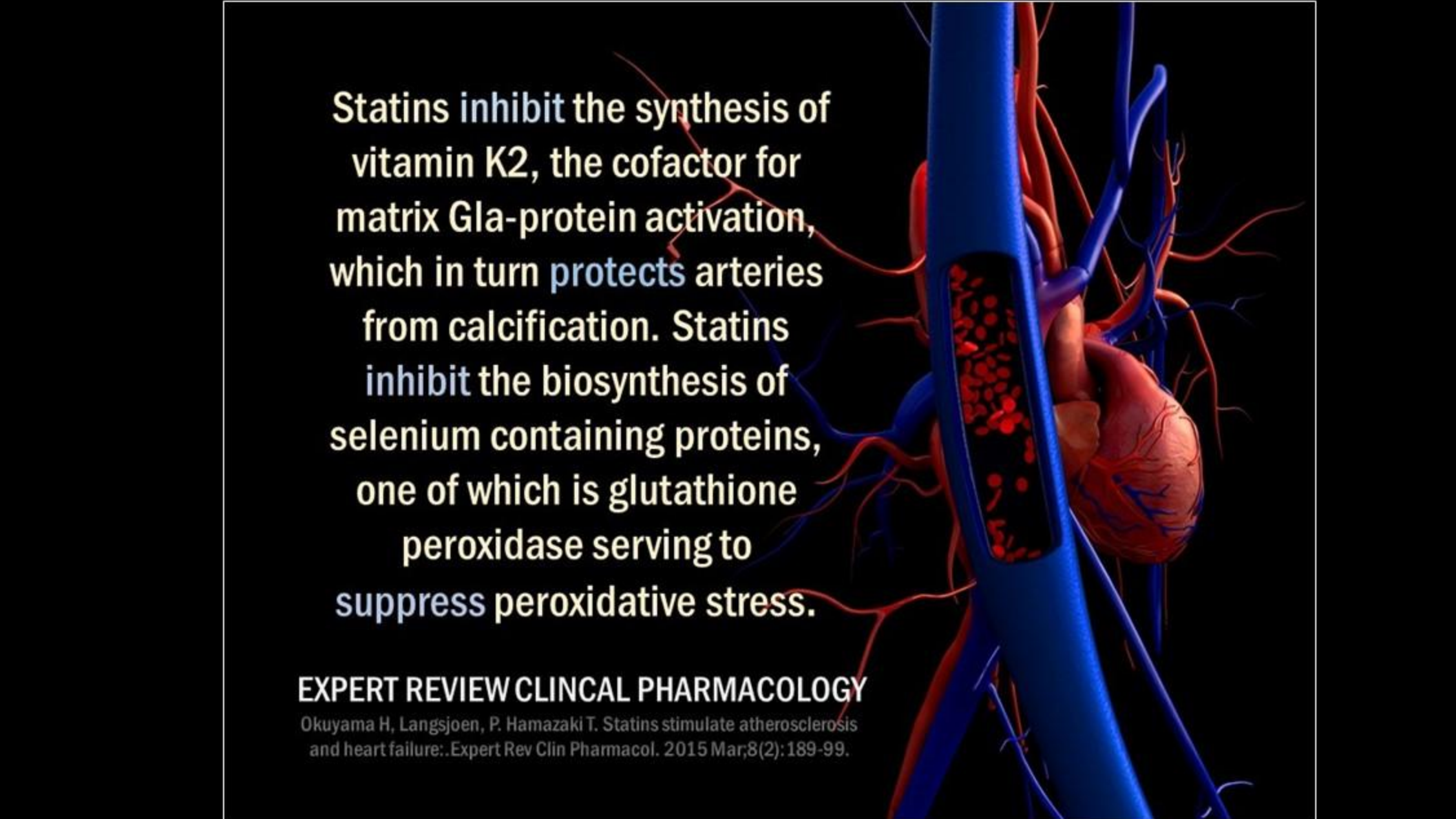
Cholesterol lowering agents in the statin drug class have long been linked with erectile dysfunction and low testosterone. A recent study on statins and male fertility has found that cholesterol lowering drugs may be causing significant and lasting damage to men's testicles and sperm, and by implication, possibly the health of future generations.

REPRODUCTIVE BIOLOGY AND ENDOCRINOLOGY JOURNAL

Pons-Rejraji, H. Brugnon, F. Sion, B. "Evaluation of atorvastatin efficacy and toxicity on spermatozoa, accessory glands and gonadal hormones of healthy men.
Reprod Biol Endocrinol. 2014; 12: 65.

ATHEROSCLEROSIS





Statins inhibit the synthesis of vitamin K2, the cofactor for matrix Gla-protein activation, which in turn protects arteries from calcification. Statins inhibit the biosynthesis of selenium containing proteins, one of which is glutathione peroxidase serving to suppress peroxidative stress.

EXPERT REVIEW CLINICAL PHARMACOLOGY

Okuyama H, Langsjoen, P. Hamazaki T. Statins stimulate atherosclerosis and heart failure:.Expert Rev Clin Pharmacol. 2015 Mar;8(2):189-99.



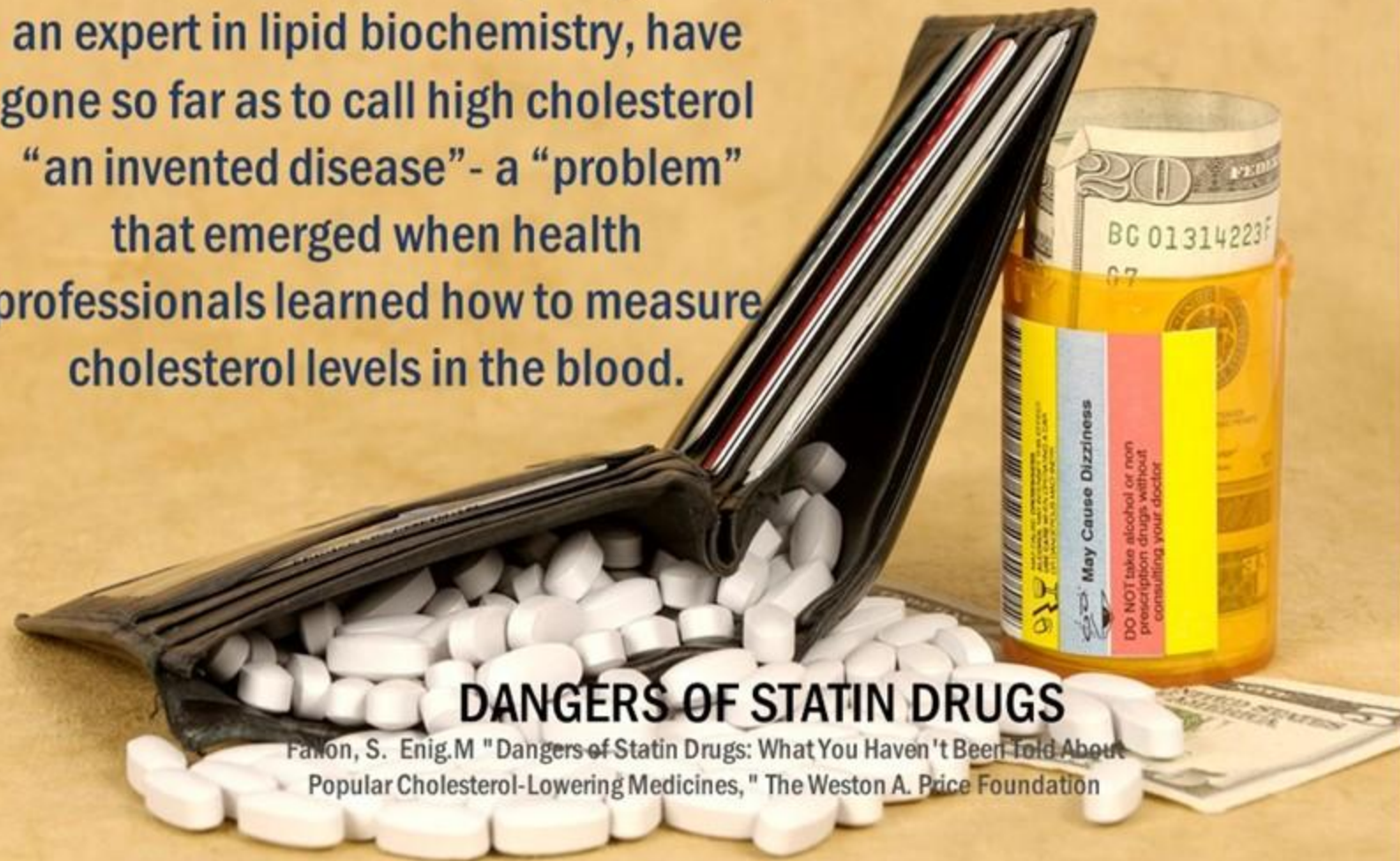
In contrast to the current belief that cholesterol reduction with statins decreases atherosclerosis, statins may be causative in coronary artery calcification and can function as mitochondrial toxins that impair muscle function in the heart and blood vessels.

EXPERT REVIEW CLINICAL PHARMACOLOGY

Mayama H, Langsjoen, P. Hamazaki T. Statins stimulate atherosclerosis and heart failure: Expert Rev Clin Pharmacol. 2015 Mar;8(2):188-99.

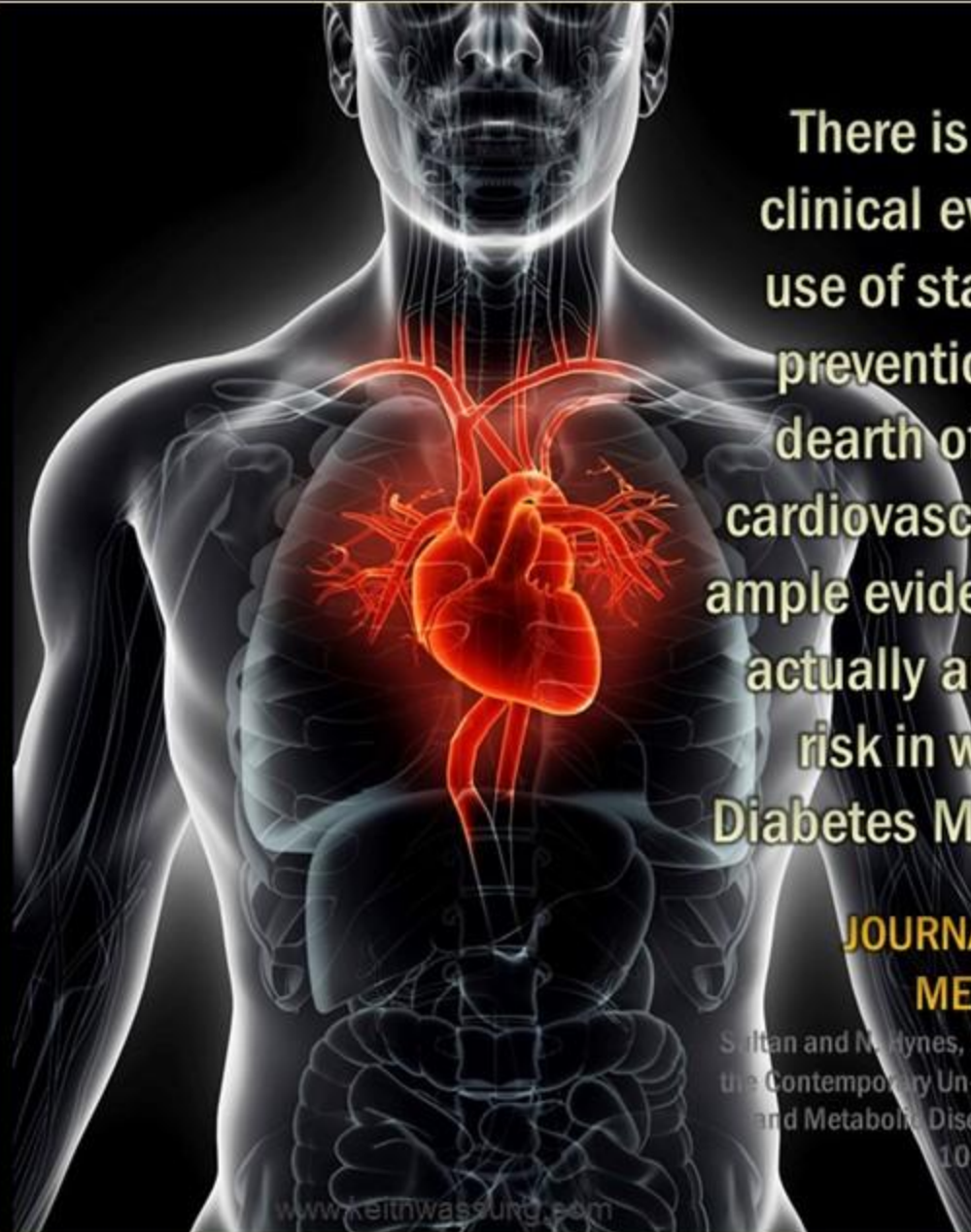
www.keithwassung.com

Sally Fallon, the president of the Weston Price Foundation, and Mary Enig, Ph.D, an expert in lipid biochemistry, have gone so far as to call high cholesterol "an invented disease"- a "problem" that emerged when health professionals learned how to measure cholesterol levels in the blood.



DANGERS OF STATIN DRUGS

Fallon, S. Enig, M. "Dangers of Statin Drugs: What You Haven't Been Told About Popular Cholesterol-Lowering Medicines," The Weston A. Price Foundation

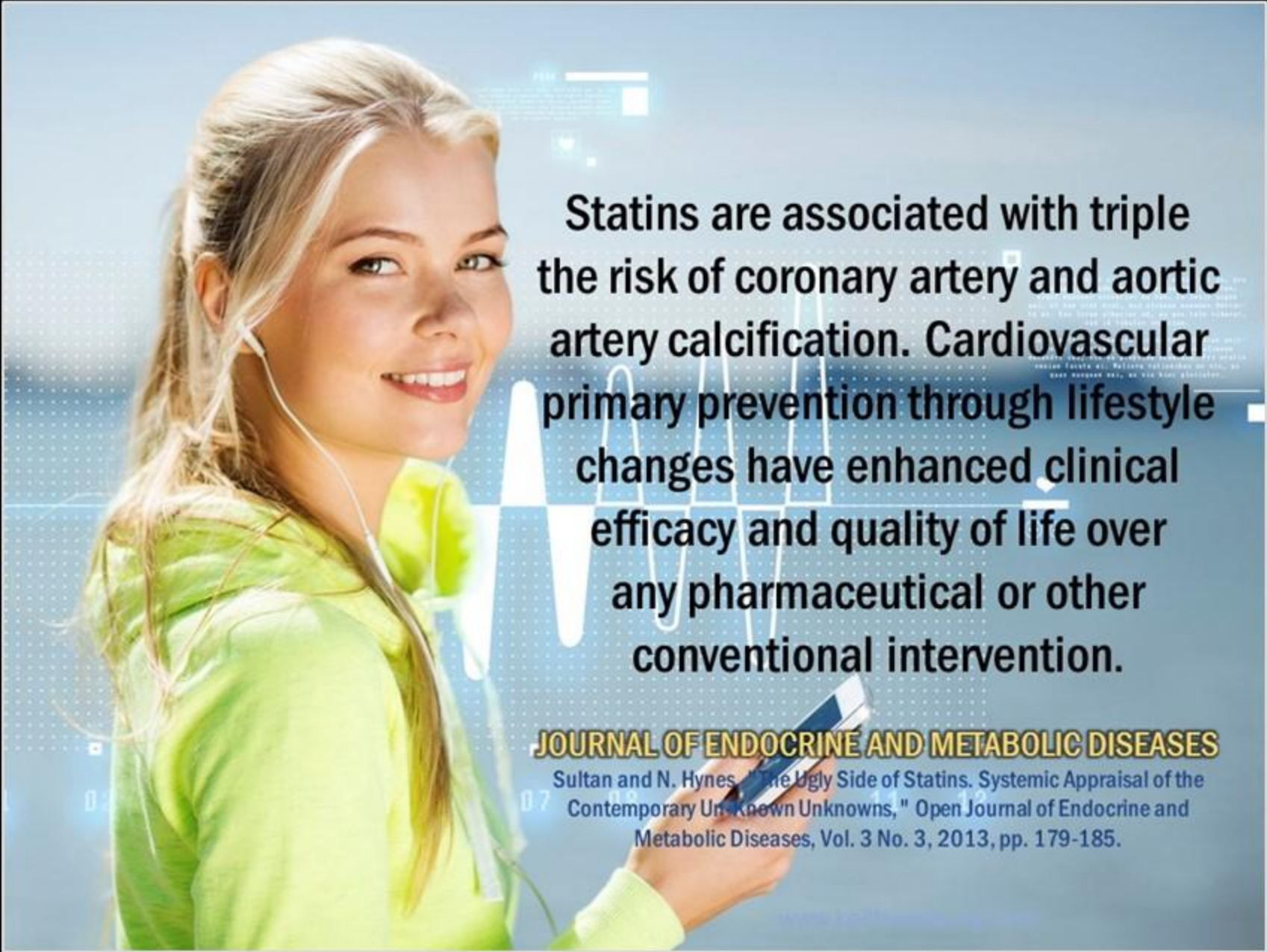


There is a categorical lack of clinical evidence to support the use of statin therapy in primary prevention. Not only is there a dearth of evidence for primary cardiovascular protection, there is ample evidence to show that statins actually augment cardiovascular risk in women, patients with Diabetes Mellitus and in the young.

JOURNAL OF ENDOCRINE AND METABOLIC DISEASES

Sultan and M. Hynes, "The Ugly Side of Statins. Systemic Appraisal of the Contemporary Un-Known Unknowns," Open Journal of Endocrine and Metabolic Diseases, Vol. 3 No. 3, 2013, pp. 179-185. doi: 10.4236/ojemd.2013.33025.

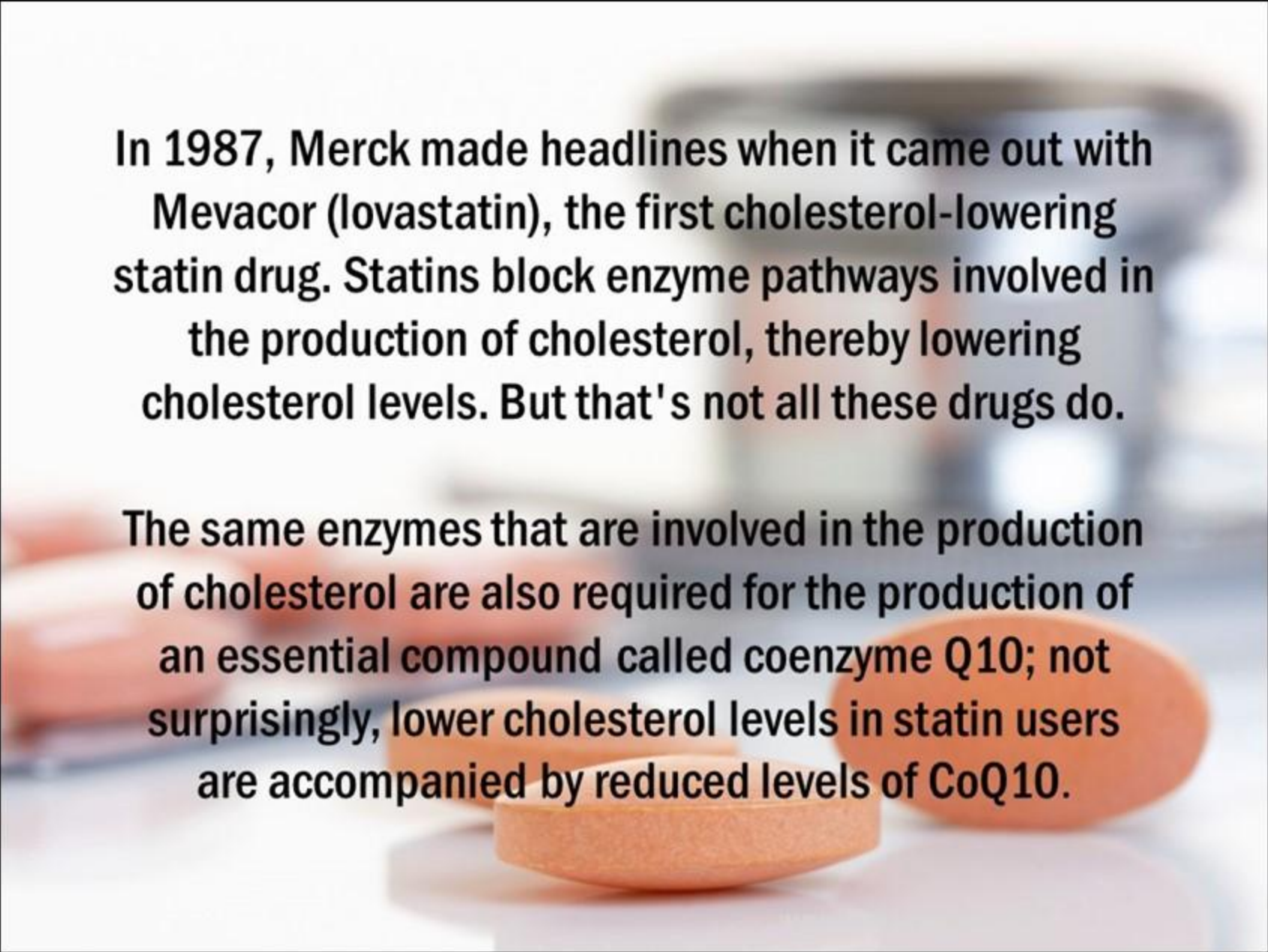
www.keithwassung.com



Statins are associated with triple the risk of coronary artery and aortic artery calcification. Cardiovascular primary prevention through lifestyle changes have enhanced clinical efficacy and quality of life over any pharmaceutical or other conventional intervention.

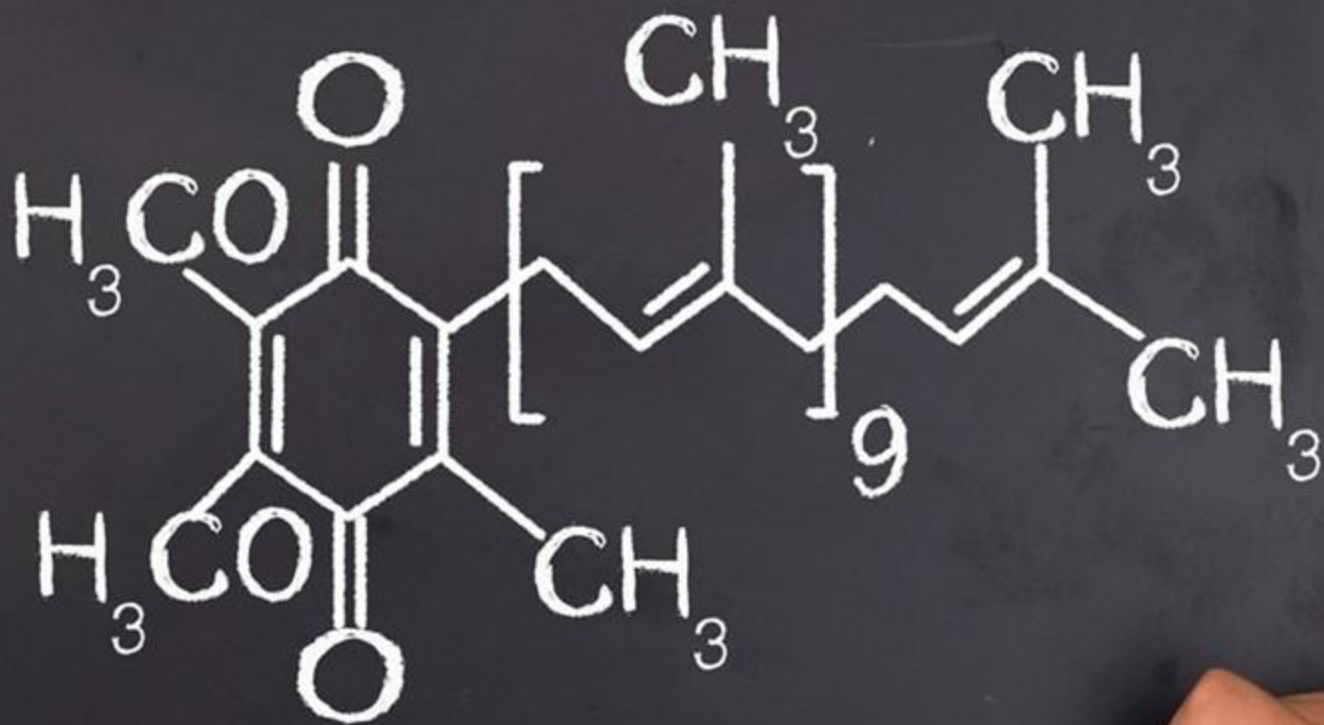
JOURNAL OF ENDOCRINE AND METABOLIC DISEASES

Sultan and N. Hynes, "The Ugly Side of Statins. Systemic Appraisal of the Contemporary Unknown Unknowns," Open Journal of Endocrine and Metabolic Diseases, Vol. 3 No. 3, 2013, pp. 179-185.



In 1987, Merck made headlines when it came out with Mevacor (lovastatin), the first cholesterol-lowering statin drug. Statins block enzyme pathways involved in the production of cholesterol, thereby lowering cholesterol levels. But that's not all these drugs do.

The same enzymes that are involved in the production of cholesterol are also required for the production of an essential compound called coenzyme Q10; not surprisingly, lower cholesterol levels in statin users are accompanied by reduced levels of CoQ10.



Coenzyme Q10

Coenzyme Q10, also called ubiquinone, which means "occurring everywhere" -- plays an important role in the manufacture of ATP, the fuel that runs cellular processes. Though it is present in every cell in your body, it is especially **concentrated in the very active cells of your heart.**

“Depriving the heart of CoQ10 is like removing a spark plug from your engine -- it just won't work. Low levels of CoQ10 are implicated in virtually all cardiovascular diseases, including angina, hypertension, cardiomyopathy and congestive heart failure.”

PETER H. LANGSJOEN, M.D.

Practicing Medicine without a license.
Owen Fonorow, Lulu Publishing 2008

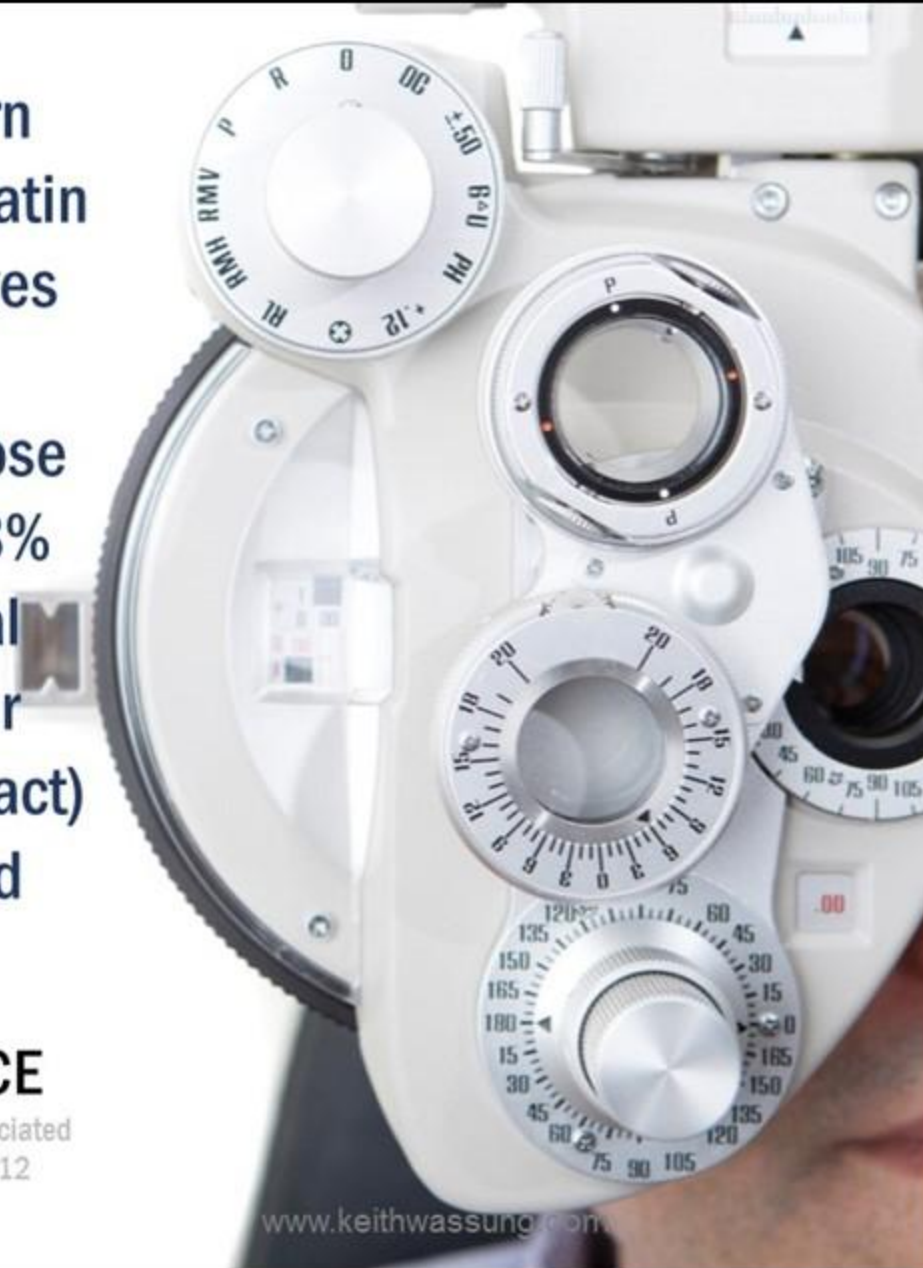


www.keithwassung.com

A study has raised concern about the possibility that statin drugs are damaging the eyes of those taking them. Researchers found that those taking statin drugs had 48% higher risk of pathological eye lens changes (nuclear sclerosis and cortical cataract) associated with increased opacity, i.e. cataracts.

OPTOMETRY VISION SCIENCE

CM1, Hrynchak PK, Irving EL. Age-related cataract is associated with type 2 diabetes and statin use. *Optom Vis Sci.* 2012 Aug;89(8):1165-71



www.keithwassund.com



**Statin therapy is
associated with
decreased
myocardial (heart
muscle) function.**

CLINICAL CARDIOLOGY

Rubinstein J1, Aloka F, Abela GS. Statin therapy decreases
myocardial function as evaluated via strain imaging
Clin Cardiol. 2009 Dec;32(12):684-9.

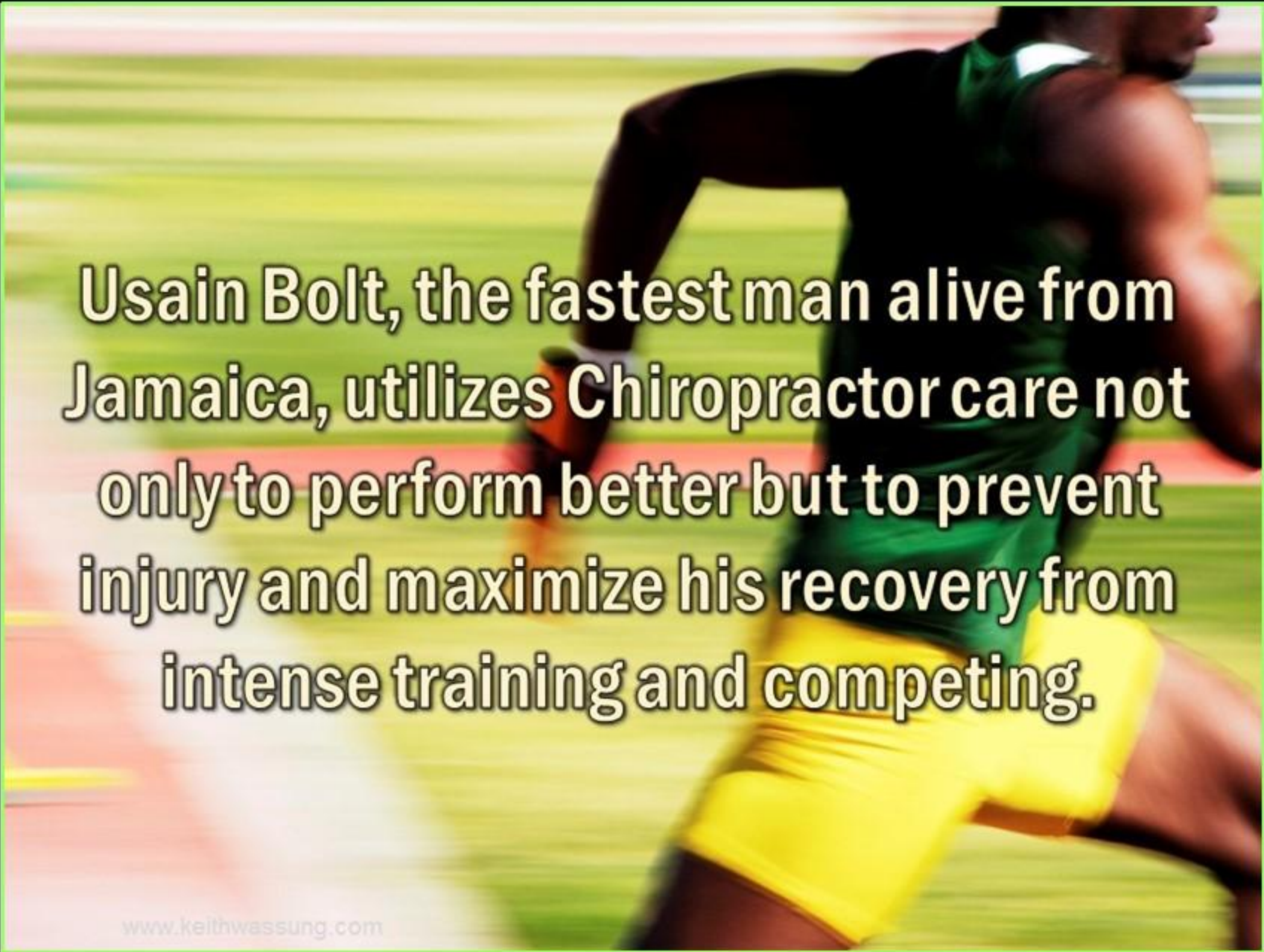
www.keithwassung.com



Statins promote diabetes and obesity, according to a study published in the *Journal of General Internal Medicine*. Researchers monitored new cases of diabetes or diabetes complications and overweight and obesity rates in 25,970 patients. Those on statins had higher rates for diabetes, diabetes complications, and weight-gain when compared to those who do not take statins. The higher risk increased incrementally with higher dosages.

JOURNAL OF GENERAL INTERNAL MEDICINE

Mansi I, Frei CR, Wang CP, Mortensen EM. Statins and new-onset diabetes mellitus and diabetic complications: a retrospective cohort study of US healthy adults. *J Gen Intern Med*. 2015;30:1599-1610.

A photograph of Usain Bolt, a Jamaican sprinter, captured in motion while running on a track. He is wearing a green singlet and yellow shorts, which are the colors of the Jamaican national team. The background is blurred, emphasizing his speed. Overlaid on the image is a text block with a white outline and drop shadow.

Usain Bolt, the fastest man alive from Jamaica, utilizes Chiropractor care not only to perform better but to prevent injury and maximize his recovery from intense training and competing.

www.keithwassung.com



Statins work by poisoning an enzyme (HMG-CoA reductase) which is needed to produce cholesterol, adrenal and sex hormones, memory proteins and maintain cell energy. The highest concentration of cholesterol in the body is found in the brain. Can you guess an organ that will suffer when cholesterol production is blocked? If you guessed the brain, you would win the prize.

DR. DAVID BROWNING
GLOBAL RESEARCH FOUNDATION

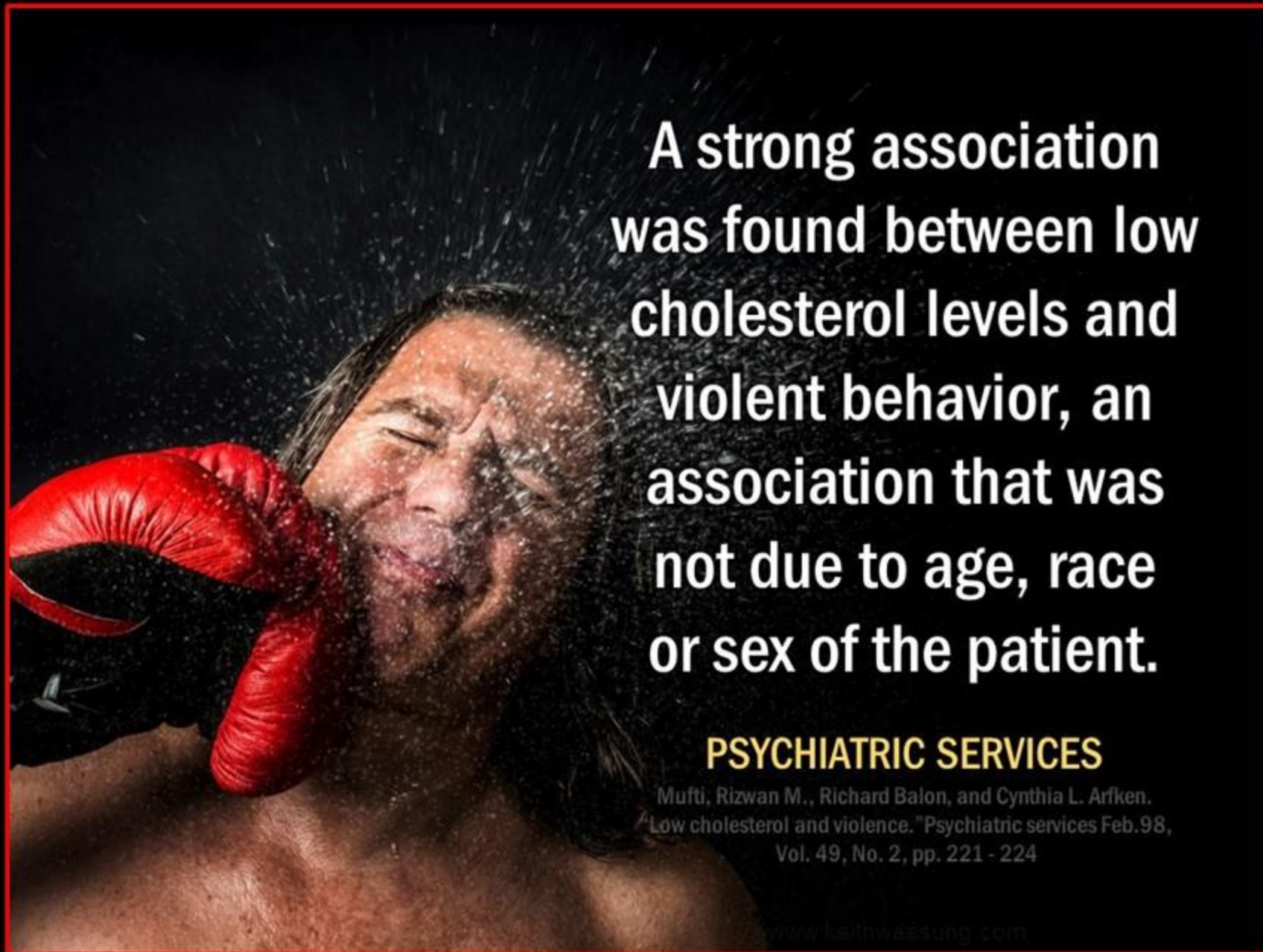
Randomized trials have convincingly documented that omega-3 fatty acids can significantly reduce the occurrence of CVD events in patients with coronary artery disease. The strongest evidence to date is from studies in which marine-derived omega-3 fatty acids have been consumed as supplements or fish.

**ARTERIOSCLEROSIS, THROMBOSIS,
AND VASCULAR BIOLOGY**

Kris-Etherton, P. Harris, P. Appel
Omega-3 Fatty Acids and Cardiovascular Disease
2003;23:151-152



www.keithwassung.com

A man with long hair and a beard is shown from the chest up, wearing red boxing gloves. He is being punched in the face by another person whose hand is also in a red boxing glove. Water is splashing all over his face and head, creating a dramatic and intense scene. The background is dark.

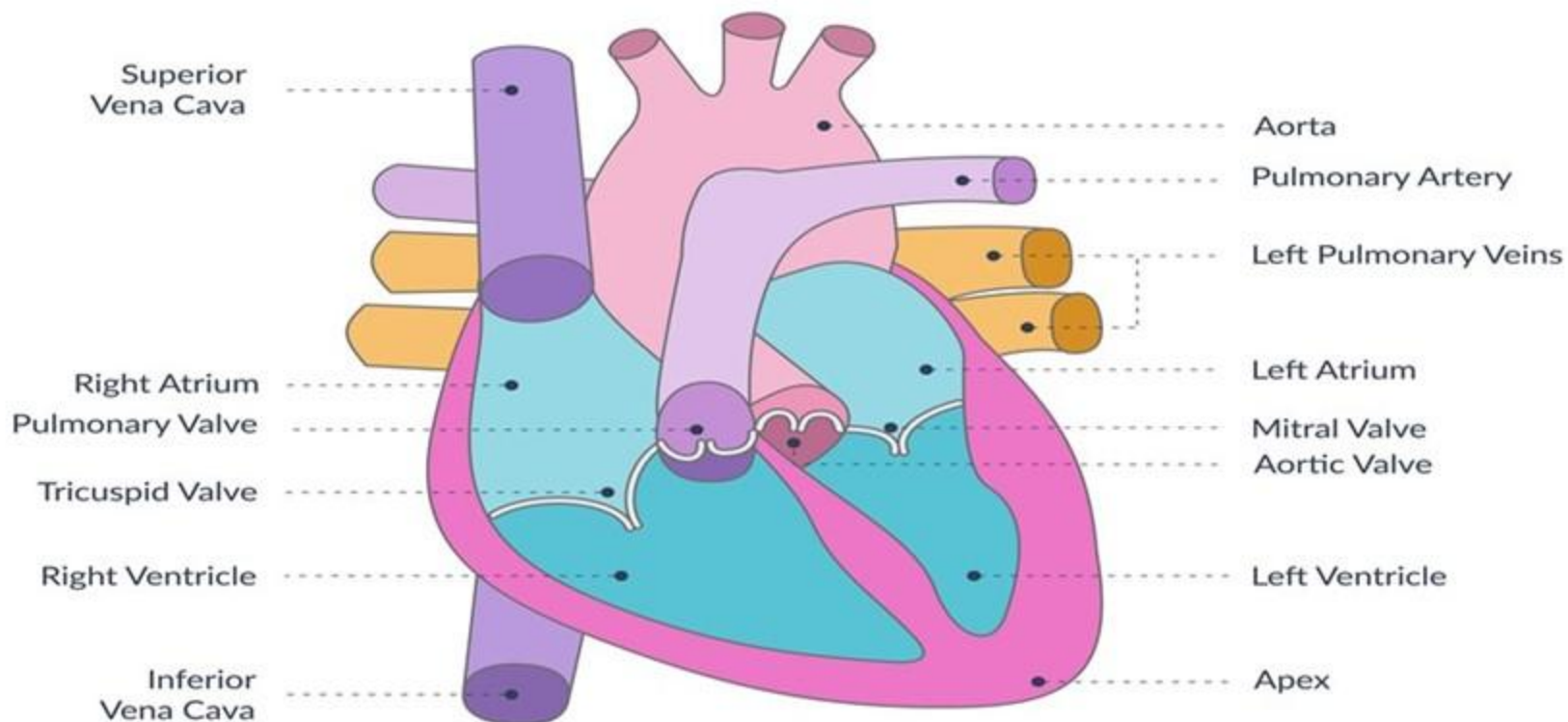
**A strong association
was found between low
cholesterol levels and
violent behavior, an
association that was
not due to age, race
or sex of the patient.**

PSYCHIATRIC SERVICES

Mufti, Rizwan M., Richard Balon, and Cynthia L. Arfken.
"Low cholesterol and violence." *Psychiatric services* Feb. 98,
Vol. 49, No. 2, pp. 221 - 224

www.keithwassung.com

HEART ANATOMY



INTERESTING FACTS ABOUT THE HUMAN HEART

A healthy human heart is about the size of your fist.

A healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.

The heart begins beating at four weeks after conception and does not stop until death.

The heart weighs between about 10 to 12 oz (280 to 340 gm) in men and 8 to 10 oz (230 to 280 gm) in women.

The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.

In epidemiologic studies, physical activity has been associated with a decrease in the risk of coronary heart disease. Data from a large cohort of women indicate that both walking and vigorous exercise are associated with substantial reductions in the incidence of coronary event.

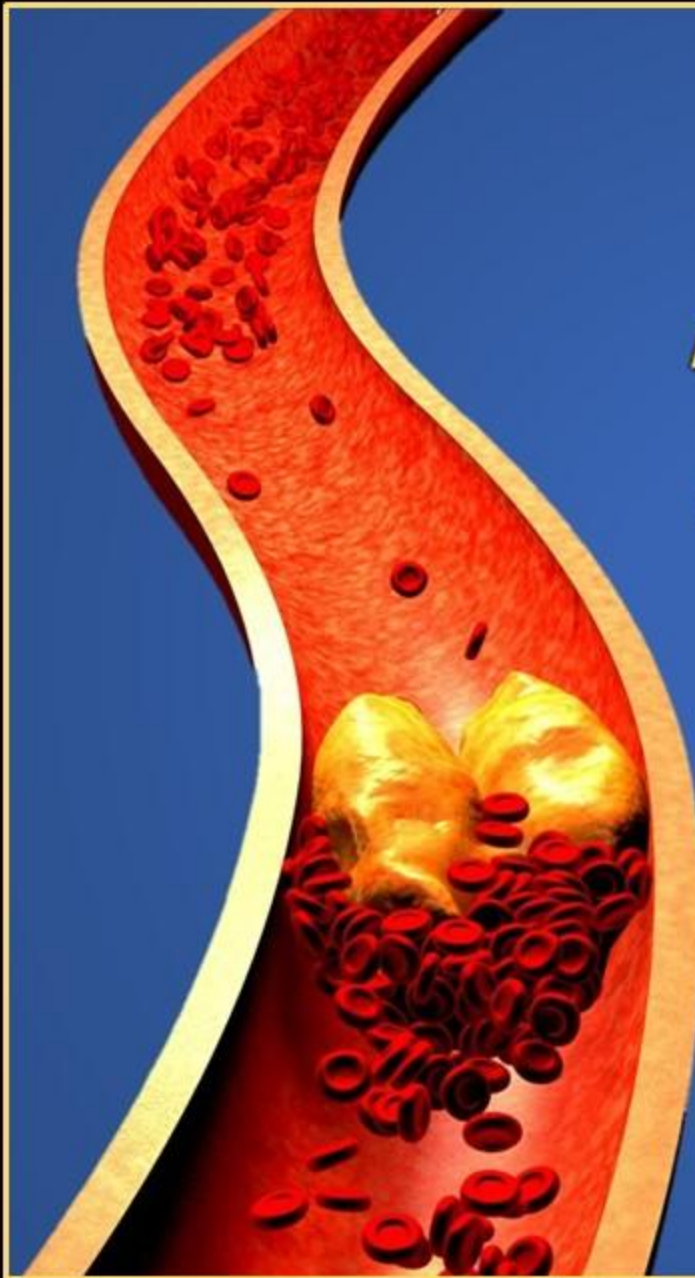
NEW ENGLAND JOURNAL OF MEDICINE

Manson, J. M.D., Hu, F. M.D., Ph.D., Rich-Edwards, J. ScD
A Prospective Study of Walking as Compared with Vigorous Exercise in the
Prevention of Coronary Heart Disease in Women N Engl J Med 99; 341:650-658

www.keithwassung.com

www.keithwassung.com



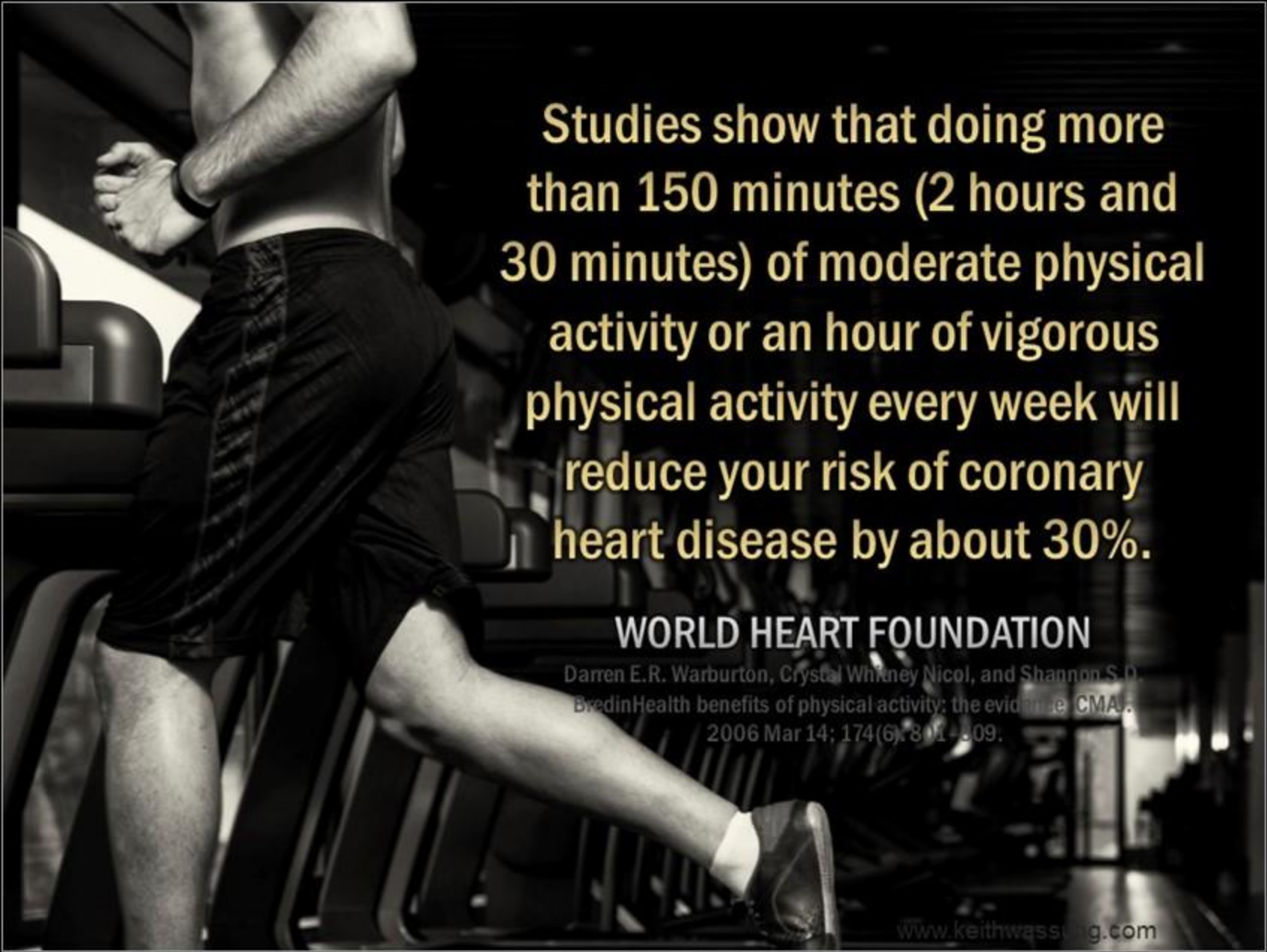


**A STUDY IN THE JOURNAL
ATHEROSCLEROSIS SHOWS THAT
STATIN USE IS ASSOCIATED
WITH A 52 PERCENT INCREASED
PREVALENCE AND EXTENT OF
CALCIFIED CORONARY PLAQUE
COMPARED TO NON-USERS.**

Atherosclerosis

Nakazato R1, Gransar H, Berman DS, Cheng VY,
Statins use and coronary artery plaque composition:
Atherosclerosis. 2012 Nov;225(1):148-53.

www.keithwassung.com

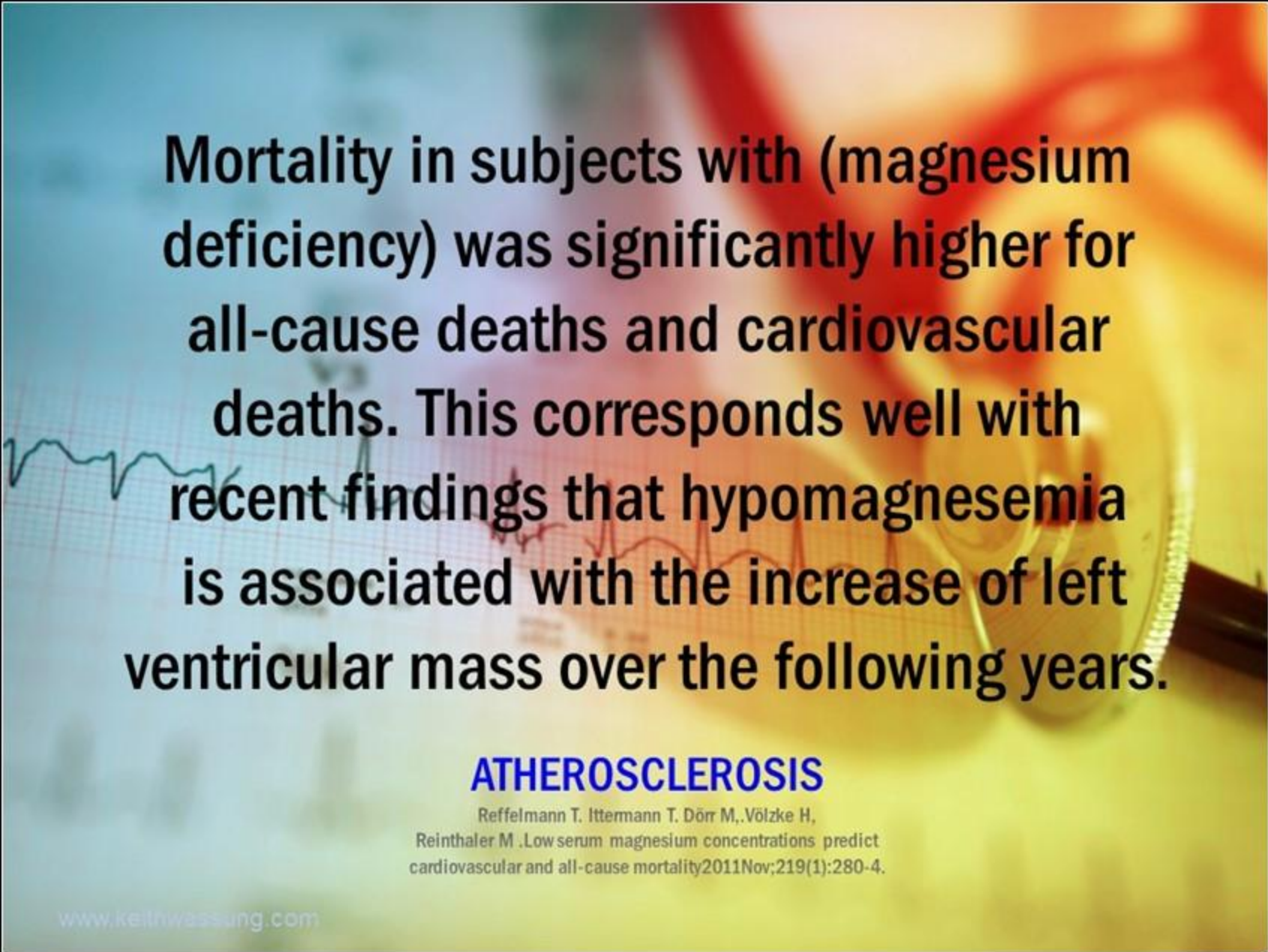
A black and white photograph of a man running on a treadmill in a gym. The man is shirtless, wearing dark athletic shorts and a watch on his left wrist. He is captured in mid-stride, with his right leg forward and his arms pumping. The background shows other treadmills in a dimly lit gym.

Studies show that doing more than 150 minutes (2 hours and 30 minutes) of moderate physical activity or an hour of vigorous physical activity every week will reduce your risk of coronary heart disease by about 30%.

WORLD HEART FOUNDATION

Darren E.R. Warburton, Crystal Whitney Nicol, and Shannon S.D. Bredin
Health benefits of physical activity: the evidence. CMAJ.
2006 Mar 14; 174(6): 801-109.

www.keithwassling.com



Mortality in subjects with (magnesium deficiency) was significantly higher for all-cause deaths and cardiovascular deaths. This corresponds well with recent findings that hypomagnesemia is associated with the increase of left ventricular mass over the following years.

ATHEROSCLEROSIS

Reffellmann T, Ittermann T, Dörr M, Völzke H, Reinthaler M. Low serum magnesium concentrations predict cardiovascular and all-cause mortality 2011 Nov; 219(1):280-4.

www.keithwessing.com

New findings from a large national claims database show the use of cholesterol-lowering statin drugs to be associated with an **increased risk** for Parkinson's disease, contrary to previous research suggesting the drugs have a protective effect for Parkinson's Disease.

MEDSCAPE MEDICAL NEWS

Melville, N. Statin Use Linked to Increased Parkinson's
RiskHealth Impact News Nov. 2016

www.keithwassung.com



Heart failure is a clinical syndrome that is predominantly caused by cardiovascular disorders such as coronary heart disease and hypertension. However, several classes of drugs may induce heart failure in patients without concurrent cardiovascular disease.

JOURNAL OF CLINICAL CARDIOLOGY

Feenstra, F. MD, Diederick E Grobbee, D. MD, PhD.
Remme, W. MD, Ph.D Drug-induced heart failure
J Am Coll Cardiol. 1999;33(5):1152-1162

www.keithwassung.com





Drugs used to treat attention deficit hyperactivity disorder boost the risk of heart conditions in children remains a subject of concern. Research from Denmark suggests medications such as Ritalin and Concerta double the rate of cardiac problems.

**JOURNAL OF CHILD AND ADOLESCENT
PSYCHOPHARMACOLOGY**

Dalsgaard, S. M.D., Ph.D Adesman, A. M.D., June 23, 2014
Journal of Child and Adolescent Psychopharmacology

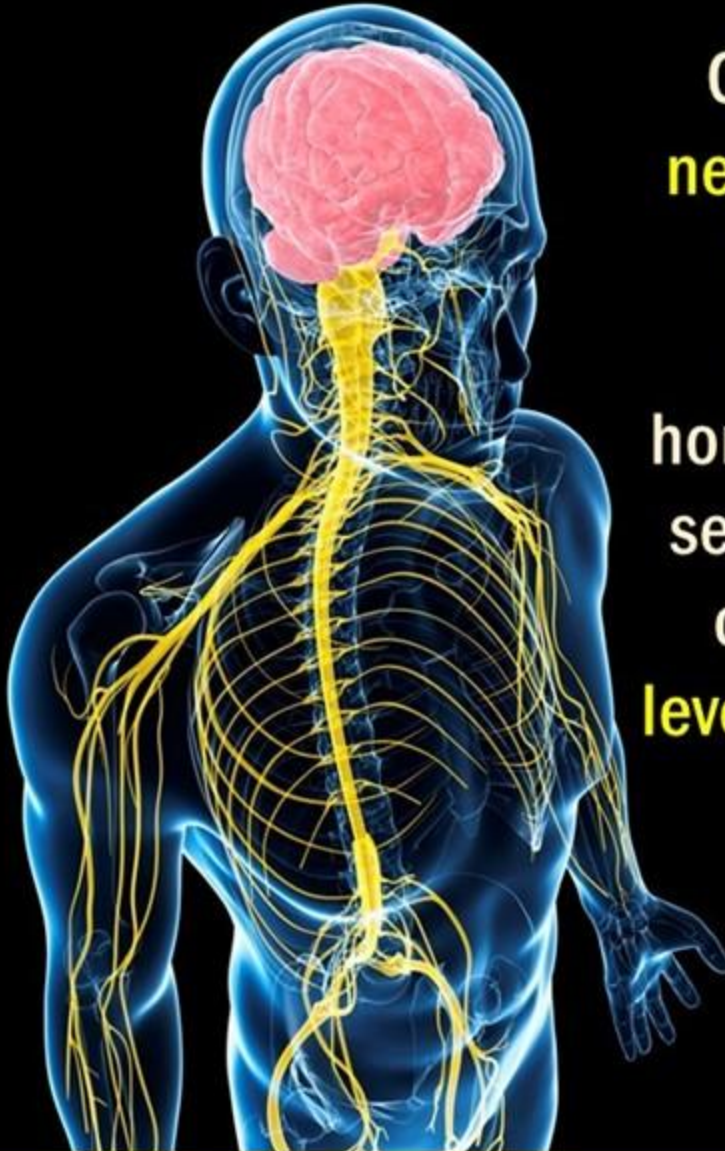
www.keithwassung.com

The sugar industry paid scientists in the 1960s to play down **the link between sugar and heart disease** and promote saturated fat as the culprit instead. Five decades of research into the role of nutrition and heart disease, including many of today's dietary recommendations, may have been **largely shaped by the sugar industry.**



JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Stanton A. Glantz, S., Ph.D., Cristin E. Kearns, D.D.S., M.B.A.,
Historical Analysis Examines Sugar Industry Role in Heart Disease Research.
Sept 12, 2016

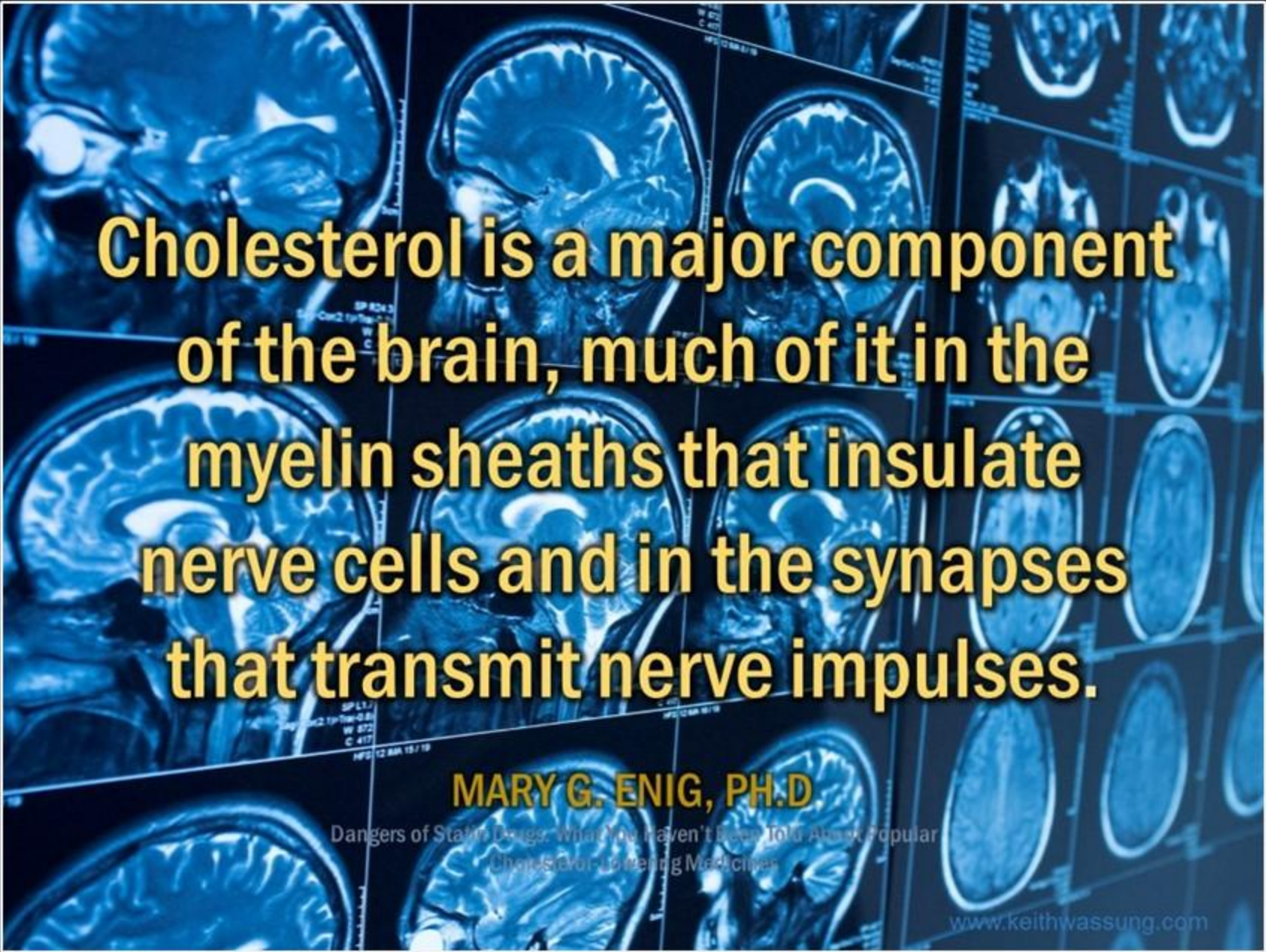


Cholesterol is vital to **proper neurological function**. It plays a key role in the formation of memory and the uptake of hormones in the brain, including serotonin, the body's feel-good chemical. When **cholesterol levels drop too low**, the serotonin receptors **cannot work**.

MARY G. ENIG, PH.D .

Dangers of Statin Drugs: What You Haven't Been Told
About Popular Cholesterol-Lowering Medicines

www.keithwassung.com

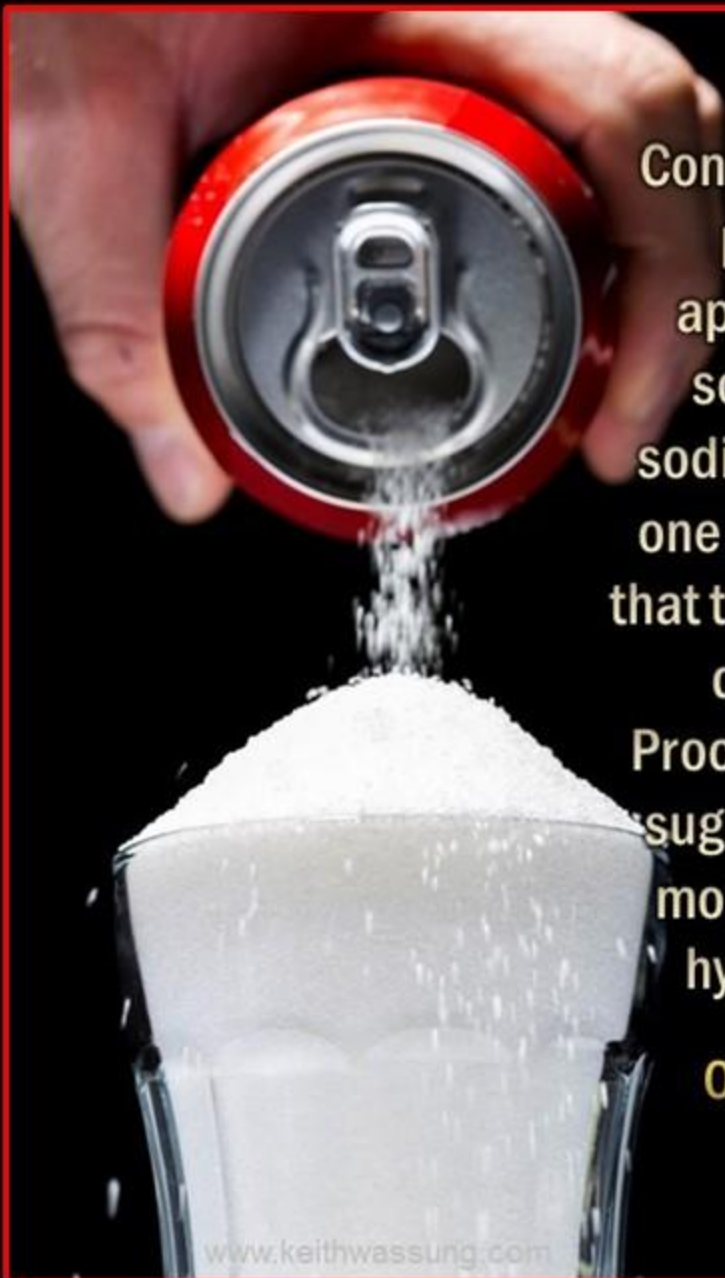
The background of the slide is a collage of various brain MRI scans, showing different cross-sections of the brain. The scans are in shades of blue and white, with some text labels like 'SP L1', 'W 872', and 'C 417' visible on some of the images.

**Cholesterol is a major component
of the brain, much of it in the
myelin sheaths that insulate
nerve cells and in the synapses
that transmit nerve impulses.**

MARY G. ENIG, PH.D.

Dangers of Statin Drugs: What You Haven't Been Told About Popular
Cholesterol-Lowering Medicines

www.keithwassung.com



Controlling hypertension is a major focus of public health initiatives, and dietary approaches have historically focused on sodium. While the potential benefits of sodium-reduction strategies are debatable, one fact about which there is little debate is that the predominant sources of sodium in the diet are industrially processed foods. Processed foods are generally high in added sugars, the consumption of which might be more strongly and directly associated with hypertension and cardiometabolic risk

OPENHEART-BRITISH MEDICAL JOURNAL

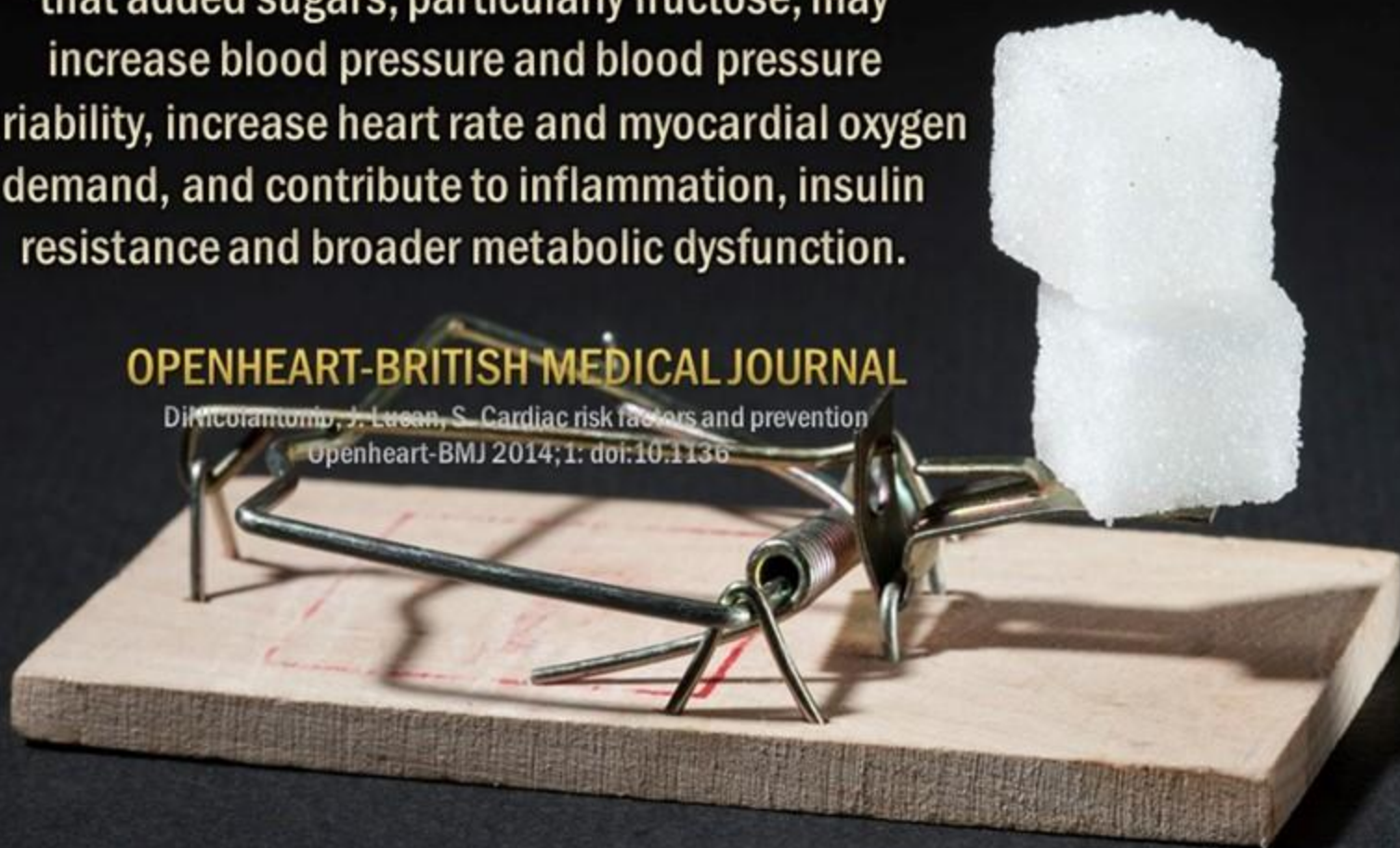
DiNicolantonio, J. Lucan, S. Cardiac risk factors and prevention
Openheart-BMJ 2014;1: doi:10.1136

www.keithwassung.com

Evidence from epidemiological studies and experimental trials in animals and humans suggests that added sugars, particularly fructose, may increase blood pressure and blood pressure variability, increase heart rate and myocardial oxygen demand, and contribute to inflammation, insulin resistance and broader metabolic dysfunction.

OPENHEART-BRITISH MEDICAL JOURNAL

Dimitrakoulis, J. Lucan, S. Cardiac risk factors and prevention
Openheart-BMJ 2014;1: doi:10.1136





Most US adults consume more added sugar than is recommended for a healthy diet, and that there's a significant relationship between added sugar consumption and increased risk for cardiovascular disease mortality.

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
The Link Between Dietary Sugar Intake and Cardiovascular Disease
MortalityAn Unresolved Question, Dhurandhar, N. Ph.D. Thomas, D. Ph.D.
JAMA. 2015;313(9):959-960. doi:10.1001/jama.2014.18267

www.keithwassung.com

“If only a small fraction of what we know about the effects of sugar were to be revealed in relation to any other material used as a food additive, that material would promptly be banned.”



**DR JOHN YUKDIN
PURE, WHITE AND DEADLY**

www.keithwassung.com

Dr. John Ferguson

518.383.5595

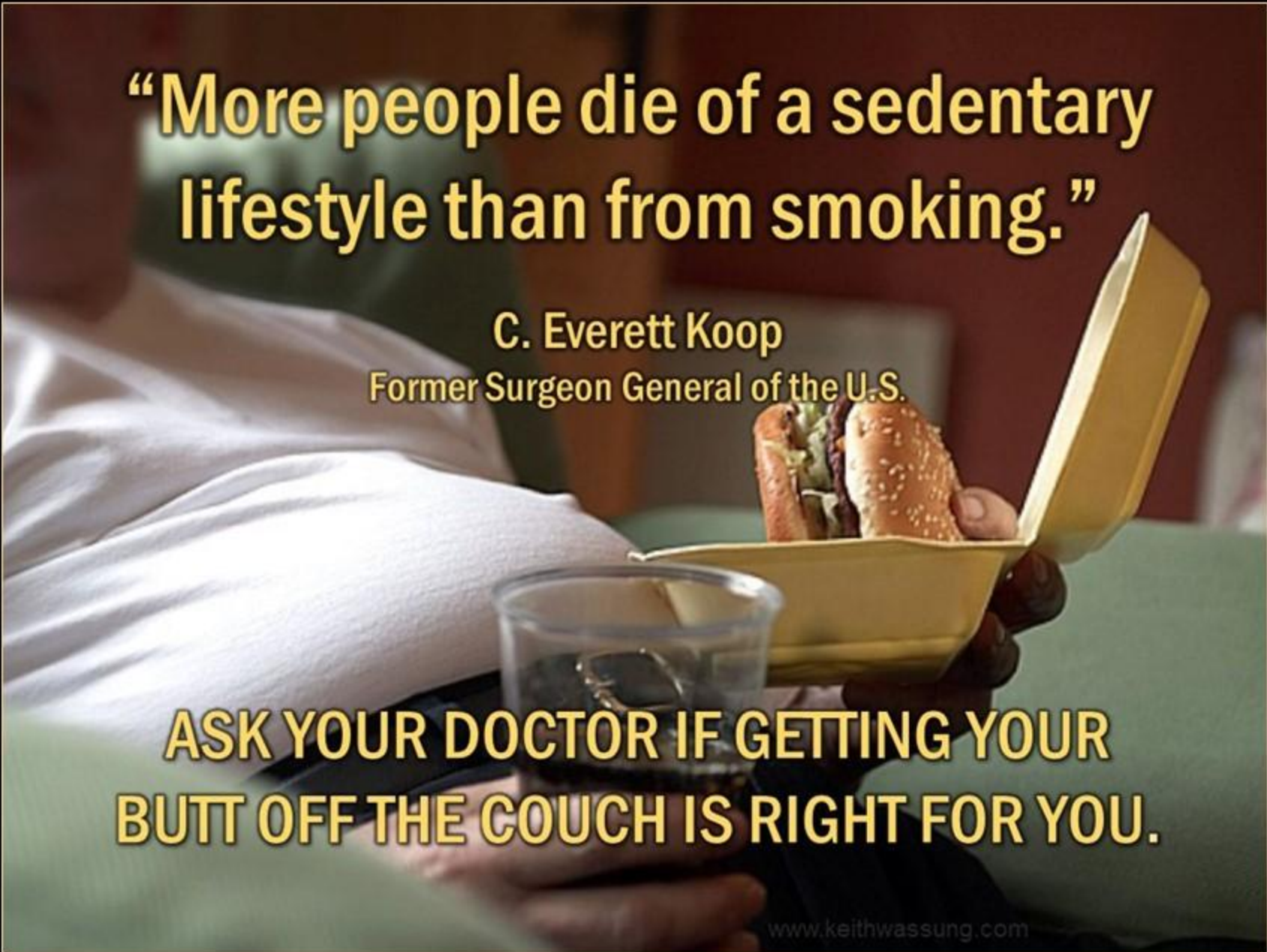
www.ForLifetimeWellness.com



**“For people who sit most
of the day, their risk of
heart attack is about
the same as smoking.”**

**MARTHA GROGAN, M.D.
CARDIOLOGIST, MAYO CLINIC**

www.keithwassung.com

A person is sitting on a couch, wearing a white shirt. They are holding a yellow takeout container with a burger inside and a clear plastic cup with a dark beverage. The background is a blurred indoor setting.

“More people die of a sedentary lifestyle than from smoking.”

C. Everett Koop
Former Surgeon General of the U.S.

**ASK YOUR DOCTOR IF GETTING YOUR
BUTT OFF THE COUCH IS RIGHT FOR YOU.**

www.keithwassung.com

“Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression, and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease.”

James Levine, M.D. Ph.D.



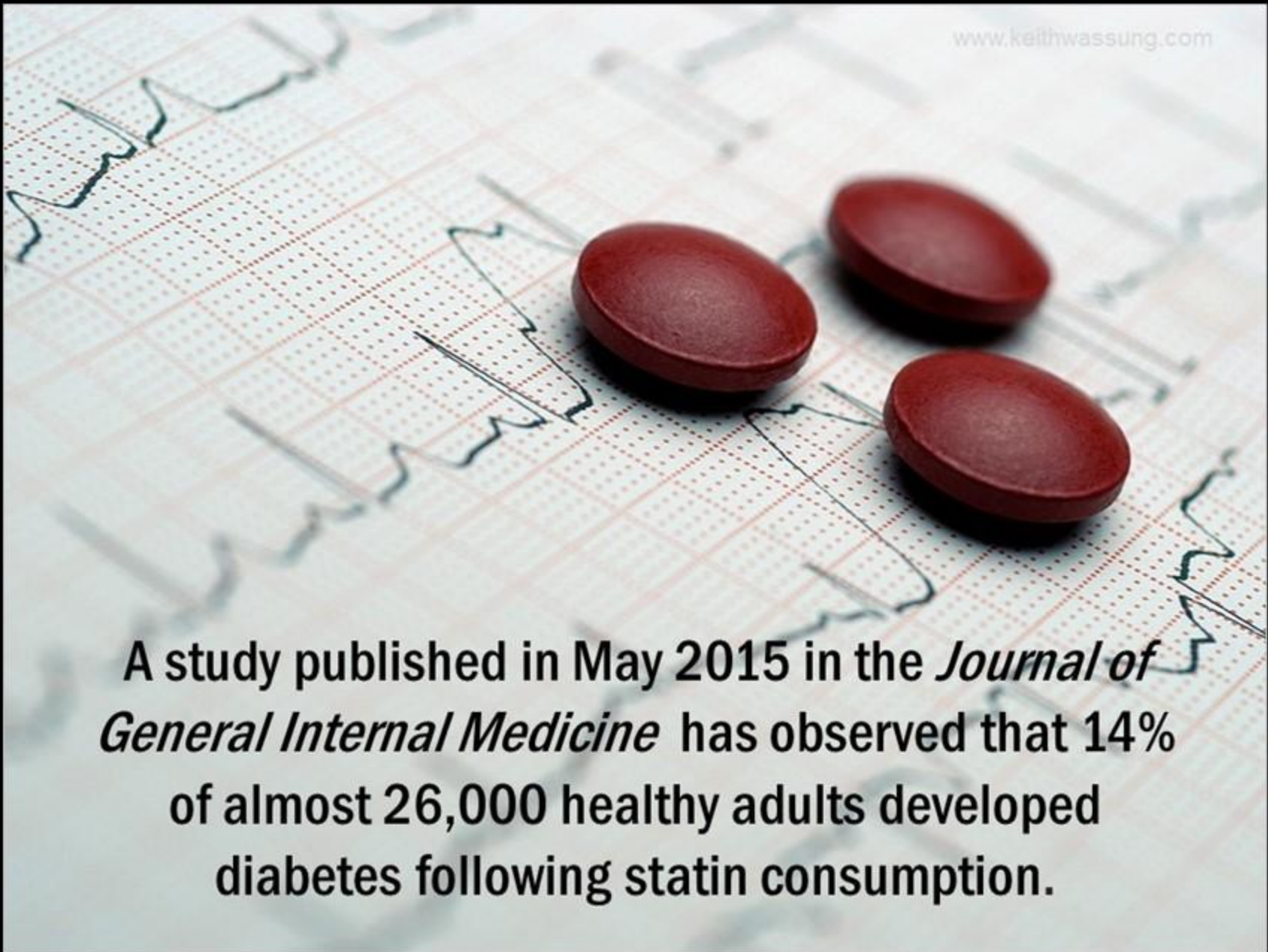


Serum magnesium levels are inversely related to the risk of death from ischemic heart disease. Serum magnesium concentration, independent of other risk factors, was inversely associated with death from all causes and from heart disease.

JOURNAL OF EPIDEMIOLOGY

Ford, E.S. "Serum magnesium and ischemic heart disease: findings from a national sample of U.S. adults. *International Journal of Epidemiology*, Vol. 28 645-651

www.keithwassung.com



A study published in May 2015 in the *Journal of General Internal Medicine* has observed that 14% of almost 26,000 healthy adults developed diabetes following statin consumption.

HDL & LDL: WHO IS THE REAL VILLAIN HERE?

Dysfunctional Cell

TRANS-FATS IN



Impurities Out



LDLs job is to carry dietary fats into your cell

HDLs job is to carry impurities out of your cells

Functioning Cell

Healthy Natural Fats IN



Impurities Out



LDL carries fats in, therefore it's "Bad"

HDL takes the junk out, therefore it's "Good"

The true villain is **TRANS-FATS**. LDL got its bad rap because of the misconception that ALL fats are unhealthy. Biological science clearly demonstrates that Saturated and unadulterated fats are not only healthy but vital for proper cell function and health. No one asks whether the **STRUCTURE** of your cholesterol is healthy or damaged due to ingesting dangerous trans-fats and hydrogenated oils.

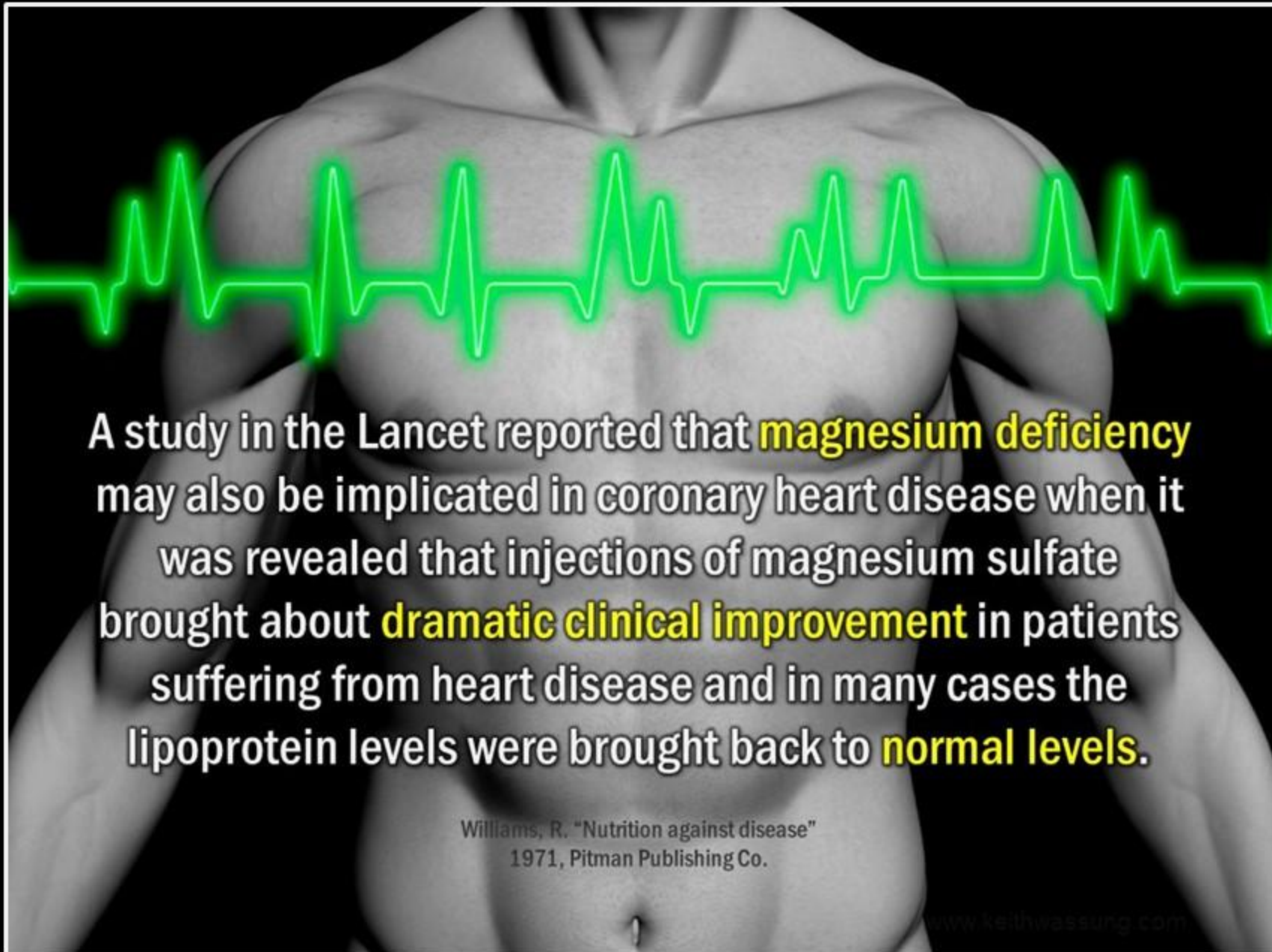


Trans fats, unsaturated fatty acids are formed during the partial hydrogenation of vegetable oils, a process that converts vegetable oils into semi solid fats for use in margarines, commercial cooking and food processing.

Consumption of trans fatty acids increases the risk of coronary heart disease and diabetes.

**NEW ENGLAND JOURNAL OF
MEDICINE**

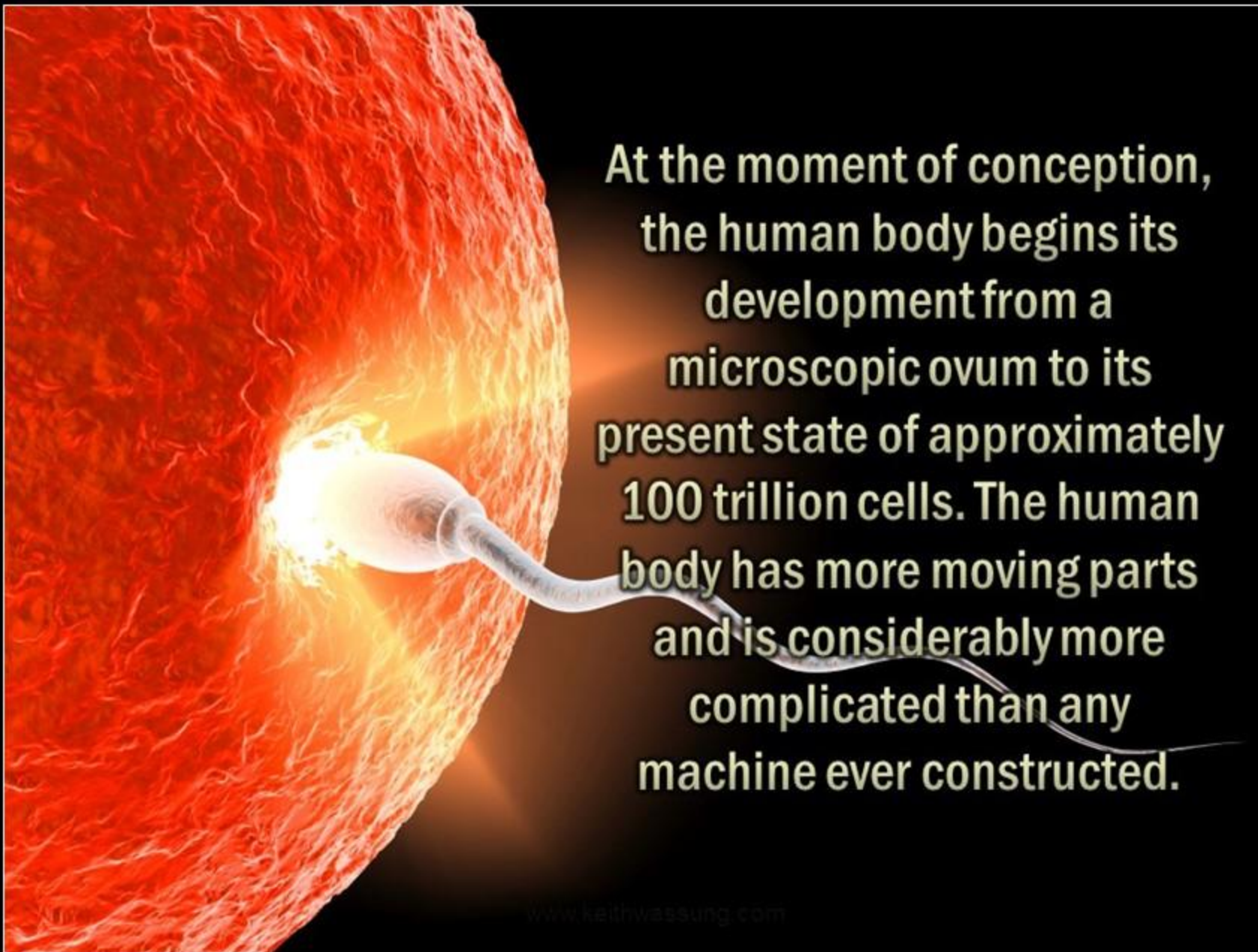
Mozaffarian, D. M.D., M.P.H., Katan, M. Ph.D., Ascherio, A. M.D.
Trans Fatty Acids and Cardiovascular Disease N Engl J Med 2006
354:1601-1613 April 13



A study in the Lancet reported that **magnesium deficiency** may also be implicated in coronary heart disease when it was revealed that injections of magnesium sulfate brought about **dramatic clinical improvement** in patients suffering from heart disease and in many cases the lipoprotein levels were brought back to **normal levels**.

Williams, R. "Nutrition against disease"
1971, Pitman Publishing Co.

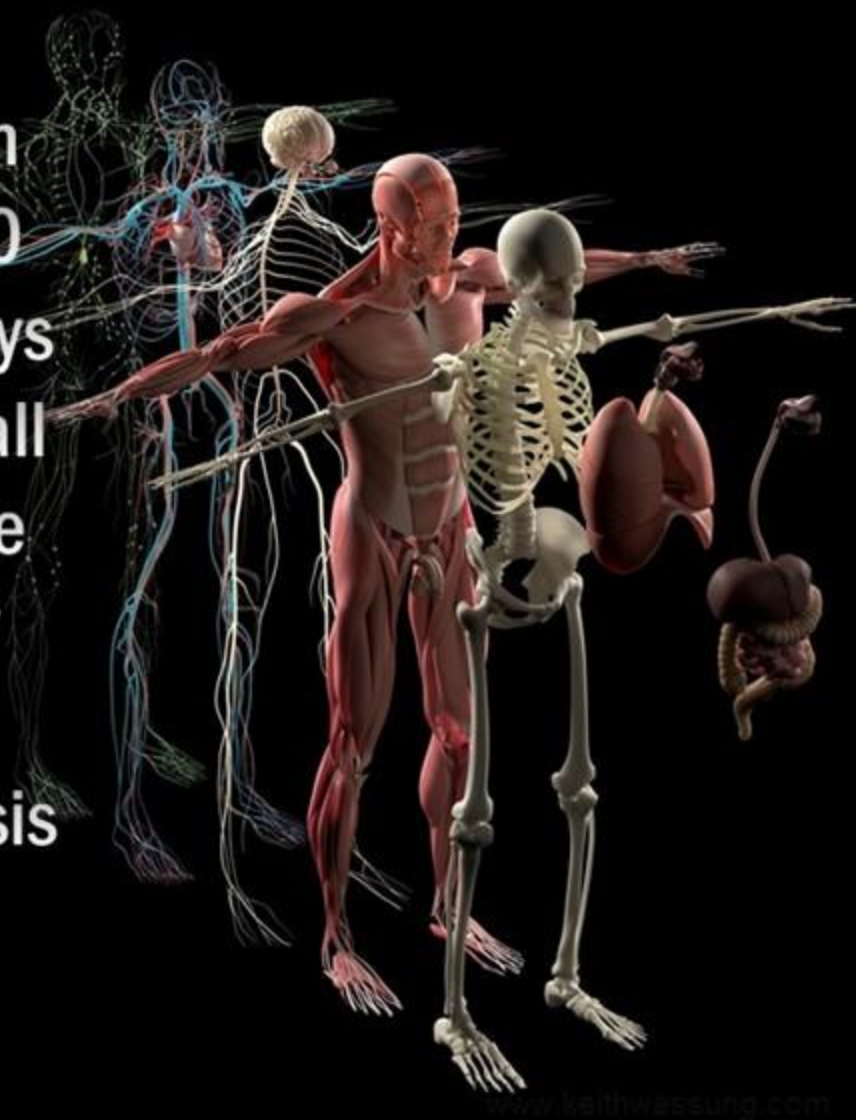
www.keithwassung.com

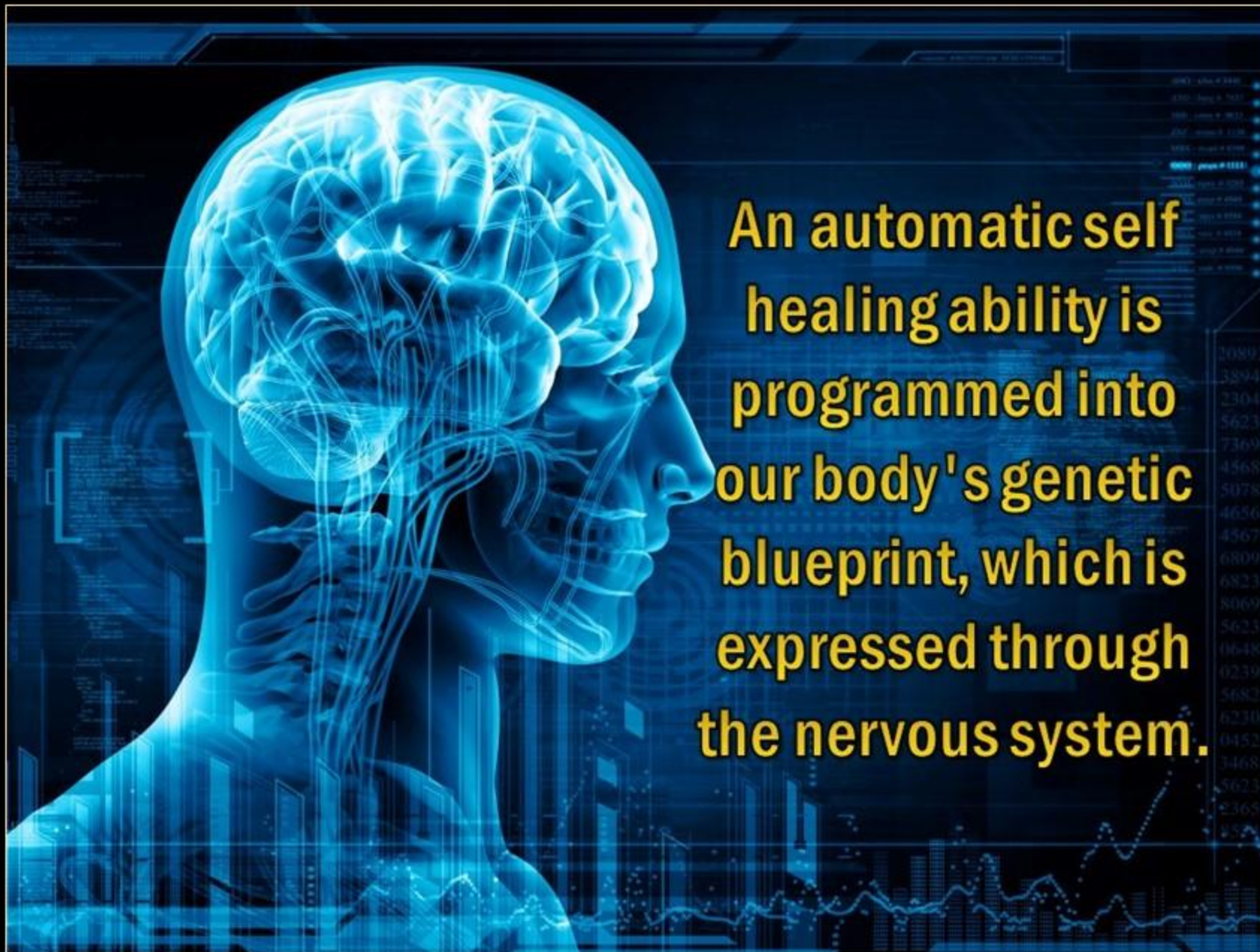


At the moment of conception,
the human body begins its
development from a
microscopic ovum to its
present state of approximately
100 trillion cells. The human
body has more moving parts
and is considerably more
complicated than any
machine ever constructed.

www.keithwassung.com

Containing more than
600 muscles, 90,000
miles of nerve pathways
and over 200 bones, all
which counterbalance
each other, the body
maintains posture,
alignment, homeostasis
and coordination.





**An automatic self
healing ability is
programmed into
our body's genetic
blueprint, which is
expressed through
the nervous system.**