

The Myth of Cholesterol Causing Heart Attacks

The latest research reveals that CRP (C-Reactive Protein) is emerging as the best indicator of heart attacks and strokes. Over 50% of people with heart attacks have elevated CRP with normal cholesterol and normal blood pressure.

CRP is a protein the liver produces in response to inflammation. Chronic inflammation is an important issue to deal with, not just elevated cholesterol. CRP indicates the level of general inflammation. Some of the causes of inflammation are: infections, fungus, parasites, allergies, elevated cortisol and insulin, stress, and inefficient detoxification.

There is a simple, accurate inexpensive blood test to determine CRP levels - hsCRP. Levels of CRP above 3mg/liter are cause for concern.

There are natural ways to lower CRP: Exercise, B vitamins, blood lipid supplements, homeopathic remedies, acupuncture, detoxification of the liver and kidneys.

It is my opinion that drugs should be a last resort. Drugs do not heal, they mostly suppress enzymes functions. Statin drugs like Lipitor do lower CRP, and they often cause muscle cramping and other unpleasant side effects.

My recommendation is to get professional guidance from a health professional that can get your blood tested and make recommendations that will effectively lower elevated CRP. At Vienna Complementary Medicine, we can provide the testing and create a plan for you.

Shep Saltzman, R.N., Lic Acup

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