

CoQ10 Essential When Taking Statins

There was a disturbing study¹ presented earlier this month at the American Psychosomatic Society Meeting in Chicago. The study indicated that the greater the drop in cholesterol from the use of statin drugs, the more that sexual displeasure is reduced. This six-month study involved more than 1,000 adults with high LDL (bad cholesterol), but no known heart disease. The individuals were randomly selected to take either a statin drug or placebo. Those patients who took simvastatin (trade name Zocor) were noted to have the biggest drop in LDL levels. The male participants rated their sexual pleasure as decreasing by nearly a half during the study. The female participants also experienced a reduction in sexual pleasure, but not to the same extent as the men did. Dr. Beatrice Golomb, the lead researcher in this study, indicated that statin drugs may reduce coenzyme Q10 levels (CoQ10), a nutrient that helps convert oxygen, blood and glucose into energy. She further noted that "orgasm is a high energy activity" and so losing this nutrient could potentially reduce sexual pleasure.

As a practicing physician for over 25 years, it is not uncommon for me to hear patients report sexual dysfunction with use of various drugs, especially anti-hypertensive medication and the SSRI anti-depressant drugs. What was so bothersome about this particular study is that the statin drugs, which have been so widely touted, have not really been scrutinized in terms of potential side effects in regard to sexual function. Unfortunately, doctors in this country give out statin drugs like candy to kids. Statin drug sales in the United States were over \$13 billion last year. I don't blame the doctors alone, I also blame the patients. Generally speaking, people are looking for a quick fix to their medical ailments and are not willing to put out the effort for exercise, proper diet and so on.

I was told recently about a male investment analyst in Chicago in his late 30s whose doctor wanted to put him on a statin drug. Fortunately, the gentlemen chose more exercise and fish oil versus drugs. The combination lowered his cholesterol by 44 points with no side effects. Not to mention the fact fish oil only costs several dollars per month versus a popular statin drug that costs \$150 per month. Folks, if you want to assist in solving the out of control health care crisis that is going to bankrupt this country which is projected to reach \$2.8 trillion in annual costs by 2010, you must take control of your health as this gentlemen did with natural, inexpensive and safe options. Keep in mind when insurance covers the cost of the drug or surgery, you pay because next year it will lead to high health insurance premium costs.

In a study² published in the March 2009 edition of the *International Journal of Cancer*, researchers from China found that women who consumed higher quantities of mushrooms and green tea in their diets appeared to have a lower risk of developing abnormal cellular growth of the breast. You may or may not be aware that, in general, women in Asian countries have a much lower risk of abnormal cellular growth of the breast (as much as five times lower) when compared to women in the West. This is believed to be primarily related to the traditional Asian diet. As researchers investigated this further, they found that large quantities of mushrooms and green tea may actually be the explanation for the decreased incidence.

Researchers found that women who ate a greater amount of fresh mushrooms, 10 grams or more per day, were about 2/3 less likely to develop abnormal cellular growth of the breast compared to those who did not eat any mushrooms. Women who ate about 4 grams (4,000 mg) or more of dried mushrooms per day had about a 50% reduction in this condition compared to those who did not consume mushrooms. Additionally, mushroom eaters who

also drank green tea every day had only an 11% to 18% risk of developing abnormal cellular growth of the breast compared to women who consumed neither. Green tea is loaded with the antioxidants polyphenols and EGCG. Mushrooms have been proven in numerous studies to promote a healthy immune system, the first line defense against viruses, bacteria and abnormal cells. One of the most powerful appears to be reishi mushrooms. In fact, Memorial Sloan-Kettering has a very nice summation of the medical evidence for these mushrooms on their website

I would also like to tell you about two interesting articles that have recently been published. In the first article³, which appeared in the March 2009 edition of the *Annals of Nutrition and Metabolism*, researchers from Israel studied 100 volunteers, ages 65 to 91, in regard to incidence of falling. They found that individuals who fell had significantly lower levels of folic acid in their blood stream, although dietary intake appeared to be equal in both the falling and non-falling groups. Serum folate was highly and negatively associated with the number of falls. They also noted vitamin D to be correlated with this as well. There have been other studies in the medical literature indicating that higher vitamin D levels in the blood stream also seem to have some protective effect in regard to falling, which in the elderly, can have devastating effects such as broken hips.

The second article⁴, published in the March 2009 edition of the *Annals of Epidemiology*, examined the affects of ultraviolet B rays, vitamin D and abnormal cellular growth. The authors noted, interestingly, that there was strong evidence that vitamin D status played an important role in controlling the outcome of abnormal cellular growth. For example, studies in Norway and England found that individuals who were diagnosed with abnormal cellular growth in the summer or fall (when the vitamin D levels are generally highest) had a milder clinical course and longer survival than those diagnosed in the winter or spring. The authors indicated that there was scientifically strong enough evidence to warrant use of vitamin D in prevention of abnormal cellular growth and as a component of treatment.

Going back to the first study, there are healthier alternatives for promoting favorable cholesterol. Red yeast rice has been shown in several human studies to have beneficial effects in helping to support healthy cholesterol levels. It is important when taking red yeast rice, and obviously any of the statins, that you include coenzyme Q10 (CoQ10). I recommend 200 – 400 mg per day for most people as it is essential for the healthy function of every cell in the body. The #1 selling CoQ10 at Vitacost.com is NSI®'s patent pending TocoQ10. It provides superior antioxidants and absorption with Bioperine, tocopherols, tocotrienols and is contained in a natural carob colored softgel using 100% natural trans form CoQ10.

Beware of other brands of softgels (also some capsules and tablets) with CoQ10 because many use titanium dioxide for color and/or Chinese made synthetic CoQ10. Titanium dioxide is banned from all NSI® products because it has been shown to irritate the colon and we do not believe it has been tested adequately in humans to prove safety. Chinese CoQ10 is also banned in all NSI products because it is inferior to the 100% natural trans form CoQ10 made in Japan or in the USA by NSI's Japanese supplier. Numerous other brands use titanium dioxide in their products. Read the labels carefully, it is usually buried in the fine print and most will not disclose they are using Chinese made CoQ10.

Nutraceutical Sciences Institute® (NSI®) also offers several highly rated red yeast rice products. We offer a stand-alone red yeast product with each capsule containing 600 mg. It is recommended to take one capsule twice a day. If after 90 days your results are not optimal, you may increase to two capsules twice per day for four capsules total. If you have any doubt about the favorable results, read the numerous tremendous reviews from our

customers. There is no compensation offered for these reviews, they are from customers who want to share their results with others.

We also offer a combination formula of red yeast rice along with CoQ10 and no flush niacin, if you're looking for a more comprehensive product. Niacin has also been proven to promote healthy cholesterol and cardiovascular function. We also offer red yeast rice in tablet form and with vegetarian capsules. In regard to mushrooms and green tea extract, Vitacost offers a tremendous selection at incredible values. Take, for example, our NSI Green Tea Extract 500 mg capsule. Each capsule is standardized to 98% polyphenols and 45% ECGC, the most active component of green tea and is equivalent to about 5 cups of green tea. 100 capsules cost less than \$10. Quite a value!

Dr. Allen S. Josephs