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Darin Ingels, N.D.

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Natural Standard

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Natural Alternatives to Lipitor, Zocor & Other Statin Drugs Jay S. Cohen,2013-06-20 Elevated cholesterol and C reactive proteins are markers linked to heart attack stroke and other cardiovascular disorders It is estimated that over 100 million Americans more than a third of our population suffer from these conditions To combat these problems modern science has created a group of drugs known as statins available under such names as Lipitor Zocor and Pravachol While over 20 million people take these medications the fact is that up to 42 percent experience negative often serious side effects Fortunately other options are available Here for the first time is a concise guide that explains the problems caused by statin drugs and offers easy to follow strategies that will allow you to benefit from effective natural alternatives Written by a highly qualified researcher and physician Natural Alternatives to Lipitor Zocor Other Statin Drugs begins with a clear explanation of elevated cholesterol and C reactive proteins It then examines how statin drugs work to alleviate these problems and discusses their possible side effects Finally the author highlights the most important natural alternatives providing information on the science behind their claims their proven effectiveness and their suggested dosage If you have elevated cholesterol and C reactive proteins or if you are currently using a statin drug Natural Alternatives to Lipitor Zocor Other Statin Drugs can make a profound difference in the quality of your life **The Natural Fat Loss Pharmacy** Harry G. Preuss,Bill

Gottlieb,2007 A reliable guide to the nutritional supplements and herbs that can safely and effectively help you lose weight and keep it off **The Green Pharmacy Guide to Healing Foods** James A. Duke,2009-06-23 Upon its publication more

than a decade ago Dr James Duke's *The Green Pharmacy* quickly set the standard for consumer herb references. A favorite of laypeople and professionals alike, the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants. In *The Green Pharmacy Guide to Healing Foods*, Dr Duke turns to the broader and even more popular subject of food as medicine, drawing on more than thirty years of research to identify the most powerful healing foods on earth. Whether he is revealing how to beat high cholesterol with blueberries, combat hot flashes with black beans, bash blood sugar spikes with almonds, or help relieve agonizing back pain with pineapple, Dr Duke's food remedies help treat and prevent the whole gamut of health concerns, from minor such as sunburn and the common cold to more serious like arthritis and diabetes. Dr Duke has assigned a rating to each remedy according to his evaluation of the available scientific studies and anecdotal reports. Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals, minus the risk and cost.

Healing Spices Bharat B. Aggarwal, Debora Yost, 2011-01-04

Breakthrough scientific research is finding that spices, even more than herbs, fruits, and vegetables, are loaded with antioxidants and other unique health-enhancing compounds. Studies of dietary patterns around the world confirm that spice-consuming populations have the lowest incidence of such life-threatening illnesses as heart disease, cancer, diabetes, and Alzheimers. Bharat B. Aggarwal, the world's foremost expert on the therapeutic use of culinary spices, takes an in-depth look at 50 different spices and their curative qualities and offers spice prescriptions categorized by health condition to match the right spice to a specific ailment.

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