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Risks. Niacin does have risks. It can cause liver problems, stomach ulcers, changes to glucose levels, muscle damage, low blood pressure , heart rhythm changes, and

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Blood Institute. https

Loop #2: Statins frequently cause memory loss. Truth: In 2012, the FDA changed statin drug labels to include information that some people had experienced memory loss and confusion while taking the medications. “Unfortunately, that change was based on some poor-quality studies and evidence,” Martin explains.

Death by association

Jan 28, 2011: Statins are now the number one selling class of drugs in the nation and new cholesterol medications are produced every day. The latest in a new class of “super” cholesterol drugs, CETP inhibitors, now in the drug approval pipeline from Merck (anacetrapib) burst into the news recently with exclamations from typically restrained scientists.

Blood Cholesterol | NHLBI, NIH

3 Myths About Cholesterol-Lowering Statin Drugs | Johns Hopkins Medicine

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Seven Tips to Fix Your Cholesterol Without Medication - Dr. Oz

352 COVID-19 deaths among fully vaccinated in Oregon as of Dec 03, 2021: Many Americans have taken on the risks of COVID-19 vaccines, despite reservations, in hopes of gaining protection against the more severe form of the disease. Unfortunately, data from Oregon shows that more than 500 residents have now died of the virus despite being fully vaccinated against it. Since the pandemic began, Oregon has recorded 552 COVID-19 deaths among fully vaccinated in Oregon.

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Creatine is a quick way to add muscle, but not without some water weight, too,” Carolyn Brown, R.D., a nutrition counselor at Foodtrainers. “Most people gain two to four pounds of water.

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