

Statins-- The Anti-Inflammatory Connection

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Statin medications have been hailed the king of lowering total and LDL cholesterol.

The position of many in the medical arena support that lowering cholesterol will save us from a deadly cardiovascular incident.

Although I won't deny that statins in fact are well substantiated to decrease the incidence of cardiovascular mortality the question we all must ask is how do statins reduce this risk?

Is it by reducing cholesterol? Or is there another mechanism that has been under-rated and in fact may be the "real" benefit of statins and the reduction of cardiovascular disease.

Before I take you on this new journey of statins let's take a look at some of the cons of consistent statin usage.

It is well documented that statins deplete the body of the powerful anti-oxidant, **Co-Enzyme Q10 (CoQ10)**. CoQ10 plays a vital role in proper functioning of mitochondria.

Here is what we all need to know. Mitochondria are cellular powerhouses and are **extremely dense in the heart** and other muscles. Here is the big surprise. The health of the mitochondria plays a critical role in [insulin sensitivity](#)

So can it possibly mean that by damaging the mitochondria, statins can lead to [insulin resistance](#)? It appears so!

So here is what we now know. Statin medications deplete the all important Co-Enzyme Q10 leading to mitochondria dysfunction. This in turn may in fact lead to **heart failure and diabetes**.

A review of my article on [insulin resistance](#) is a good review of the real villain in cardiovascular disease.

So with all of the above stated let's explore the possible real reason statins have been well supported to reduce cardiovascular mortality.

Is it by lowering LDL? Please read my detailed article to gain a better perspective of the LDL issue. [Click Here](#)

So what is it about statins that make them work so well?

The answer is there **anti-inflammatory benefits**. It is now well documented that cardiovascular disease is an **inflammatory disease**. By reducing coronary inflammation and insulin resistance instead of focusing on lowering LDL cholesterol we can surmise that atherosclerosis can be controlled.

We may ask should one ditch the statins? Well the evidence is mounting in favor of **reducing inflammation and insulin resistance**. But I am afraid to say that it is unlikely that the majority of the medical establishment will any time soon stop prescribing statins.

The bottom line is statins do indeed reduce cardiovascular mortality by reducing inflammation but remember at the cost of increasing [insulin resistance](#).

At this point you the reader should do everything in your power to reduce and stop **insulin resistance** thereby really getting to root cause of cardiovascular disease.

It is important to firmly understand that **insulin resistance** is one of major players in inflammation.

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