**IF you are taking Crestor , Zocor or Lipitor,,,,,,, be sure to have your CoQ checked,,,,,,**

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| The CoQ10-Statin SecretRonald Grisanti D.C., D.A.B.C.O., D.A.C.B.N., M.S. The medical literature clearly shows that statin medications like Lipitor,Crestor, Zocor shut down the production of one of the most important nutrients in the body. And I am referring to **Co-Enzyme Q10 (CoQ10).**What many people are unaware of is the fact that when CoQ10 is depleted it causes the **LDL cholesterol to become oxidized**. This in turn sets off a cascade of events making the LDL cholesterol drill holes in the arterial wall causing major inflammation. This inflammation sets you up for an increased risk of getting a heart attack or stroke.This a major reason why taking [statins drugs](http://www.functionalmedicineuniversity.com/public/883print.cfm) is no guarantee you will not die of a heart attack.I have to admit I am at a total loss why any doctor would prescribe a statin medication without adding the life-saving CoQ10. This may be hard to swallow (excuse the pun) but it should be illegal to prescribe a statin without also prescribing CoQ10.The following list of health challenges should be a wake up call for people who believe they are safe taking statins without CoQ10. CoQ10 deficiency can cause **fatal cardiomyopathy, heart attack,** [**congestive heart failure**](http://www.functionalmedicineuniversity.com/public/883print.cfm) **(which usually carries a death sentence of 5 years), exhaustion, cancer, myopathy, depression resistant to anti-depressants, high blood pressure, gum disease and tooth loss, hair loss, liver disease, sudden complete memory loss or amnesia, cataracts, angina, cancer, folic acid deficiency, damaged cell membranes, and much more.**In fact, it not only increases you from getting a variety of diseases but low CoQ10 levels predict that you can die within 6 months.So you can see that any doctor who prescribes a statin medication then turns you loose without also prescribing CoQ10 shows lack of scientific knowledge of the very drug he is authorized to prescribe. Take a look at the wealth of scientific references listed below.Now if you think I am being a bold about my what I have just shared with you please understand that this is serious.Here is something that will shock many of you. Back in 1990s, the pharmaceutical giant, Merck, decided to add CoQ10 to a statin medication. They even went so far as to [get a patent](http://www.functionalmedicineuniversity.com/public/883print.cfm). The patent number is **4,933,165.** Go ahead and download the patent document:<http://www.functionalmedicineuniversity.com/statin-CoQ10.pdf>So you may ask why in the world would they produce a statin with CoQ10 and the answer is quite obvious. They knew the seriousness of selling the world on statins without CoQ10.Now you may be thinking whatever happened to this drug. Well it never came to the marketplace. Not sure why but again they wouldn't have created this combination statin-CoQ10 drug if they were not warned of the serious consequences of promoting a statin without CoQ10.Hmmm.. makes me very suspicious...If you are on a statin medication, I urge you to insist that your doctor checks your CoQ10 levels. You can easily have this done by getting an CardioION test which includes a direct test for CoQ10 and a more sensitive test called hydroxymethylglutarate.  This is an organic acid assay which will show you if a particular dose is high enough for your body.

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One of my favorite CoQ10 sources is sublingual so it spares you one more capsule to ingest. Q-ODT (oral dissolving tablet) is 80 mg easily absorbed under the tongue.Here is a good product you can order from Amazon from the company [Intensive Nutrition, Inc. - Q-ODT Coenzyme Q10 80 mg. - 30 Tablets](http://www.amazon.com/gp/product/B005SD0V0S/ref%3Das_li_qf_sp_asin_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B005SD0V0S&linkCode=as2&tag=wwwyourmedica-20)http://ir-na.amazon-adsystem.com/e/ir?t=wwwyourmedica-20&l=as2&o=1&a=B005SD0V0S **References:**Thomas S. R., Neuzil J., Stocker R, Inhibition of LDL oxidation by ubiquinol-10. A protective mechanism of coenzyme Q in atherogenesis? Mol Asp Med, 18 (suppl.): s 85-103, 1997Bargossi AM, Battino M, Gaddi A, et at. Exogenous CoQ10 preserves plasma ubiquinol levels in patients treated with 3-hydroxy-3-methylglutaryl coenzyme A reductase inhibitors, Internal J Clin Lab Res, 24: 171-6, 1994Fuke C, Krikorian, SA, Couris RR, Coenzyme CoQ10: A review of essential functions and clinical trials, Pharmacist, 28-41, Oct 2000Langsjoen PH, Langsjoen AM, Coenzyme Q10 in cardiovascular disease with emphasis on heart failure and myocardial ischaemia, Asia Pacific Heart J ,7; 3: 160-168, 1998Langsjoen PH, et al, Treatment of statin adverse effects with supplemental coenzyme Q10 and statin drug discontinuation, BioFactors, 25 (1-4): 147-52, 2005Langsjoen PH, et al, The clinical use of HMG CoA-reductase inhibitors and the associated depletion of coenzyme Q10. A review of animal and human publications, BioFactors, 18 (1-4): 101-11, 2003Mabuchi H, et al, Reduction of serum ubiquinol-10 and a ubiquinone-10 levels by atorvastatin in hypercholesterolemia, patients, J Atheroscler Thromb, 12; 2:111-19, 2005Lamperti C, Muscle, coenzyme Q10 level in statin-related myopathy, Arch Neurol, 62; 11: 1109-12, Nov 2005Mortensen AS, et al, Coenzyme Q10: clinical benefits with biochemical correlates suggesting a scientific breakthrough in the management of chronic heart failure, Int J Tissue React, 12; 3: 155-62, 1990Folkers K, Langsjoen P, Tamagawa H, Lovastatin decreases coenzyme levels in humans, Proc Nall Acad Sci USA, 1990; 87:8931-34Bliznakov EG, Wilkins DJ, Biochemical and clinical consequences of inhibiting coenzyme Q10 biosynthesis by lipid-lowering HMG COA reductase inhibitors (statins): a critical overview, Advances in Therapy, 15; 4:219-28, Jul/Aug 1998Ghirlanda G, Oradei A, Manto A, et al, Evidence of plasma CoQ 10-lowering effect of HMG-CoA reductase inhibitors: a double-blind, placebo-controlled study, J Clin Pharmacol, 33: 226-29, 1993Willis RA. Folkers K, Tucker JL, Tamagawa H., et al., Lovastatin decreases coenzyme Q levels in rats, Proc Nat Acad Sci USA, 87: 8928-30. 1990Folkers K, Langsjoen P, et al, Lovastatin decreases coenzyme Q10 levels in humans, Proc Nat Acad Sci USA, 87:8931-4, 1990Bliznakov EG, Lipid-lowering to drugs (statins), cholesterol, and coenzyme Q10. The Baycol case-¬-a modern Pandora's box, Biomed Pharmacother, 56:56-9, 2002Jameson S, Statistical data support prediction of death within six months on low levels of coenzyme Ql0 and other entities, Clin Invest, 71 (suppl):137-39, 1993The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. Visit [www.FunctionalMedicineUniversity.com](http://www.FunctionalMedicineUniversity.com) to find practitioners thoroughly trained in functional medicine. Look for practitioners who have successfully completed the **Functional Medicine University's Certification Program (CFMP).**This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Grisanti is required. |