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## Do You Want Prescription Drugs With Those Fries?

August 24, 2010

In April I wrote about how [statin drugs are the WRONG type of prevention](#) for cholesterol problems (attached) after [the FDA approved a program](#) that would "turn a lot of healthy people into patients and commit them to a lifetime of medication."

Now a new study:

Ferenczi EA. Can a Statin Neutralize the Cardiovascular Risk of Unhealthy Dietary Choices?  
*The American Journal of Cardiology*, 2010; 106 (4): 587  
DOI: [10.1016/j.amjcard.2010.03.077](https://doi.org/10.1016/j.amjcard.2010.03.077)

suggests **giving free statin drugs to people at fast food restaurants!**

<http://www.sciencedaily.com/releases/2010/08/100812083608.htm>

*Dr Francis, from the National Heart and Lung Institute at Imperial College London, who is the senior author of the study, said: "Statins don't cut out all of the unhealthy effects of burgers and fries. It's better to avoid fatty food altogether. But we've worked out that in terms of your likelihood of having a heart attack, taking a statin can reduce your risk to more or less the same degree as a fast food meal increases it."*

This study encapsulates how Americans have come to view food:

We look at food not as a way to keep us healthy but just a way to satisfy hunger.

(Just look at [what factory farming has done](#) to our egg supply)

In [my last newsletter](#) I quoted Hippocrates ('*Look well to the spine for the cause of disease*').

Here he is again:

*'Let your food be your medicine. Let your medicine be your food.'*

So, here are my Top 5 Most Recommended Foods:

### #5 - Sprouted Grain Bread

As the Atkins Diet-induced carb-phobia ends, [sprouted grain bread returns](#):

*And then you have to consider the **remarkable health benefits** conferred when grains sprout. When grains begin to germinate...**vitamin content and accessibility is increased**, especially vitamins A, B-complex, and C, minerals like calcium, potassium and iron are released, and the **carbohydrates become more easily digested.**"*

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I recommend [Ezekiel sprouted grain bread](#).

#### #4 - Coconut Oil

Perhaps the most misunderstood health food, coconut Oil is "Mother Nature's Flu Vaccine". It does contain saturated fat (Lauric acid), but **coconut oil's saturated fat is different from that found in meat and eggs** and has anti-viral and anti-bacterial properties. Of course, I recommend [NOW Foods Coconut Oil](#) due to affordability. [Click here to read my newsletter on 4 ways to enjoy coconut](#) (attached) and [click here](#) to purchase coconut oil from my online store.

#### #3 - Alfalfa

It's no coincidence that Alfalfa means "Father of All Foods". I recommend Alfalfa over wheat grass and spinach because of cost while providing comparable nutritional benefits. [NOW Foods has an excellent alfalfa powder](#) that breaks down to 40 cents per serving. [Click here](#) for my newsletter on alfalfa (attached) and [click here to purchase alfalfa](#) from my online store.

#### #2 - Garlic

Garlic's fame comes as a heart-healthy food but few people know this is due to garlic's [extraordinary anti-bacterial properties](#). Chronic bacterial infection is recognized as a cause of heart disease as [they are now linking gingivitis to heart disease](#). Finally, it's even been suggested that [garlic may help with malaria](#).

#### #1 - Chlorella

Chlorella [has strong metal-binding properties](#), specifically for mercury. In [a 2003 mouse study](#), Chlorella decreased mercury levels by 17.5% when given 10 days after exposure. When chlorella was given at the time of exposure, mercury levels fell by 66%. Chlorella's health benefits also include help for [fibromyalgia](#), [high blood pressure and ulcerative colitis](#), [E. Coli infection](#), [peptic ulcers](#), and possibly [cancer](#).

Here is [my nutrition handout on Chlorella](#) (attached) and of course my recommendation is [NOW Foods Chlorella](#). Finally, you can [click here to purchase chlorella](#) from my online store.

Hope this helps. Best of luck.

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