

Side effects of statins (if no presenting problem why take?)

<https://www.verywellhealth.com/side-effects-of-statins-8633448>

This following research shows “high cholesterol” is a marker for better immune system:

<https://www.sciencedirect.com/science/article/abs/pii/S0090122997943828>

This following research shows that Cholesterol is a required component in Myelin formation

https://www.researchgate.net/publication/49857008_Cholesterol_A_Novel_Regulatory_Role_in_Myelin_Formation

This research shows that Alzheimer’s disease IS disruption of myelin formation:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7069444/>

Therefore, lowering cholesterol would be expected to increase Alzheimer risk. This is observed: as Statins use has increased, also Alzheimer incidence has increased.

The following research review shows that “high cholesterol” is not a marker for early death, and in many cases those with so-called “high levels” live LONGER.

<https://bmjopen.bmj.com/content/6/6/e010401.full>

Here is an article talking about research where there is no/little positive outcome in lowering cholesterol intake (it's required for brain health, the brain consumes 25% of cholesterol and is “made of” cholesterol) Most of your cholesterol is MADE BY YOU in the liver. It is VITAL for the production of vitamin D, which is itself a critical nutrient for health. Statins can cripple your ability to self-produce vitamin D (in the sun). Dietary changes are positive due to triglyceride lowering not cholesterol.

<https://www.peoplespharmacy.com/articles/do-statins-save-lives-doctors-dont-agree>

The following is an review of current literature “LDL-C does not cause cardiovascular disease”

<https://www.tandfonline.com/doi/full/10.1080/17512433.2018.1519391>

The following research shows that it is not cholesterol per-se that is bad, but the RATIO of cholesterol to Triglycerides in the blood. They do not check this ratio, they only check cholesterol levels against an arbitrary standard.

https://www.researchgate.net/profile/Mitra-Darbandi/publication/351048982_TriglycerideHigh-Density_Lipoprotein_Cholesterol_Ratio_A_Clue_to_Metabolic_Syndrome_Insulin_Resistance_and_Severe_Atherosclerosis/links/60811e29881fa114b41b8a5b/Triglyceride-High-Density-

[Lipoprotein-Cholesterol-Ratio-A-Clue-to-Metabolic-Syndrome-Insulin-Resistance-and-Severe-Atherosclerosis.pdf](#)

Commentary: Statins are a money making drug, they do lower cholesterol. However cholesterol is a vital nutrient for the brain and required in hormone production (testosterone/vitD). Most of it is produced by the body, what you eat has little effect (but does on triglycerides) the body does not produce toxins. There are no one-size fits all levels you should have. Everyone is different. As use of statins has increased so has the known side effects of low cholesterol (alzheimers/dementia).

Clearing out arteries. L-lysine and Lysine are the same thing and can be purchased on Amazon or other online platforms. The same is true, of course, for Vitamin C.

Here is the protocol an older gentleman used and it worked for him:

4000mg L-lysine/ day total, taken in 2 doses on empty stomach or w/ a bit of juice/toast/carbs. Zero protein here & minimum 2 hrs before Lysine dose.
L-lysine absorption is impaired by protein. (Via amino competition)

4000mg Vitamin C/ day total, taken in 2 doses (2000mg's per dose) on empty stomach or w/ protein meal. Zero Carbs here & minimum 2 hrs before Vitamin C dose.
Vitamin C absorption is impaired by carbs. (Via glucose competition)

SCHEDULE: Do not skip! Before you take a single pill: For yourself and for God,
WRITE. DOWN. A. SCHEDULE.

My FIL's was:

7am: 2000mg Vitamin C on empty stomach or w/ small protein meal. Zero carbs here.

9am: 2000mg L-lysine on empty stomach or w/ a some juice/toast/carbs. Zero protein here.

Noon to 5pm eat whatever.*

8pm: 2000mg Vitamin C on empty stomach or w/ a protein snack. Zero carbs here.

10pm: 2000mg L-lysine on empty stomach or w/ some juice. Zero protein here.

The HOW & WHY:

Linus Pauling, -the only one ever to win TWO unshared Nobel Prizes -invented this therapy when he discovered that the calcifications inside arteries featured a (molecular) "lysine binding site". This means Lysine gently but rapidly melts away blockages (arterial sclerosis) like a sugar cube in hot coffee.


The vitamin C helps heal the endothelial layer inside the arteries. Here's a mystery the medical establishment has never explained to you: why do the "clogs" start in larger arteries highest mechanical load, rather than the itty-bitty single blood cell wide capillaries? Any plumbers here? Heart pumping produces higher mechanical load on all the stereotypical points where clogs are commonly found.

This causes microtears in the single cell layered interior of the artery. The endothelial cells. These microtears are normal and are healed via a process in which vitamin C is CHEMICALLY REQUIRED.

With insufficient vitamin C 'on tap,' sticky LDL cholesterol sticks to the scabby (if you will) wounds that don't heal properly inside the artery. This then builds on itself overtime.

I'd like to pause a moment to share a personal opinion:

If you are a cardiologist and the above questions regarding why arterial sclerosis forms predominantly in "the biggest pipes," and NOT the small micro capillaries have never occurred to you, then your worthless as a healer and should immediately RESIGN YOUR PROFESSION or educate yourself so you can ACTUALLY HEAL DESPERATE people starting NOW.

The reason why this  particular failure in the profession is so immoral is because you almost certainly have a higher-than-average IQ.

And yet... You didn't have the stones or common sense TO DECIDE TO DO the thinking necessary, that God Himself gifted you with the mental horsepower to do*that would save most of your patient's lives for \$40 worth of supplements from CVS on their way home.

Families have been decimated and you are in the position to do something.

Again:

FAMILIES HAVE BEEN DECIMATED AND YOU ARE IN A POSITION TO PUT AN ALMIGHTY END TO IT.

And finally... How I completely cleared out my father-in-law's arteries in 4-weeks. His scheduled Heart Stent procedure: Cancelled.

In 2011, my 47yo FIL (father in law) was diagnosed with heart disease (arterial sclerosis) after a heart attack and had one stent put in. He smoked a pack a day and drank a 12 pack of Pepsi a day.

In 2015 he used to golfed w/ his friends several times a week. And one summer it got to a point where he would be too tired to do any more than 9 holes. After another month he was too tired to golf at all. Doctor did a heart scan 'with contrast' and found 3 clogs between 70% and 90%. His left ventricle ejection fraction was barely 40%. Doctor scheduled heart stent surgery (technically regarded as non-surgical).

When I heard about his situation I immediately asked him to postpone the procedure out to four weeks. He couldn't even work in this condition and he was very afraid to have such bad heart disease and only 51 so this was a big ask but knows that I am a strange breed when it comes to obscure research like this so he trusted me.

I put him on the Linus Pauling therapy exactly as stated above. You could add more shit to it (that might fuck with the absorption) but I'm telling you here what worked. TWICE.

During the procedure, but after I had already treated him, the doctor said his arteries were "clean as a whistle. Then the doc sort of got scared because he thought it was SO IMPOSSIBLE and that his office might have made a mistake and mixed up heart scans with another patient. Upon further checking, There was no mistake.

Father in law was 51, average build and couldn't walk across the room without getting out of breath. One week into the therapy he was playing 9 holes again. Two weeks in and he felt 100% normal. Went back to work.

Now here's the Encore: 3 years after the above

After his scheduled heart stent procedure was concluded with no stents put in, he immediately stopped the treatment and didn't do it again.

Flash forward to 2018 after continuing to smoke two packs a day and drink a 12 pack of Pepsi a day, the same thing happened. He noticed it again when he was too tired to go more than 9 holes. On a Thursday, he passed out on the green and was taken by ambulance to the hospital. The next day a scan with contrast showed clearly three blockages, 2 @ 80% and the 3rd was near total blockage. His left ventricle ejection fraction was 20%. This is approaching heart failure. 54 years old.

His cardiologist scheduled emergency stent surgery and a mechanical 'rotor-rooter' type procedure for the following Monday. FIL tried to buy time w/ the Doc so he could do the treatment again. Doc said any more than 2 weeks would be life-threatening.

FIL call me up to ask the dosage/schedule again. Two weeks later on 'procedure' day the same thing happened. Catheter scope up the groin. Camera sees no blockages in the first 2 spots and only 20% in the one that was at near total blockage 15 days prior.

Doc abruptly ended the procedure with nothing needing to be done. ZERO STENTS AGAIN.

The cardiac catheter camera was pulled from his groin and the doctor left the room.

As the nurses were wrapping everything up, the Doc and an unknown colleague (Doctor?) came back in with notepads and started asking questions.

TO BE CLEAR, two separate times he was on the table so to speak, with a cardiac catheter up his groin all the way to his heart and both times there was nothing there and the catheter was withdrawn without mounting a single stent.

EDIT: Lysine and L-lysine are the same thing.

Vitamin C made out of fruit extracts, etc. is probably best because it's natural. But you need it in pill form.

I've read that capsules are preferable over hard-pressed pills for absorption.

With no disrespect meant to any other method, because there certainly are many, I bring you this here with such conviction for two reasons:

Linus Pauling was a genius biochemist, chemical engineer, etc, whose hard work and treatment I presented to you all here tonight, was purposefully obscured and -after his passing in 1994 at 93yo -suspiciously added to. (you'll see if you dig)

This is the method I know first-hand works from my own personal experience with a family member and their baffled doctors. Twice. 3 years apart.
