



# Health Matters

by  
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A paper published in the *American Journal of Cardiovascular Drugs* cites nearly 900 studies on the well-established adverse effects linked with cholesterol-lowering drugs known as Statins. These adverse effects don't always surface immediately, so oftentimes they're not associated with the use of Statins.

Some of the common adverse effects of Statins listed are muscle weakness, memory loss, sexual dysfunction and peripheral neuropathy, a condition characterized by pain, numbness and weakness in the hands and feet. Typically affecting an estimated 15-18 million Americans, two-thirds of those with peripheral neuropathy are non-diabetics.

An analysis of studies over 30 years of research in Germany has shown that a potent, protective antioxidant called **Alpha Lipoic Acid** can have a therapeutic effect on damaged nerve tissue by improving blood flow to peripheral nerves and stimulating conduction of nerve fibers.

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