



## Statin Nation

The Ill-Founded War on Cholesterol,  
What Really Causes Heart Disease,  
and the Truth About the Most  
Overprescribed Drugs in the World

Justin Smith

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**For media inquiries contact**

**Christina Butt**

cbutt@chelseagreen.com

802.295.6300 ext.127

**For author events contact**

**Jenna Stewart**

jstewart@chelseagreen.com

802.295.6300 ext.120



An in-depth investigation into the mass overprescription of cholesterol-lowering medications—and the pharmaceutical companies that benefit from it.

**H**eat disease is the leading cause of death for both men and women. For decades, health authorities have promoted the idea that it is caused by dietary fat and cholesterol “clogging up the arteries.” Based on this outdated hypothesis and the results of various cardiovascular disease risk calculators, cholesterol-lowering statin drugs have become the most prescribed medication in the world. But the risk calculator in current use serves the purposes of the pharmaceutical companies by focusing specifically on suggested risk factors medications exist to modify. Here are some facts revealing Big Pharma’s influence:

- Estimates suggest around 100 million people are currently taking statins and one billion people are eligible for the medication.
- According to a US survey, 94 percent of doctors have some kind of link with the pharmaceutical industry.
- Clinical drug trials are almost always conducted by the pharmaceutical companies themselves. Unsurprisingly, studies have found that the results of company-sponsored research are considerably more likely to show the drug in a favorable light, and clinical trials that show favorable results are more likely to be published.
- These clinical trial reports do not accurately represent the real-life populations who are expected to take the medications. In fact, when researchers look retrospectively at the benefits of statins, the drug appears to be having no positive impact.

In *Statin Nation*, author Justin Smith synthesizes the current research and explores a completely different way of thinking about heart disease. He argues that lowering cholesterol is actually detrimental to health and cites new research that it may actually help prevent heart disease. Rather than waging a war against cholesterol, medical professionals should be looking deeper into the root cause of heart disease, including factors like stress and diet (specifically nutrient intake). Studies have shown some nutritional interventions to be at least six times more effective than statin medications, and stress reduction could be as much as eleven times more effective than statins. Armed with information like this, Smith empowers readers to have more detailed discussions with their doctors and to make informed decisions about their own health.



**Justin Smith** is the producer, director, and writer of the documentaries *Statin Nation I* and *II*. He was formerly a personal trainer, sports massage therapist, and nutrition coach. The documentaries arose from a general-nutrition book planned by Justin. He originally hoped to only spend one chapter on cholesterol but rerouted the entire project once the overwhelming evidence disillusioned his notions of heart disease. He is based in the UK.

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