

McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

Statins?

With Christmas approaching and the potential for excess and overindulgence,

stilton, cream and lots of butter in the offing just how wise is it to take Statins?

Recent suggestions have even extended to selling them over the counter or giving out for free when people buy junk, fat loaded fast-food. The rationale being that by lowering cholesterol, arteries won't clog and heart attacks and strokes can be prevented. However high cholesterol along with most other cardiovascular risk factors can be lowered in most people naturally by lifestyle changes such as exercise, healthy diet and keeping weight under control. More importantly statins come with many dangerous and sometimes deadly side effects including liver damage, impaired brain function, sometimes irreversible muscle damage and eye disorders.

There is clear evidence that these drugs are overprescribed. (see MESA study by John Hopkins). Only people with measureable build-up of artery hardening calcium in their blood vessels had a high rate of heart emergencies over the course of the six year study. Almost 50% of the study participants had no detectable levels of calcium in their blood vessels and those people had a very low statin drugs rate (c. 5%) of heart-disease related events – meaning that taking daily statin drugs as a 'preventative measure' wouldn't have offered any coronary protection. But taking the statin drugs would have exposed them to potentially serious side effects. The researchers are now calling for an emphasis on measuring coronary artery calcium deposits to find out who is really at risk of suffering a heart attack. Even in people with moderate calcium build-up, only one heart attack would have been averted in

every 54 people treated and one stroke in every 54.

“Statin therapy should not be approached like diet and exercise as a broadly based solution for preventing coronary heart disease. These are lifelong medications with potential, though rare effects, and physicians should only consider their use those patients at greatest risk, especially those with high coronary calcium scores” (Roger Blumenthal, M.D. a professor and director of Ciccarone Preventive Cardiology Centre, John Hopkins). He also pointed out that as many as 5% of people on statins develop serious side effects, such as muscle pain. In addition one in 255 will develop diabetes because of the drugs.

Much of this material is from “Health Ranger”

Fantastic free session worth £150

How has your year been? Have you achieved all you hoped you would back in January, all that you set out to be and do this year? If there are still some areas (or even lots of them!) that you would like to change before 2011 arrives, then here is **A GREAT INVITATION:**

For the last week of November and early December I am offering a limited number of people the chance to have a free “activation” session with me, worth £150.

As Christmas and New Year approach, it's time to pause and consciously consider your plan for 2011. What results do you wish to accomplish next year? Do you wish to be healthier, happier and more energetic? Are you looking to overcome a chronic disease, an emotionally troubling relationship or a personal career challenge?

Ask yourself: what will it realistically take for me to achieve these desired results? And remember: if you don't change what you did during this year, you're going to get the same results next year! So now is the time to create a new "recipe for life" – a new recipe for a new year.

To help you get started, I am offering A GREAT INVITATION: Apply to have a free "activation" session with me, so we can assess whether one of my customised programmes would be of benefit to you. Together we will go through the process that will start you on the path to improving your life. This session would normally cost £150, but I am offering a select few the opportunity to begin changing their life at no cost.

Why am I doing this? Let me tell you my own story: Over 17 years ago I was an investment banker. I earned significant amounts of money but I felt "owned". I was not in charge of my life and my health was suffering. I knew that if I continued in a career I wasn't passionate about, things could only get worse.

It had always seemed totally logical to me that the body and mind worked together. I felt I was wasting my life when I had such a strong "knowing" so I went back to college and trained as a homoeopath. These days my practice has extended far beyond homoeopathy. Homoeopathy still amazes me – it can be extremely powerful. But I've added many more aspects to my work – be it clearing the body of toxins or getting my clients to stop and work out what is really important. My life has changed dramatically for the better, and so can yours. It is such a cliché to say "life is not a dress rehearsal" but it is a truth we often don't focus on.

Do you want another five or 10 years to pass with mediocre health, poor metabolism and constant weight battles, or a sense of deep inner dissatisfaction? Perhaps your relationship has been neglected, but you don't know what to do about it? Whatever it might be, an

ACTIVATION session will allow you to start taking action. And you will quickly start to see results.

During your free ACTIVATION session I will be able to determine whether one of my Life Improvement packages is suitable for you. If it is, you will have access to me by email and we will work together to help you achieve your goals.

If you are interested in changing your life for the better, please contact me. 2011 could become your best year yet. But don't delay – I am only offering a few free ACTIVATION sessions and the offer will close when those free places have been taken up.

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PARTING THOUGHTS.

THE KNOTS PRAYER:

Dear God; please untie the knots that in my mind, my heart and my life. Remove the have nots, they can nots and the do nots that I have in my mind. Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots and should nots that obstruct my life. And most of all, Dear God, I ask that you remove from my mind, my heart and my life all of the "am nots" that I have allowed to hold me back, especially the thought that I am not good enough. Amen. (Author know to God)