



True Red Rice Yeast, similar to a statin, or some call a “natural” statin is a quick fix option but one should know the full story!

True Red Yeast Rice is a unique natural product that's been used in Asian traditional medical systems since approximately 800 A.D. It is produced by the fermentation of red yeast (*Monascus purpureus*) with white rice. Optimal Health Bridge True Red Yeast Rice is carefully produced to ensure effectiveness.

The Trouble with the Cholesterol Theory:

If we are to believe our television commercials, our country's problems with heart disease stem from cholesterol. It is estimated that 50 of heart attack victims have high cholesterol. This means 50% of heart attack victims have normal cholesterol numbers. So here is the problem, with millions of prescriptions of statins dispensed, there are plenty of heart attack victims who have “proper lipid profiles” from taking statins, but they still suffer heart attacks. In fact, many doctors on the cutting

edge of heart disease science now believe it is NOT the high level of cholesterol that is the problem but the oxidation of the cholesterol which is a problem that causes heart disease, NOT the cholesterol itself. One doctor recently reported, shockingly, that the more cholesterol you have, the longer you will live! It's systemic inflammation that seems to be the culprit in what we call “modern post-industrial diseases.”

So where does inflammation come from? Mainly from poor lifestyle choices and habits. Recently I considered the health of health care workers. Those who work in the medical field, those who serve as first responders, those who work in hospitals, many of them have serious lifestyle health issues and challenges. Ironical, isn't it? Here is just the tip of the iceberg: High levels of stress, poor food choices, long work shifts. Smoking, high carbohydrate diets (read junk food), lack of proper rest and sleep are the most culpable lifestyle habits that lead to systemic inflammation. Recommendations: Besides supplements like red rice yeast, that lowers cholesterol as well as inflammation, there are important benefits from high quality Omega-3 fish oil, like True Omega-3, Antarctic Krill Oil and High DHA Omega-3 . See The Omega-3 Protocol. If you decide to use red rice yeast, always consider the benefits of Ubiquinol CoQ10 as a means of replenishing the body's need for CoQ10, the catalyst of muscle energy. **Dosage: 2 capsules twice a day.**



Smile!

Garey Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Garey turned his health challenges around in just a few months by using Omega-3 supplements. Garey is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

“Smile at the fact your body works flawlessly 99% of the time!”

Garey's Signature Guarantee: I personally stand behind my products, my website and my staff. If you have any concerns, please **contact me for a quick response!**

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