

“An ancient remedy lowered my cholesterol!”

When her LDL levels spiked, Heather Lopez feared her family’s history of heart disease would catch up to her. Instead of taking statins, she tried red yeast rice—and her numbers plummeted!



“I no longer worry about my numbers and can enjoy my life,” says Heather

Your cholesterol is still climbing,” Heather Lopez’s doctor warned. “Let’s try this first, and if it doesn’t work, we’ll have to try statins.”

Heather’s cholesterol had never been this high before—rising to 221. She had felt unwell for months and now worried about the related complications her doctor mentioned, such as heart disease, stroke and kidney damage.

If my cholesterol stays untreated, my health is in jeopardy, Heather realized.

Her grandfather had high cholesterol and died from a heart attack in his 50s. *I don’t want to follow in his footsteps.*

After leaving the doctor that day, the 45-year-old marketing strategist looked down at the note her doctor had handed her with her final recommendation: red yeast rice. She’d been puzzled at her solution so the doctor explained red yeast rice has been

used for centuries in China to improve digestion, boost blood circulation and support heart health. Now, it’s gaining attention for its ability to help lower cholesterol naturally. Her doctor encouraged her to try it and follow up with new lab work in a few months. *Could something so simple work for me?* she wondered.

“Red yeast rice extracts are a source of naturally occurring statins, and are by far the most effective.”

—Andrew Weil, M.D.

A powerful solution

Heather dove into online research and discovered that *monascus purpureus* yeast paired with the fermentation process of rice produces potent compounds with scientifically backed cholesterol-lowering properties.

One compound in particular, monacolin K, has the identical chemical structure as the prescription statin lovastatin and works by blocking a key enzyme in the liver involved in cholesterol production.

In turn, lower cholesterol production triggers the liver to pull more cholesterol from the bloodstream and flush it from the

body more efficiently. *Interesting,* Heather mused, hopeful it would work for her.

As Heather continued researching, she found one study that showed that red yeast rice slashed total cholesterol by 23% in 8 weeks. Encouraged, she purchased a bottle of red yeast rice supplements (Best Naturals, \$14 for 120 tablets on Amazon) and began taking the doctor-recommended dose of 1,200 mg once daily.

By the time Heather returned for another round of bloodwork, she felt more energetic. Her doctor beamed as she delivered the news. Heather’s total cholesterol had plummeted by a stunning 66 points!

Heather’s jaw dropped, and her heart pounded with relief and joy. Even more incredible? She had even missed a few doses.

Now, Heather says she feels confident. “I’m thrilled to have found a remedy,” Heather says. “I no longer worry about my numbers and can enjoy my life. I feel healthy and empowered!” —*Monica Romano*

Editor’s note: Always check with your healthcare provider before supplementing.

Courtesy of Heather Lopez; Getty

Other health benefits of red yeast rice

✓ **Lowers blood pressure**
Research published in *Frontiers in Pharmacology* found that adults aged 60 to 70 who took red yeast rice supplements daily for three months lowered both their systolic and diastolic blood pressure.

✓ **Helps strengthen bones**
A recent study in *BioMed Research International* found that in animals with osteoporosis, red yeast rice extract significantly improved bone mineral density and even boosted bone-building cell activity.

✓ **Eases inflammation**
People who took red yeast rice extract significantly lowered levels of hs-CRP, a protein linked to inflammation, and markers of oxidative stress, which also play a role in inflammation.



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