

sci.med.cardiology: Re: @@Anyone ever try the Linus Pauling treatment?

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Matti Narkia <mnng1_REMOVE_THIS@despammed.com> wrote in news:ebeki0tqbmsvdkrevdbqie10tgnrj1t1m6@4ax.com:

>

> *There is a study from last year which showed that cholesterol can be lowered by a diet as much as with lovastatin:*

>

I think you left out the word "nearly" (..as much..).

Since there might be other benefits from the statin (and not the diet alone) imagine what one could do taking a statin *and* a proper diet.

The best of both worlds.

L.