

Re: Heart Attack

>> plaque? What options do I have?

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> I am not a doctor. I suggest that you continue the exercise program and to
> consider becoming a vegetarian.

Please do not suggest anything Jason...you know only what you read in books...

becoming a vegetarian might not help at all....it is not only ingested fats,,but those produced normally by the body..

the op needs to follow his health profesional's advice...not Jason's ...not a book

I also suggest that you read this book

> and start taking the "alternatives" mentioned in the book

> **WHAT YOU MUST KNOW ABOUT STATIN DRUGS AND THEIR NATURAL ALTERNATIVES**

> by Jay S. Cohen, M.D.

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> NEWSGROUP SUBSCRIBERS MOTTO

> We respect those subscribers that ask for advice or provide advice.

> We do NOT respect the subscribers that enjoy criticizing people.

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• *Follow-Ups:*

◆ **Re: Heart Attack**

◇ *From:* Andrew B. Chung, MD/PhD

• *References:*

◆ **Heart Attack**

◇ *From:* arnold2@xxxxxxxxxxxx

◆ **Re: Heart Attack**

◇ *From:* Jason

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