

# ASHBY ADVISOR

Sixty-Seventh edition  
New Year 2013

Happy New Year to Everyone and thanks so much for your support through 2012. (there were times I thought the Mayans were personally trying to do me in.)  
So let's move on to what's happening.

From The Journal of American Heart Association Online: A cocktail of 3 specific genes can turn scar tissue in the heart into functioning muscle cell and with an additional gene they can re-grow blood vessels in the heart to enhance the effect. Research so far has been done on small animals. Humans and large animals heart trials have not been announced. So re-growing heart tissue back to normal after a heart attack looks more likely in the future. Just make sure you survive the attack and live long enough.

Is there a difference in how your body reacts to high fructose corn syrup versus glucose? Your brain seems to think so,. Researchers had participants drink a glucose drink or a high fructose drink. The glucose group had a significant drop in blood flow to the hypothalamus while the fructose group showed a slight increase in blood flow.

What does this mean? It may mean that fructose increases the desire for food intake by continuing to stimulate a part of the brain that helps control appetite.

## An update on Statin Drugs

A 2012 report found that 32 million American take a Statin drug daily. 25% of people over 45 take a Statin. 50% of men between 65 and 74 take a Statin.

There is solid evidence that Statins given to patients who have had a heart attack or have advanced atherosclerosis will reduce the chances of a second heart attack. Beyond that, the evidence for how much it helps is being hotly debated in the medical/research community. Statins, like any drug, are not without negative side effects. Up to 5% of patients will develop serious side effects such as muscle pain and/or muscle damage. Memory loss is another effect. Elevated blood glucose levels as well. (one in 255 patients will develop diabetes due to a Statin.) No one knows the really long term consequences of statins, both positive and negative. Yes we may prevent a certain percentage of heart attacks, but will we be invoking the "Law of Unintended Consequences." by creating more problems than we prevent? Studies show that 90% or more of people can probably get off statins if they exercised and changed their eating habits. And we'd save hundreds of millions of dollars on health care costs. With an aging population we need to think about preventive strategies. Take charge of your health. (Eat more tree nuts.)

Take charge of your health. Get yourself aligned and do the stuff you know you want to do to feel better.

Quote: "Success is going from failure to failure without losing your enthusiasm" Abraham Lincoln