

The Natural Statin

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There may now be an all-natural (and less expensive) alternative to statins. University of Pennsylvania researchers discovered that people who took 1,800 milligrams of red yeast rice supplements twice a day for 6 months saw their LDL cholesterol levels drop 21 percent. That's nearly the same reduction seen with many statins, but minus the muscle soreness those drugs can sometimes cause. If you're on statins but want to explore a different option, ask your heart doctor about switching to **Naturals Red Yeast Rice (\$16 for 120 capsules, naturals-supplements.com)**, the same brand used in the study.