

THE WEEKLY NEWS

Malcolm found a natural way to fight cholesterol

DURING a health check four years ago, Malcolm Thomson (71) learned that at over seven, his cholesterol was far too high, writes Gavin Sherriff.

His doctor told Malcolm it was putting him in the high-risk category for a heart and stroke.

Malcolm, who's from North Yorkshire, was prescribed statins, but says he wasn't warned of the potential side effects.

"It was a gradual thing over months — I suppose this is why I didn't connect it to my medication," he reveals.

"The symptoms were subtle and over time, became more chronic.

"I put the aches and pains down to my age, and decided I would just have to put up with it.

"I was on statins for three years in total.

"In the end, the side effects were really quite debilitating.

"In particular, I suffered from aching muscles in my legs.

"This was really difficult as I struggled with basic movements such as walking and sitting down.



■ Malcolm Thomson.

"Even when I was lying down, I didn't feel comfortable.

"It was a general feeling of discomfort that was there most of the time.

"I also suffered with dizziness," adds Malcolm.

"When this got really bad, I went back to my doctor, but he didn't say it might be connected to my medication."

Even though he knew he was putting himself at risk of higher cholesterol, Malcolm eventually felt so bad, he decided to stop taking the statins altogether.

A year later, his cholesterol had risen to 6.7, compared with five when he'd been taking statins.

Through a friend who'd been in America, he heard about a product called Vascular Natural, now available in British pharmacies and health stores.

"I started taking the product around four months ago," says Malcolm.

"I feel a big sense of relief that my cholesterol is coming back down again to a healthy level (now 5.5).

"The product is good because it is made up of natural ingredients and you don't get any side effects.

"I would happily recommend Vascular Natural to anyone who finds they are experiencing side effects from taking statins.

"This product is definitely doing the job and I feel better.

"It's really nice to know I am taking care of my health without having to take prescription medication."

■ As with any health product, we would recommend speaking to your doctor before starting any form of treatment.