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**From:** Stephen Hanson <[REDACTED]>  
**Sent:** Saturday, September 19, 2015 1:52 PM  
**To:** jeevacation@gmail.com  
**Subject:** Crestor

Jeffrey. I cfmd with my doc the below info on how I started Crestor

I started back in 2009 when my levels where 190/215 for at least 10 years prior and my original doc begged me for years to start a staten I took a 5 mg tablet / which they make - and cut in half for the first 6 weeks then increased to 5 mg where I stayed up until this year- and at a cholesterol range of 120/117/ - originally took about 4 months to drop down to these levels then Shimony insisted I take 10mg for this last year where I dropped to 103=105 total cholesterol - But like you - we never take any drug so starting Crestor had to be a slow start as it really effects cramping -especially leg muscles -to compensate - I started off with 200 mg of -life extension brand - CoQ 10 super ubiquinol -on Amazon - then quickly - 3 weeks - went to 400 mg / 200 am- pm where I have been for years

I had also tried a few other brands of staten and Crestor was the only one I could tolerate Hope this info helps

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