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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Saturday, September 19, 2015 2:02 PM  
**To:** Stephen Hanson  
**Subject:** Re: Crestor

Thx

On Saturday, 19 September 2015, Stephen Hanson <shanson900@gmail.com> wrote:  
Jeffrey. I cfmd with my doc the below info on h=w I started Crestor

I started back in 2009 when my levels where 190/215 for at least 10 y=ars prior and my original doc begged me for years to start a staten<=r> I took a 5 mg tablet / which they make - and cut in half for the first 6 we=ks then increased to 5 mg where I stayed up until this year- and at = cholesterol range of 120/117/ - originally took about 4 months to drop do=n to these levels then Shimony insisted I take 10mg for this last year where I dropped =o 103/105 total cholesterol - But like you - we never take any drug so starting Crestor had to be a slow =tart as it really effects cramping -especially leg mussels -to compensate = I started off with 200 mg of -life extension brand - CoQ 10 super ubiquin=l - on Amazon - then quickly - 3 weeks - went to 400 mg / 200 am- pm=C2 where I have been for years I had also tried a few other brands of staten and Crestor was t=e only one I could tolerate Hope this info helps

Sent from my iPad

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=C2 please note

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