



How to Protect Against
and Fight Alcoholism Using
Nutrition and Vitamin
Supplementation

THE VITAMIN CURE

— FOR —
Alcoholism

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The Vitamin Cure for Alcoholism: Orthomolecular Treatment of Addictions



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Never would have believed it, but it is apparently working. One month update, more or less: Miraculous.. I'm almost scared to talk about it, for dread it'll stop working. As a bonus, the longer I really do it, the less difficult it seems to be. And maybe offer some tips, in the event somebody with an alcohol problem is coming here looking for help. If you are a heavy drinker and can't stop, this might do the job. Hoffer will say 1. I am, without a doubt, a "endorphin high" drunk. It is well crafted and lays out a fairly compelling case for the niacin therapy they suggest. Taken with 4oz hot or cold water.. I have to assume that's related niacin's capability to dilate your capillaries (the "niacin flush"). Why all the B vitamins? After decades of alcohol abuse, and after trying pretty much everything to give up (including Naltrexone, the Sinclair technique), this is a fundamental change, and it occurred immediately. No real surprise there. And so, now my human brain craves alcohol, because that gives it temporary respite from those screwed-up neurotransmitter levels. Five Stars very good. Sound familiar? Then continue reading. The vitamin cure is about providing excess niacin (vitamin B3) and a small number of other nutrients. As near as I could tell, having that extra allows your body to create substantially more neurotransmitters, specifically, serotonin and dopamine. And the result is that, over time, you wind up re-balancing the neurotransmitter systems in the mind. And you no longer crave alcohol to achieve that for you. (This is simply not the reason given in the publication, but it is why it is sense to me, based on a little bit of research. I possibly could not really ask for any other thing more. I have performed this. AA and various other abstinence-based approaches keep you sober, however the imbalance in the mind is still there, and the craving remains. I just needed a little dose of alcohol, not a large one. Because alcohol features much like sugar in your body and in the process of being metabolized it's been using up any store of B vitamins you have. Drinking is normally fine, it's fun -- I still enjoy getting drunk -- however in no sense could it be necessary. And it requires a vastly smaller dose to make me feel great. I am keeping well below the four-drinks-per-day 14-drinks-per-week boundary, below which drinking does not appear to harm your health. And after years to do that, hey, guess what, the neurotransmitter systems in my brain are all out of whack. Excellent book. But maybe at this stage, I can lighten up a bit. I don't feel like I would snap and go back to my aged ways. After a month, I feel such as this may be the new normal. Therefore let me finish this by telling you why I think that is working. But, totally unlike the past, several beers was sufficient. Prayer might help. You are constantly at an increased risk for giving directly into that craving. twenty years ago this was the normal form of niacin but has since been crowded from the market by the no_flush, time release niacin that is not what you need to buy. Presumably, if you do that long enough, your brain learns that it can't get that good feeling from drinking any longer. I believe in supplements and diet and this book is a superb reference for anyone with any addiction. Didn't function for me personally. With this, all I can say is, just a little alcohol makes me experience fine. Emphasis on little. I'll have several beers, some nights, to get a little buzz on -- and that's it. And I'm no out-of-control drunk. And so I'm not a T-totaller. I am now, for want of a better term, a normal public drinker. And I don't actually need that every day. Such as have a good B-50 complex a few times a day... regular. Intelligent usage of niacin + B vitamins will lift this curtain of unhappiness. I've noticed a few side effects. This is doing work for me, full stop. And when I do drink, I certainly end up getting bloodshot eyes. (There are numerous other types of alcoholics, and I don't know if this will work for those other types. And Primrose Oil (for a few kind of fatty acid) provided me the trots, so I skip that. FWIW, I don't follow this reserve slavishly. Magnesium ascorbate can be a buffered C. Consider chromium picolinate which helps glucose rate of metabolism. This produces even more of a flush than when used with food. You will find more information at co-author Andrew W Saul's website. So I swallow a handful of (mainly) harmless vitamin and mineral pills with lunch, and I'm all set. Cheap, effective, no significant unwanted effects.) For me personally, the influence was immediate: The very first day I dosed myself seeing that directed by this book, I was able to stay sober. Sometimes the vitamins, independently, give me irritated bloodshot eyes. If my story appears like yours, It is advisable to check it out and see if it'll work for you. 5-3 grams.

Briefly stated-- The vitamin treat for alcoholism is normally niacin. The old fashioned kind that gives you a flush. Naltrexone (Sinclair technique) is more-or-less the same thing -- that blocks opioid receptors in the brain, in order that drinking doesn't make one feel good. Rugby makes this kind of flushing niacin. Swanson provides their own make of flushing niacin that's 500mg capsule x 250 capsules x \$6.98 and as of December 2013. Swanson and Rugby niacin can be bought at Amazon. Buy the 500mg size and begin with part of the tablet or capsule. Eat it at mealtime to reduce or eliminate the flush. I think the easiest method to guess whether it'll or not is to figure out what kind of a drunk you are, based on chapter 4 of the publication "Seven Weeks to Sobriety". 5-3 grams is a good daily quantity for you. You take niacin a few times a time and the daily total is usually 1. Little book, big cure starring niacin (vitamin B3) If not a cure then very close to one. Maybe some need more but start steadily. You shouldn't be scared of the niacin flush, it really is your friend. This is what it says to do in the book, therefore that's just what I do. You have already been strong so far..If that appears like you, continue reading. I still craved getting drunk, and that ultimately leads to falling off the wagon. Right now I am up to 1000mg very first thing in the morning. And over the years, I've gotten habituated to alcohol, and now I need alcohol. That is clearly a gram of C, half of a gram of B3 (as niacinamide -- the "flush" type niacin was an excessive amount of for me personally), a balanced-B-complex, plus chromium, zinc, and so forth. The classic Abram Hoffer (niacin guru who lived to 91) advice would be to consider niacin after foods. I have a few more 500mg capsules during the day so I consider about 2500mg daily. To get over the hump you have to spread out your niacin. You need to maintain high niacin amounts within your body throughout the day. Superb book. Still felt awful all day the very next day -- worse than any hangover, even though I hadn't drunk any alcoholic beverages. I was kind of cranky the first week, and had a few beers to settle that out. This is exactly what scares off niacin newbies. Once you start daily niacin and consider it several times during a day time, the flush gets diminished. Niacin may be the core but get this book for the full story. I'm . This is a common product and contains 50mg of all B vitamin supplements. When you start a higher intake of niacin and the various other B vitamins your sugar and glucose metabolism is returned to normal. Yes, the B50 complex consists of niacin and thiamin but you need more of these two. Also take vitamin C. Easy and simple C to consider for me may be the magnesium ascorbate powder and I have a total of 3 half teaspoons every day in divided doses. This equals about 3 grams of C. The gist of it is mega-vitamin therapy, which really just means taking so much of these vitamin supplements that your body always has surplus available. 3. I'm at the point where I take "among each" once a day. Browse the book- "Lifting Major depression: The Chromium Connection". He advocates 1000 mcg chromium picolinate daily. Most are in gentle or severe depression due to long term alcohol overuse. You might be an operating alcoholic who still does well at your job. Your life isn't a mess but you have mild melancholy. Healthy! I started steadily. For the very first time in years.) What that means is definitely that I drink to manipulate the neurotransmitters in my own brain. Because high alcohol intake over years offers put you into B vitamin deficiency. Why? And now, four weeks involved with it, eh, I can drink several beers or not. Take Thiamin (B1) (ideally the benfotiamine variety of B1) for human brain health and repair. So you will have reduced desire to have alcohol because of hypoglycemic cravings. Cut it out totally perhaps. Not rocket science, just enough to make sure I've an excessive in my own system. Getting on a fitness program can help your alcohol situation. Will give you a daily improvement you can feel great about, that can help lift you out from the alcohol pit. Finally, get God back to your life if you are therefore inclined. Sure, you're sober, but you don't exactly feel great. WARNING! Switch Anything, Hazelden Meditations, Right now Habit. Consuming makes me feel good, I do certain jobs better when mildly drunk, I could remember the very first time I got drunk, and so on. If, like me, you believe to provide it a go, you will probably check out the local supermarket and grab a bottle of 500mg Niacin, alongside 1000mg vitamin C, and begin casually popping 1g of each into your mouth area after each meal. Everyone includes a different niacin reaction. On the next night, I awoke with horrible nausea, and had violent vomiting through

the night. We know that easily took zero niacin for weeks then took 500mg with warm water, that I will get yourself a strong flush. After a small investigation, I recognized that the niacin capsules I bought -- and most of what you will discover nowadays -- were TIMED RELEASE capsules. These usually do not burn during your system between meals. Instead, they linger in your body, gradually trickling out the niacin while you continue to stack increasingly more on top of it, until your liver is definitely forced to cope with a large quantity of niacin all at once. The result is acute liver toxicity. Some people have even ended up with liver transplants after a mere 3 times of wanting to do high quantities of niacin, but utilizing the timed discharge capsules because they didn't know any better. Not merely does the niacin take away the cravings but together with the other recommended vitamins an individual can rebuild their bodies from the ravages of the alcoholic beverages created. BE CAREFUL! I have no doubt this is real, not really a placebo effect. I really believe in products and diet and . It has completely stopped my alcohol misuse.. So divided dosages of niacin. And maybe if you are lucky, that stops the craving. I was wedded to an alcoholic, and wished that he would have had a chance to have already been treated with this method. The book would be ideal for smokers also. It really is all about staying healthy because I really believe most addictions are due to poor diet plan and a unwell body. Just what exactly used to become an intermittent vice is right now a reliable and unbreakable habit. I am pleased. Here are a few books that I would recommend on the topic I'd give it 4.5 stars. I wouldn't use the word "remedy", but instead one of the many tools one could try. Additionally it is critical to choose an excellent company. Here are some books that I would recommend on this issue, by the order worth focusing on. Just see whatever is practical or works for you personally: 1. This book is potentially dangerous. 2. Willpower Instinct. Eating a more plant based diet will help you. Power of Habit (in fact among the weakest books but nonetheless some useful info). The Cure Functions! Peace in my head finally :) Five Stars Works for everyone Three Stars Good read, very informative, not enough good info on dosage!!!! I didn't actually go through this book however We read the details in the reserve Niacin THE TRUE Story. I must tell the for me personally the niacin and various other vitamins absolutely works. I was so surprised as I have been dealing with strong alcoholic beverages cravings for quiet sometime. It really is so awesome never to have the nagging voices in my head every day wearing me down. As the authors talk a little about flushing in the reserve and elevated liver enzyme levels, nowhere in the publication to they explain that you could seriously injure yourself in a very short period using the most common form of timed launch niacin that you'll find at your neighborhood grocery.!



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