

Learn About the Wonderful
Healing Properties of Niacin

NIACIN

The Real Story



- How to take niacin, with detailed recommendations on forms and therapeutic doses
- Accurate information on niacin side effects and safety
- Using niacin for arthritis, children's learning and behavioral disorders, mental illness, cardiovascular disease, and other conditions

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Niacin: The Real Story: Learn about the Wonderful Healing Properties of Niacin



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This book is for people who want for more information about niacin and its wonderful healing properties.



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I cannot praise it enough. Hoffer himself, and just what a fantastic, inspiring story it really is! I bought this reserve in a effort to help my teenage girl with a catalogue of health and emotional problems. She had experienced C.All this suffering because she had global subclinical malnutrition. This publication helped me attain thatl if it was interesting it was We have been to acupuncturists, naturopaths, and conventional doctors.68.Besides for these few issues about the value of this book, I highly recommend it, even though you aren't wondering how effective niacin may be for you, and whether you need to take it all or not. Yesterday, I started giving her Dr. Ruth Harrell's dosages of nutrition for learning disabled children plus the niacin. This morning at eight a.m. I guess the good doctor and Andrew Saul speak from their experience. dificil as a small child due to multiple antibiotic allergies. AIM-HIGH).Personally, although I did try the combination of niacin and simvastatin for 6 months, I've relied on niacin and healthy diet to boost my cardiovascular parameters. NIACIN'S MIRACULOUS PROPERTIES I bought this book more away of curiosity than out of any proven fact that niacin could produce a difference in my own life. I've browse that either Thorazine or Haldol helps with the flushing from that pathway. However, niacin has recently been given a bad rap according to badly designed studies (e. it is written in refreshing, an easy task to follow, non-jargon prose and when you go through it, you will know even more about niacin than most physicians do. However, I could counteract this effect successfully with curcumin and msm.According to this book, about 50% of all people in the world can reap the benefits of taking niacin each day. yes, niacin frequently makes me experience high. would be more up your alley.)(e) I had an extremely unpleasant, unpleasant, protruding pile which got lasted for greater than a month, before I began acquiring niacin.(d) I had a lot more energy, which remains steady through each day (We was taking carnitine, that i no longer need to have.)(c) My joint pains and muscle mass pains, that i had for a long time, went away overnight, nearly completely. Within 3 times my pile had shrunk, I could barely feel any lump and the muscle tone for the reason that area felt far better. I haven't had any problems with piles in the 6 months I have been taking niacin, regardless of how much I push.(f) On a gram of gradual release niacin, taken in addition to the 600 mg fast niacin a day, my LDL dropped from 5.6 to 3.0 in fourteen days. My HDL went from 1.31 to 11. 1 day into megadosing niacin and she stopped being offended at the drop of a hat, walked around singing with her brother, and stopped obsessively checking her epidermis in a mirror.5 grams of slow release niacin a day is best, or take a gram of slow release niacin or more to a gram of fast release niacin each day. Hoffer first found use it on a lot of his patients. Additionally it is, in an exceedingly real sense, the story of Dr. How do I adequately praise the work of these scientists and doctors?(b) Besides going as reddish colored as a beet when I actually took my first two 100 mg tablets, I noticed an instantaneous boost in disposition; I am obviously one of these. Curiously, the opposite appears to be true for my wife: for one, it aggravated her piles over night, leading to them to flare up painfully, and she experienced no subjective benefits. It is therefore a question of every person must try for himself / herself and carefully monitor what they experience. There is a little bit of jargon that evidently explains this: under-methylation (me); over-methylation (my partner.)The only real downsides I experienced (I do not start to see the itching, burning up sensation on the skin and the hot flashes which sometimes arise, as such) is that it appeared to aggravate my sinusitis.In 600 mg instant niacin a day:(a) I possibly could suddenly rest well 7 hours a night time (I was taking 300 micrograms melatonin at night which I no longer needed); Further, if taken straight before switching off the light during the night, I tended to experienced arhythmias (irregular heart beat) while waiting to fall asleep or on waking at night time. So today I take 200 mg about an hour before I switch off the night light, which

makes all the difference. One area the book will not effectively or safely address, which is a bit of a bummer, is clear directions on the use of slow niacin. One aspect of niacin which the author's encounter and mine differ significantly may be the niacin flush. However, it is actually quite unsafe to consider 3 grams of slow release niacin a day time, for each and every 500 mg of slow launch niacin is the exact carbon copy of 1 gram of fast niacin in its effect on the liver. Thus, in order to substitute slow launch niacin for 3 grams of quick niacin, you need to take no more than 1. In my case, I find that a gram of sluggish release niacin (that is the equivalent of two grams of fast niacin) or more to a gram of fast niacin a day produces the very best synergy of benefits in me, with each enhancing the additional. William B Parsons Jr. 5 grams of slow discharge niacin a day. This book also recommends inositol hexanicotinate (it says you need to take twice as much because the instant niacin to get the same benefit), all the acne on her back again is healed, her face is usually 35% better, and she slept. Nevertheless, I haven't found the product to work at all, and there is mounting evidence that inositol hexanicotinate is not very bio-available. Two days into dosing, she reported better focus, social interactions at school, AND THE ACNE ON HER BACK Is certainly 50% BETTER. Was I amazed! For lowering cholesterol, 1. The book is not merely about the many benefits of niacin, but is the story of niacin, of how Dr. If you are thinking primarily of your cholesterol, "Cholesterol Control Without Diet! The Niacin Alternative" by Dr. This does not mean you will encounter a similar effect/ benefit should you choose. (I am someone who never drinks or takes drugs. This book should be atlanta divorce attorneys home library Large amount of useful health information!! I highly recommend "Niacin - The Real Story". Jean Good book with a couple of reservations I've been acquiring niacin for 11 years and have performed extensive research on it. Great product Great product, prompt support! Forty years ago, prior to the arrival of statins, niacin was the mainstay of lipid administration. The proof, in the end, can be in the pudding.:) informative book I have not finished reading it. It can't be done with diet alone. We consume a no glucose, low carbohydrate, organic, low dairy paleo diet plan. I've managed to lower my calcium score by 14% each year and I'm the only real male in my own family to not possess a stroke or heart attack by the age of 50 (I'm 57 now). Reading this book, one can end up being forgiven for thinking that it would be secure to consider 3 grams of slow release niacin a day, instead of 3 grams of fast discharge niacin, although this publication almost exclusively recommends the latter. The authors claim that it rapidly decreases, but in my case, the flushing just got significantly better after 4 to 5 years of constant use (I use the immediate launch form). The flushing is certainly mediated by two unique pathways. The flushing due to the creation of PGD2 can be lessened with non-steroidal anti-inflammatories such as for example aspirin, naproxen sodium, etc. The various other pathway is usually mediated by the release of serotonin from platelets, that is much more challenging to counter. After reading through the refreshing prose for a while, I was motivated to try some quick niacin myself. Great. Flushing is reduced provided that niacin can be taken each day, with very few missing doses. The authors do mention three times a day time dosing, but every time I got it three times a day, I skilled elevated liver enzymes, that is an indication of liver damage. On the other hand, taking the immediate-release form twice daily hasn't caused a problem. With niacin and the proper diet, I've increased my HDL from 30 to 70, dropped my LDL to 100 and halved my triglycerides. Five Stars good read. Thanks. Nevertheless, the latter isn't nearly as fascinating a read because the current examine. The authors perform make some promises which seem a little bit exaggerated regarding a few of the properties of niacin, but they do a good work of explaining its multiple results. !g. But I have started taking Niacin. Very informative Simply written with references to actual studies done by physicians with simply no link with

pharma dollars. Fascinating but incomplete Great data. Incomplete answers. Remaining me with way too many unanswered questions. Niacin could well save your valuable life! I had been prescribed statins to lower my cholesterol amounts, these drugs are toxic and can make you feel and action differently. Niacin is organic (orthomolecular), not really a laboratory made medication (toxomolecular). I hated the way I experienced on statins and wanted a more natural way of decreasing my cholesterol. At 15, she experienced cystic acne, rosacea, insomnia, severe adversarial behavior, and menstrual irregularities.



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