

# Cholesterol Control Without Diet!

The  
Niacin  
Solution

300  
250  
200

UPDATED  
3rd EDITION

William B. Parsons Jr., MD

# Cholesterol Control Without Diet The Niacin Solution

**Michael Hoelscher**



## **Cholesterol Control Without Diet The Niacin Solution:**

*Cholesterol Control Without Diet!* William B. Parsons (Jr.), William B. Parsons, Jr., 1998 Written in plain words to be understood by the general public the book explains that niacin is a designer drug that does everything right lowers total cholesterol and bad cholesterol raises good cholesterol reduces triglycerides and does all this without diet and at much lower cost than other drugs Niacin therapy requires medical supervision is safe and inexpensive reduces heart attacks strokes cardiovascular surgery and deaths William B Parsons Jr M D was born and raised in Pittsburgh PA where he attended college and medical school He trained in internal medicine at the Mayo Clinic where he conducted the first systematic study of niacin to control cholesterol and introduced it to the medical world 1955 1956 practiced medicine and continued niacin research in Madison WI 1956 1973 then went on to practice medicine in Scottsdale AZ for more than 20 years He is the author of many medical articles including chapters in three books      **Orthomolecular Treatment of Chronic Disease** Andrew W. Saul, Ph.D., 2014-06-01 If the word cure intrigues you this book will also High doses of vitamins have been known to cure serious illnesses for nearly 80 years Claus Jungeblut M D prevented and treated polio in the mid 1930s using a vitamin Chest specialist Frederick Klenner M D was curing multiple sclerosis and polio back in the 1940s also using vitamins William Kaufman M D cured arthritis also in the 1940s In the 1950s Drs Wilfrid and Evan Shute were curing various forms of cardiovascular disease with a vitamin At the same time psychiatrist Abram Hoffer was using niacin to cure schizophrenia psychosis and depression In the 1960s Robert Cathcart M D cured influenza pneumonia and hepatitis In the 1970s Hugh D Riordan M D was obtaining cures of cancer with intravenous vitamin C Dr Harold Foster and colleagues arrested and reversed full blown AIDS with nutrient therapy and in just the last few years Atsuo Yanagasawa M D Ph D has shown that vitamin therapy can prevent and reverse sickness caused by exposure to nuclear radiation Since 1968 much of this research has been published in the Journal of Orthomolecular Medicine This book brings forward important material selected from over forty five years of JOM directly to the reader At some 800 pages The Orthomolecular Treatment of Chronic Disease is a very large book but it is also a very practical book If you want to know which illnesses best respond to nutrition therapy and how and why that therapy works this is the book for you Part One presents the principles of orthomolecular medicine and the science behind them Part Two is devoted to orthomolecular pioneers presenting an introduction to maverick doctors and nutrition scientists in a reader friendly way that brings the subject to life Part Three brings together extraordinary clinical and experimental evidence from expert researchers and clinicians The Orthomolecular Treatment of Chronic Disease shows exactly how innovative physicians have gotten outstanding results with high dose nutrient therapy Their work is here for you to see and decide for yourself The Orthomolecular Treatment of Chronic Disease subtitled 65 Experts on Therapeutic and Preventive Nutrition is a complete course in nutritional healing for less than thirty dollars      Niacin: The Real Story (2nd Edition) Andrew W. Saul, Abram Hoffer, Harold D. Foster, 2023-03-21 1 NEW RELEASE ON AMAZON Second Edition Revised

Updated and Expanded Now with 116 new references added to this edition providing summary of the very latest niacin research Discover the newest cutting edge research about the wonderful healing properties of niacin Vitamin B3 or niacin is a small molecule made of only fourteen atoms smaller even than the simplest sugar But this one molecule has profound effects on health it plays a role in more than five hundred reactions in the body Many illnesses are caused by too little niacin and many illnesses can be cured with high doses of niacin The updated and expanded second edition features Detailed recommendations on the forms and therapeutic doses of niacin Updated information on niacin side effects and safety The most effective ways to use niacin for arthritis learning and behavioral disorders mental illness cardiovascular disease and other conditions Niacin The Real Story takes an orthomolecular nutrition based approach to medicine supporting wellness with substances that naturally occur in the human body In this groundbreaking second edition the most prominent minds in orthomolecular medicine return with an expanded discussion of the widespread use of niacin for the prevention and treatment of health problems

**Orthomolecular Medicine for Everyone** Abram Hoffer, Andrew W. Saul, 2008 The basics of Orthomolecular Medicine explained demonstrating that megavitamin therapy works Presents 5 simple rules for healthy eating how to take vitamins minerals and other nutrients in optimum doses and covers therapy for arthritis cancer behavioral problems autoimmune diseases cardiovascular disease and more

**Dyslipidemia** Samy I. McFarlane, 2019-12-18 Dyslipidemia is a major risk factor for cardiovascular disease which is the leading cause of morbidity and mortality around the globe particularly among aging populations Lipoprotein disorders frequently encountered by clinicians require early recognition and treatment In this book we assembled a group of world renowned scholars in their field to address major areas in lipoprotein disorders that are imminently relevant to clinicians and other healthcare providers Areas discussed include an overview of lipid metabolism a complex topic presented in a simplified and rational way We also highlight recent developments in the field including dyslipidemias characterized by nontraditional lipid biomarkers Furthermore we discuss the pathogenesis of atherosclerosis and the role of dyslipidemia Other chapters include the assessment of primary and secondary causes of dyslipidemia Targets for treatment as well as the role of major therapeutic agents including statins and PCSK9 inhibitors are also discussed in light of the most recent guidelines by major international organizations This is in addition to an overview of lifestyle and dietary modification as well as alternative options for dyslipidemia management Furthermore dyslipidemia in special populations is emphasized including various ethnic groups as well as those with HIV disease chronic kidney disease among others The role of adiposity including brown fat together with highlights on lipidomics and dyslipidemias characterized by nontraditional lipid biomarkers is also highlighted We believe that this volume will serve as a valuable resource not only for clinicians and other healthcare providers but for students and research scholars as well

**Orthomolecular Medicine for Everyone ,      Mysteriously Missing College Courses** John M. Memory Ph.D. J.D., 2018-11-15 The 74 year old author John M Memory realized in recent years that he has much important information that

is seldom or never taught in college and university courses After checking course descriptions of a major university in the Southeast he undertook writing this book Though John is not a health expert he has had significant scholarly and professional experiences relating to health that have helped him in writing the 17 chapters about health John learned much from using non medical life style approaches in preventing the fifth through the second most feared diseases diabetes stroke heart disease and Alzheimer s For example he rejected his doctors recommendations of taking a statin drug and instead has performed a heart and brain health routine he developed in 1982 with excellent results Regarding the most feared disease cancer he learned in 2018 that long after failed prostate surgery and radiation treatments three alternative holistic anti cancer approaches have stopped the advance of his aggressive recurrent prostate cancer In other chapters John discusses the dangers posed by rampant ethnocentrism and xenophobia how to teach moral behavior to children the joys of frugal living the importance of moral courage in work and government origins of religion the importance and challenges of high risk activities and decision making and much more Since many people will disagree with him on one or several subjects John hopes that readers will focus on chapters that can be most helpful for the reader Join the author on a thought provoking journey that revolves around Mysteriously Missing College Courses **Journal of Orthomolecular Medicine** ,2004

**American Book Publishing Record** ,1999 **Forthcoming Books** Rose Army,2003 The Cumulative Book Index ,1998 A world list of books in the English language *USP DI.* ,1997 **Complete Drug Reference, 1996** United States Pharmacopeial Convention,1995 **Complete Drug Reference** ,1994 *Consumer Drug Reference* Thomson Micromedex,United States Pharmacopeia,2002-12 Unlike other drug references the CDR relies solely on medical experts for its facts not drug companies package inserts These experts have worked with the United States Pharmacopeia to bring unbiased authoritative information on more than 11 000 drugs including vitamins and minerals **Consumer Health & Nutrition Index** ,1991 **Complete Drug Reference** Consumer Reports,1998-11 Complete Drug Reference compiled independently of any manufacturer influence is the most unbiased objective guide to virtually every medicine used in the United States Prepared by the United States Pharmacopoeia this guide is based on thorough reviews and the consensus of hundreds of medical authorities It provides valuable even life saving information and guidance in clear direct language written not for physicians or pharmacists but for the person taking or administering the drug This up to date edition includes Guidelines on drug usage interactions with food or other drugs and side effects Complete coverage of side effects of food and drug interactions Proper ways to store drugs Expanded 32 page full color medicine chart illustrating over 1 600 prescription medicines More than 1 700 pagesComplete Drug Reference has all the helpful and healthful information needed to take medicines safely and effectively **Consumer Drug Reference 2005** Thompson Healt Micromedex,2004 Unlike other drug references the CDR relies solely on medical experts for its facts not drug manufacturers package inserts Includes full color identification charts of pills and tables and unbiased information on more than 11 000 drugs vitamins and minerals

Compendium of Nonprescription Products ,2001

**Webster's New World Medical Dictionary**

MedicineNet.com,2003 An indispensable home medical reference now updated with 500 new terms In today's world of managed care more and more people are researching illnesses medical procedures and pharmaceuticals to make sure they know their options and get the best possible treatment Drawing on the expertise of more than seventy specialist physicians at MedicineNet.com this up to the minute dictionary gives people crystal clear definitions of over 8 000 medical terms and helps take the mystery out of healthcare decisions Going beyond diseases and treatments the book includes definitions of scientific terms abbreviations acronyms and jargon even institutions and research projects Now updated to include the latest pharmaceuticals procedures and technologies and offering expanded coverage of herbal supplements 500 new entries in all this dictionary is a must have reference for every home medical library Readers can access the full searchable dictionary right on their own computers The CD allows readers to instantly link to the MedicineNet.com website where they can try out the Drug Interaction Tool read in depth articles in over 650 topic areas bone up on current health news and read editorials on medical topics MedicineNet.com is one of the Web's most highly regarded sources of medical information A PC magazine Editor's Choice the site has more than 7.5 million page views and 1.2 million unique visitors every month

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### Cholesterol Control Without Diet The Niacin Solution Introduction

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