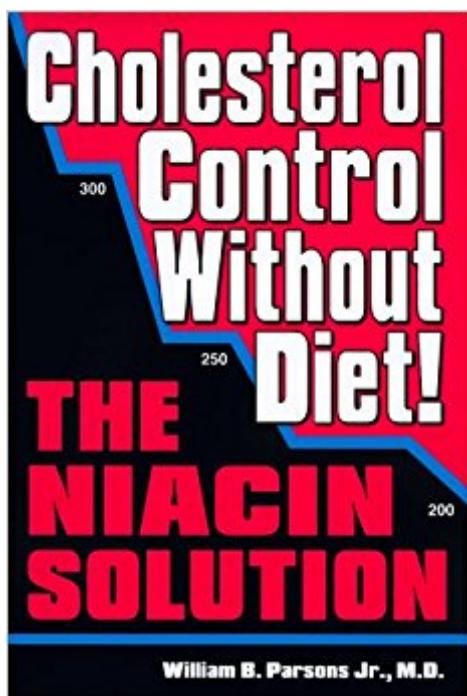


The book was found

# Cholesterol Control Without Diet!: The Niacin Solution



## Synopsis

2001 UPDATE: PAUL HARVEY STILL LIKES THIS BOOK! On his 2/14/01 newscasts, Paul Harvey again referred to CHOLESTEROL CONTROL WITHOUT DIET! THE NIACIN SOLUTION. He cited a recent report at the American Heart Association annual meeting in which a combination of niacin and simvastatin (Zocor) reduced heart attacks and other coronary events by 70% in a 3-year study of persons who already had coronary disease. Then he asked his listeners not to say that Paul Harvey said they didn't have to diet and should take niacin, but he told them to have their doctors watch the New England Journal of Medicine later this year for the report. He went on to say, "Meanwhile, YOU can read about the cholesterol matter in a book by Dr. William B. Parsons Jr." At this point he DID NOT give the book's title, sending listeners to their bookstores or to .COM with just the author's name. He was right in saying that the book is readable by the general public and gives its readers a handle on the cholesterol situation they have not had before. Here's the news release from which Mr. Harvey excerpted this item: B-VITAMIN NIACIN IMPROVES RESULTS OF STATINS BY RAISING GOOD CHOLESTEROL. Combination Reduced Coronary Events by 'Phenomenal' 70%. Niacin, a B-complex vitamin known as a cholesterol-reducing agent since 1955, greatly reduces heart attacks and strokes when used with "statin" drugs, according to two recent reports at meetings of heart specialists. Dr. Moti Kashyap (Long Beach, CA) and Dr. Greg Brown (Seattle) each studied niacin-statin combinations and found markedly better cholesterol results than with either drug alone. Both drugs lower bad cholesterol, which fell 45% in Kashyap's 800-patient VA study, but niacin also raises good cholesterol, which rose by 41%. Triglycerides, another hazardous blood fat, fell by 42%, also due to niacin. This study combined lovastatin (Mevacor) with niacin. In Brown's study, which followed 160 patients with coronary disease for three years, niacin plus simvastatin (Zocor) reduced coronary events by 70%. Earlier studies had shown that niacin and statin drugs used singly reduced such events by 25% to 35%. Artery x-rays showed that progression of narrowing in coronary arteries was "virtually halted," Brown announced. Dr. William Parsons (Scottsdale, AZ), a niacin proponent since he pioneered its use in US in the mid-1950's, called the reduction of events in Brown's study "truly phenomenal" because they were so much better than previous results with either drug alone. He pointed out that the statins reduce bad cholesterol, as niacin does, but niacin also raises good cholesterol, lowers triglycerides, and favorably changes several other cholesterol fractions, which no other form of treatment can match. The National Cholesterol Education Program teaches that persons with previous coronary events require stricter control of cholesterol than others. Publicity about Vice-President Cheney's previous heart attack, bypass surgery, and his recent stent placement has brought this to the public's

attention. Full results of the Kashyap and Brown studies will be published later this year. Experts predict that doctors and patients will then be seeking information about niacin. In his book, **CHOLESTEROL CONTROL WITHOUT DIET! THE NIACIN SOLUTION**, Parsons tells how to use niacin successfully and manage its side effects, including flushing of the skin early in treatment. He assures that a skillful doctor can minimize or prevent flushing by using time-release niacin and starting each day with a plain aspirin tablet for the first few weeks. It makes sense to start treatment with niacin because of its distinctive advantages, adding a statin only if niacin alone fails to control bad cholesterol adequately, Parsons advised. There is a major difference in expense, niacin costing \$9 to \$12 a month, compared to \$50 to over \$300 a month for the widely advertised statins. In recent years the US market for statins has been \$7 to \$8 billion annually.

## **Book Information**

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## **Customer Reviews**

"All in all, 'Cholesterol Control Without Diet!' is comprehensive, credible, and clear, certainly worthy of consideration by patients and care providers-- and by readers who are quick to embrace the age-old maxims that there are two sides to every story, two participants in every tango, and many valuable ideas that sometimes fail to find favor above the loudest voices of the maddening [sic] crowd." -- The Boox Review "I recommend this book for every physician and...every patient. Buy two books, one for your doctor and one for yourself..." -- The Journal of Orthomolecular Medicine (Abram Hoffer, MD, PhD, FRCP[C]) "Niacin...reduces bad cholesterol, increases good cholesterol, and lowers triglycerides...Niacin has been neglected because no company can patent it..." -- AGING

AMERICA NEWSLETTER (David Demko) May 1999 "Now this well-kept secret is available, thanks to Dr. Parsons's well-written, easily understood CCWD!...highly recommended for the general reader." -- The Midwest Book Review (James A Cox) September 1998 "[CCWD!] says if your cholesterol is abnormal, it isn't your fault. Your body manufactures too much bad cholesterol or not enough good cholesterol." -- BOOKVIEWS (Alan Caruba) February 2000

RE SOLUBLE FIBER: "Diet high in fiber can lower total and LDL cholesterol a little bit but really not enough to make any difference if one has levels in the range which need treatment. Such a program has no effect on HDLC. Total reductions are less than 10%, which will seldom reach the goals of treatment..." (page 46) RE HOMOCYSTEINE: Omitted from CCWD because too complex to explain to general reader, plus no evidence that reducing it will reduce heart attacks, strokes, deaths. For the cost of one homocysteine blood test (about \$130), one can treat with folic acid, vitamins B6 and B12 for a year or more. Fol-gard (Upsher-Smith) is an excellent product. RE VEGETARIANISM: The facts quoted (pages 48-50) on lower HDLC, no death reduction in male vegetarians, increased deaths in female vegetarians, and just as much atherosclerosis at autopsy are all from Mary Enig, PhD, noted nutritionist, in an earlier book (cited). RE AVOIDING MEAT to lessen oxidation of LDL: no definite evidence that this reduces heart attacks, strokes, deaths. Lean red meat is interchangeable with chicken in AHA diets. RE ANTIOXIDANTS: Discussed thoroughly (pages 193-194). Jury still out, but recent studies have tended to discredit vitamin E use.

I have been aware of the use of niacin to lower cholesterol since the sixties. This book tells you everything you need to know in simple terms. This not a fad. The author is a practicing Physician who used it in his practice for thirty years. I highly recommend it.

Dr. Parson's excellent book should be required reading for any physician who treats patients who have elevated cholesterol. Statins should never be considered first line treatments, as niacin has a 50 year history of being safe, effective AND inexpensive. The popular statin medications have enriched the drug companies beyond belief, and are largely ineffective in raising HDL despite their claims that they do. They also do nothing to lower dangerous levels of triglycerides. Buy this book. Read it. And if you have elevated blood lipids, and are either taking or considering taking a statin, give this book to your doctor. If he won't consider using niacin as part of your therapy, find a doctor who will. My Mayo Clinic physician recommended that I take Slo-Niacin, which I have been using for 6 months now. My HDL went from 42 to 60, and my triglycerides went from 147 to 52. Even Crestor,

which I had been taking as monotherapy, was totally ineffective in dealing with either. I have had zero side effects, and my liver enzymes have actually dropped following a high dose regimen of 2000 mg of Slo-Niacin, 1000 mg in the morning, and 1000 when I retire at night. Truly a wonder drug IMHO! BUT DON'T TAKE HIGH DOSES OF ANY NIACIN PRODUCT (as Dr. Parsons emphasizes in his book) without the active supervision of a doctor who is good at niacin therapy. Even though Slo-Niacin can be obtained without a prescription, no one should take more than 500 mg a day unless such a physician is closely monitoring your blood lipids and liver enzymes.

I have hypercholesterolemia and have been reading about Niacin for years. Dr. Abram Hoffer discovered its cholesterol lowering effects in the early 50's and Dr. Parsons picked up where Dr. Hoffer left off and has more good information on niacin in this book than I've seen anywhere else. If you have elevated cholesterol, this is a must read. The information on niacin could not be more complete, but the limitations of the book are when it comes to cholesterol discussion. Dr. Parsons says diet doesn't matter, meat is okay, and vegetarians are not healthier, which flies in the face of all medical studies. I agree a low fat diet is not good, but avoiding meat helps prevent the cholesterol from oxidizing, which is when the trouble starts. Also, he doesn't really even mention anti-oxidants. If you want good info on niacin, buy this book! I think an excellent book to purchase as well to get the entire picture is "The Antioxidant Miracle" by Dr. Lester Packer.

I am amazed and excited to be able to say that niacin works. Took niacin for only a few weeks and my cholesterol numbers were excellent. Highly recommend this book.

Very informative on how to help your body...

been on niacin for 10 years and I've seen much improved numbers!

I can tell you everything stated in this book is true! The lab tests proved it to me! Statins could not do this, and only irritated my liver. I pretty much ate what I wanted, and in only 3 months, my cholesterol dropped from 160 to 91, and triglycerides were almost cut in half! To be fair, I also used red yeast rice supplements, and omega 3 oil, but I can tell you Dr. Parsons knows what he is talking about, and I recommend all physician's read this book as well!

Excellent book.

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Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Cholesterol Control Without Diet!: The Niacin Solution Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The Cholesterol Solution Guide: Lower Your Cholesterol in 30 Days Without Drugs DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Cholesterol Down: Ten Simple Steps to Lower Your Cholesterol in Four Weeks--Without Prescription Drugs The 8-Week Cholesterol Cure: How to Lower Your Blood Cholesterol by Up to 40 Percent Without Drugs or Deprivation Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: 365

Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners)

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