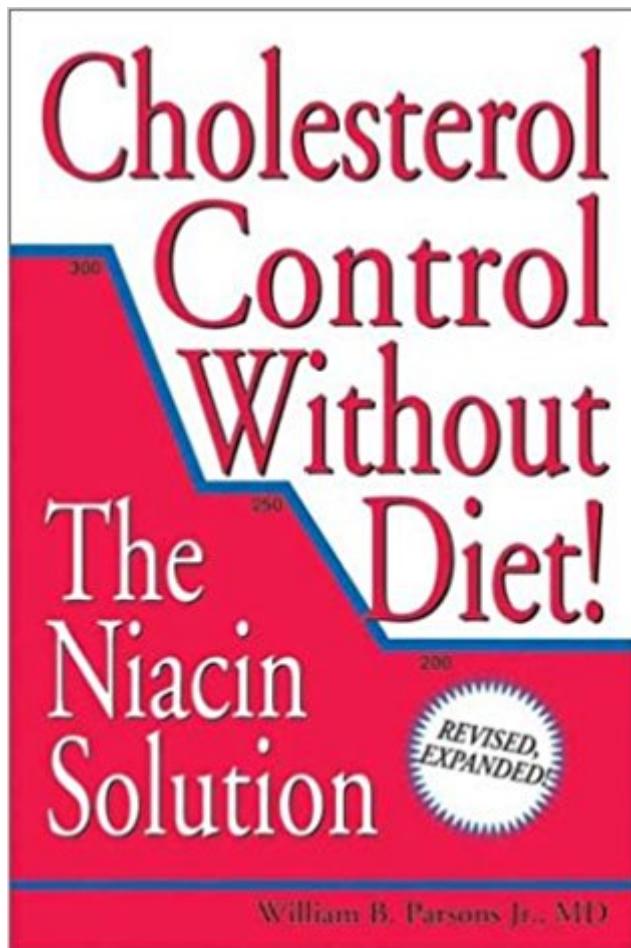


The book was found

# Cholesterol Control Without Diet!



## **Synopsis**

New, Updated, Enlarged Edition of this Best-Selling guide on using niacin for cholesterol control Niacin with medical supervision, DOES EVERYTHING RIGHT for the profile of cholesterol and other lipids, preventing heart attacks, strokes, and deaths. NIACIN: Reduces total and bad cholesterol, increases good cholesterol, reduces triglycerides, lowers Lp(a), the heart attack cholesterol, Favorably changes subfractions of bad and good cholesterol, INEXPENSIVELY and without diet! Do diet, exercise, or the advertised statin drugs do all this? NO! Niacin has a 50-year safety record. The statin drugs have caused hundreds of deaths in the US, which the FDA refuses to tally and give the information to the medical profession and the public.

## **Book Information**

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## **Customer Reviews**

Now this well kept secret is available thanks to Dr. Parsons' well written, easily understood CCWD!...highly recommended for the general public.

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. --This text refers to an out of print or unavailable edition of this title.

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. Parson's 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. Parson's 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. Parson's knows what he is talking about, and I recommend all physician's read this book as well!

Excellent book.

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