

Niacin Guidance Sheet



Niacin is vitamin B-3, one of the water soluble B-complex vitamins. One of niacin's unique properties is its ability to help you naturally relax and get to sleep more rapidly at night. And it is well established that niacin helps reduce harmful cholesterol levels in the bloodstream. Abram Hoffer, M.D., Ph.D. explains: "Niacin is one of the best substances for elevating high density lipoprotein cholesterol (the "good cholesterol) and so decreases the ratio of the total cholesterol over high density cholesterol."

Another niacin feature is its ability to greatly reduce anxiety and depression, it dilates blood vessels and creates a sensation of warmth, called a "niacin flush." This is often accompanied with a blushing of the skin. It is this "flush" or sensation of heat that indicates a temporary saturation of niacin. I have found that the best way for me to accurately control the flushing sensation is to start with very small amounts of niacin and gradually increase until the first flush is noticed. One method is to start with a mere 25 milligrams (25 mg) three times a day, say with each meal. The next day, try 50 mg at breakfast, 25 mg at lunch and 25 mg at supper. The following day, one might try 50 mg at breakfast, 50 mg at lunch, and 25 mg at supper. And, the next day, 50 mg at each of the three meals. The next day, 75 mg, 50 mg and 50 mg. Then, 75, 75 and 50, and so on. In this way you have increased at the easy rate of only 25 mg per day. One would continue to increase the dosage by 25 mg per day until the flush occurs.

What Happens When You Take Niacin?

20 – 30 mins – Your blood vessels dilates, a warming sensation spreads across your body, you start to itch and your face flushes. This is known as the 'niacin flush', a sign it is working its magic.

30 mins – 1hr – You have this warm glowing sensation that can last for several hours. A bit like the 'runner's high' you get after a gym workout.

Your mood elevates, energy goes up and your brain functions better with more clarity.

1hr+ There are many long term benefits associated with Niacin:

Detox: Combination of niacin, exercise and sauna is a powerful way to detox your body from heavy metals and toxins stored in fat cells.

Energy: Niacin is essential in the production of energy in the body. Deficiency causes tiredness and fatigue. 50 – 500 mg daily will give a natural energy boost.

Arthritis: Studies confirm niacin is better than NSAIDS for arthritis. Moderate arthritis 1,000 to 1,500 mg a day. In more severe cases, as much as 3,000 mg to 4,000 mg have been recommended.

Cholesterol, Triglycerides + Reversing Heart Disease: Recommended 1,000 to 3,000 mg of niacin a day. Niacin lowers cholesterol more effectively than statins in various studies and also lowers triglycerides. It reduces the blood fats called “very low density lipoproteins,” which have been linked to heart disease and cancer. It improves the blood sugar problems that can lead to damage of the arterial walls. It dilates blood vessels, which improves the circulation to areas starved of oxygen and nutrients.

Memory loss: 1,000 mg of niacin taken 3 times a day can improve memory, and correct some senility problems.

ADHD, ADD. Many parents report swift and good results with niacinamide, teachers will report a much calmer, emphatic child that is able to concentrate.

Prevents Hair Loss + Balding: Increases blood flow to scalp, important in hair growth and reduces production of DHT linked to balding.

Insomnia: Niacinamide activates benzodiazepine receptors in the brain, which affects sleep. Dosages of 50 mg to 500mg of niacin that is converted into niacinamide in the body taken at bedtime have helped many people sleep better.

Severe Depression & Schizophrenia: The usual dose range is 3,000 to 9,000 milligrams daily divided into three doses, but occasionally some patients may need more.

Cancer: Has the potential to influence DNA repair, genomic stability, and the immune system, eventually having an impact on cancer risk, as well as the side effects of chemotherapy in the cancer patient.

Acne: Many reports show Niacin can get rid of acne at daily doses of 400/500 mg.

Alzheimers: Studies have shown that vitamin B3 niacin can help protect against Alzheimer’s disease and other age related brain disorders that result in cognitive decline.

Alcoholism: The head man that began the AA network, actual used niacin as a main component in alcoholic withdrawal, people are able to control/reduce alcohol cravings with an intake of

-Niacin

-Lecithin

-Vitamin C

– L Glutamine

SSRI, pain killers

Many find the struggle to give up pharmaceuticals an easier process with the aid of niacin.

Niacin – The Most Powerful Detox Agent?

L Ron Hubbard was a big advocate of Niacin (Vitamin B3) supplementation during sauna use to enhance the detoxification process. A starting dose of 100mg is ramped up to 1000 – 5000mg towards the end of the program,

In more recent times Dr David Roo and Dr George Yu have used niacin and saunas to help detox war veterans from Agent Orange toxicity and 9/11 fighters from toxic debris.

The way niacin works is by mobilizing fat cells to release toxins into the blood where they can be removed by the body. A dose of around 100mg may cause in most people an effect known as the 'niacin flush'.

This happens because certain doses of niacin causes your blood vessels to dilate and creates a sensation of warmth. This is a sign the detoxification effect of niacin is at its peak and will be most effective. At higher doses however the flushing effects will actually fade away.

THE FOUR NIACIN B3 TYPES:

♥ (Flush) NIACIN aka Nicotinic Acid helps with all psychosis & cholesterol and triglyceride issues - has NO known maximum - starting too high too fast can cause fatigue & nausea & agitation - best to go slow - start at 25-50 mg

♥ (NonFlush) NIACINIMIDE - aka Nicotinamide also helps with all psychosis issues - Does NOT improve cholesterol levels - best to start low at 250 once a day for 3 weeks - NIACINIMIDE more prone to nausea - 3000mg daily MAX

♥ NonFlush - Inositol HexaNiacinate Niacin aka Inositol HexaNicotinate - also helps with all psychosis issues including schizophrenia AND blood cholesterol issues much like NIACIN - best

to start with 500mg once a day - one week

■ Time Release Niacin aka Control Release - Sustained Release plus All slow types - NOT RECOMMENDED due to brief history of causing LIVER DAMAGE __ BUT IT IS DR's & Physician's TOP CHOICE when writing prescription (•).(•)

■ NOTE ■ Most negative reports regarding NIACIN are discretely based on this SLOW type of niacin and such reports are simply meant to confuse and mislead the public - best to avoid ALL Time-Release NIACIN & NIACINIMIDE ■