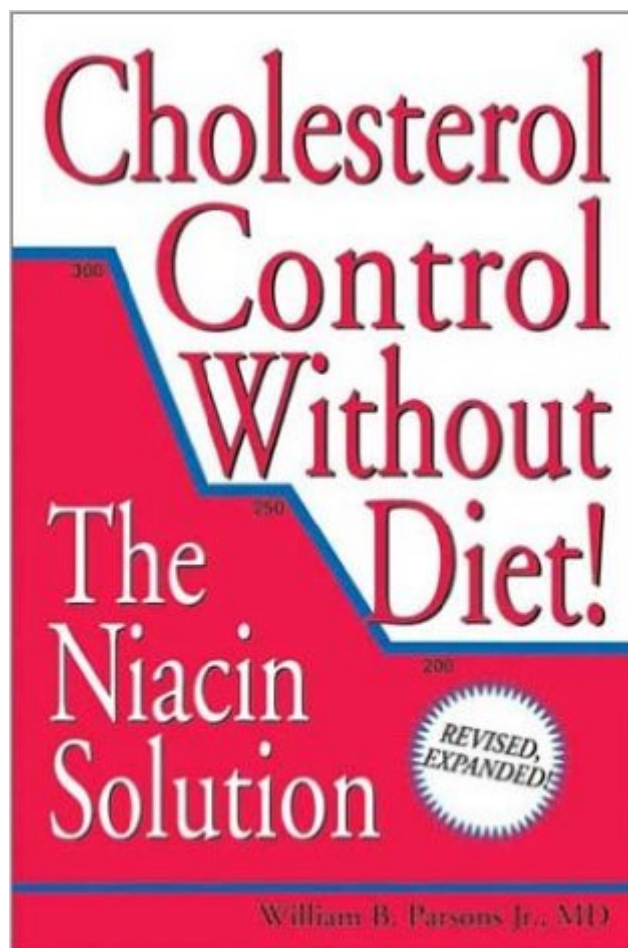


The book was found

# 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

Paperback: 308 pages

Publisher: Lilac Press; 2 edition (September 5, 2000)

Language: English

ISBN-10: 0966256875

ISBN-13: 978-0966256871

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #676,315 in Books (See Top 100 in Books) [#3 in Books > Medical Books > Pharmacology > Cardiovascular](#) [#393 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) [#781 in Books > Health, Fitness & Dieting > Reference](#)

## Customer Reviews

In a new book, William B. Parsons Jr., MD tells why niacin, a drug whose use for cholesterol control he pioneered more than 40 years ago, is really a "designer drug" for this purpose. Niacin, unlike other drugs in this field, does everything right. It reduces bad cholesterol, increases good cholesterol, lowers triglycerides, and has favorable effects on several recently discovered components of blood cholesterol. No other drug does all these things, or even the first two. Best of all, niacin does all this in the presence of an ordinary American diet. Dr. Parsons calls his book, CHOLESTEROL CONTROL WITHOUT DIET! THE NIACIN SOLUTION, a wake-up call to the public and the media. When most people hear "choelsterol," they think "diet" because advocates of diet have brainwashed the media, which in turn has brainwashed the public, including the medical profession, he contends. This book shares the author's long experience in research and use of

niacin in medical practice. "Although available without prescription, niacin is not a do-it-yourself drug; it requires knowledgeable medical supervision," the book repeatedly emphasizes. Parsons says that if every doctor were good at using niacin, more than 90% of patients with cholesterol problems could have the drug's distinctive advantages at a cost one-sixth to one-tenth the cost of the expensive "statins," the best-selling cholesterol control drugs. Dr. Parsons has studied niacin since 1955, his final year of internal medicine training at the Mayo Clinic in Rochester, Minnesota. Following up on preliminary findings of Canadian doctors, he conducted the first systematic study of niacin's effects, which showed that it lowered bad cholesterol and raised good cholesterol without diet.

This book contains a wealth of information about preventing heart attack and stroke, not limited to cholesterol control--although that is its main thrust. As in the first edition, it teaches that diet has so little to do with your cholesterol level that we might as well say it has nothing to do with it. The problem is that you inherited a body factory that produces too much bad (LDL) cholesterol, not enough good (HDL) cholesterol, or too much triglyceride. Total cholesterol is essentially irrelevant; you and your doctor need to know and manage all of those fractions. To change the body factory requires medication. The best medication is niacin, which does everything right (lowers LDLC, triglycerides, and Lp(a)--"the heart attack cholesterol"--while raising HDLC. The widely advertised, expensive statin drugs do only one thing well--reduce LDLC. Statin drugs had, until 2001 (no later figures available) caused 112 deaths in the US and resulted in withdrawal of one such drug (Baycol) from the market. Statins do this by causing rhabdomyolysis ("dissolving of muscles"), with circulating myoglobin then blocking the kidneys, causing kidney failure. The muscle pains that often accompany statin use are warning signs to stop those drugs. Read the fine print or listen closely to the fast talk at the end of commercials, then decide whether the statin manufacturers are trying to sweep these hazards under the rug. Some experts think statins may, in time, prove to cause cancer, based on the fact that they all cause cancer in animals. Niacin has a safety record dating to the 1950's, when the author pioneered its use at the Mayo Clinic.

This expanded, updated paperback 2nd edition has all the truths of the 1998 hardcover and much more. These truths include: \* Diet has so little to do with one's cholesterol level that we might as well say it has nothing to do with it. \* It's all right to eat eggs and lean red meat. \* TOTAL cholesterol level is irrelevant; you need to know BAD and GOOD levels, plus triglycerides levels. \* If diet helps at all, it does so only during periods of weight reduction. Diet reduces GOOD cholesterol as much as it

lowers BAD cholesterol!\* To change the body factory (which determines your cholesterol levels), requires medication. NIACIN is the best. It does everything right: lowers bad cholesterol, raises good cholesterol levels, lowers triglycerides, reduces Lp(a) (nicknamed "the heart attack cholesterol," especially in women), and produces favorable changes in bad and good cholesterol subfractions.\* The best-selling statin drugs do only one thing well: reduce bad cholesterol.\* Statins have caused at least 112 deaths in US and more worldwide. The first statin reached the US market in 1987, the others in the 1990's. Some experts think statins may cause cancer, as all of them do in animals, and that it will take more time for this to appear. (Tobacco and asbestos take 20-40 years.)\* Statins cause myopathy ("something wrong in muscles"), varying from mild aching to actual dissolving of muscles fibers. The latter can lead to kidney failure and death. If muscle aching occurs, the patient should stop the statin and contact his doctor promptly. Statin ads hide this warning in the small print or the fast talk at the end of expensive TV ads.\* Niacin has a safety record dating to 1956.

[Download to continue reading...](#)

Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease) Cholesterol:The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods,heart disease) Cholesterol: Cure for beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating and Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) 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) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... 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) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo 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) Cholesterol Control Without Diet!: The Niacin Solution Cholesterol Control Without Diet! The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The DASH Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol Without Medication (A DASH Diet Book) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) 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)

[Dmca](#)