



Niacin: The Real Story

Abram Hoffer Foster

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Niacin (vitamin B3) is a small molecule made of only 14 atoms, smaller even than the simplest sugar. But this one molecule has profound effects on health: it plays a role in more than 500 reactions in the body. Many illnesses are caused by too little niacin, and many illnesses can be cured with high doses of niacin. The authors of Niacin: The Real Story are advocates of orthomolecular (nutrition-based) medicine, supporting an approach to wellness that involves substances that naturally occur in the human body. This book makes the case for the widespread use of niacin for the prevention and treatment of health problems. In Niacin: The Real Story readers will discover how to take niacin, with detailed recommendations on forms and therapeutic doses. there is plentiful, accurate information on niacin side effects and safety. Niacin can be used for arthritis, children's learning and behavioral disorders, mental illness, cardiovascular disease, and other conditions. Niacin: The Real Story is for people who want to learn more about niacin and its wonderful healing properties.

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