

Niacin: The Real Story: Learn about the Wonderful Healing Properties of Niacin

By Abram Hoffer Dr, Andrew W Saul PH.D., Harold D 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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Niacin: The Real Story: Learn about the Wonderful Healing Properties of Niacin By Abram Hoffer Dr, Andrew W Saul PH.D., Harold D Foster Bibliography

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Editorial Review

Review
"Dr. Andrew Saul's new book, Niacin: The Real Story is co-written with Abram Hoffer M.D., Ph.D., presents some very compelling evidence to support treating most psychotic disorders as a vitamin B3 deficiency. Considering it is very inexpensive and has virtually no dangerous side effects, niacin would certainly be worth a consideration for anyone who has a family member with this mental health challenge. I highly recommend picking up this book and learning more about its use."
(Dr. Joseph Mercola)

"Niacin: The Real Story is a classic." **(Dr. Richard Passwater)**

About the Author
Abram Hoffer, M.D., Ph.D., has published over 600 reports and articles as well as thirty books. His early work led to the use of niacin for schizophrenia and as an anticholesterol treatment. He died in 2009 at the age of ninety-one.

Andrew W. Saul, Ph.D., is the author of *Doctor Yourself* and *Fire Your Doctor!* With Dr. Hoffer, he co-wrote *Orthomolecular Medicine for Everyone* and *The Vitamin Cure for Alcoholism*. He has published over 170 reviews and editorials. His non-commercial, natural healing website is DoctorYourself.com.

Harold D. Foster, Ph.D., worked as a geomorphologist, professor of medical geography, and consultant to the U.N. in disaster planning. He authored or edited over 300 publications, which focused on reducing disaster losses or identifying the causes of chronic degenerative and infectious diseases. He died in 2009.

Users Review

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