

## Niacin Is Better Than Zetia In Lowering Of Cholesterol

Natural health medicine or alternative medicine is known as safe and more human body friendly way to treat various illnesses and diseases. It has less or no side effects at all compared to its chemical counterparts and uses natural and non refined products for the treatment of various health problems. Natural means such as western herbal medicine, homeopathic medicine, flower essences and aromatherapy (using aromatic essential oils) are widely used for centuries to cure human illnesses. And, seems like, modern researches prove that there are a very good reasons why. The recent study find that Niacin, vitamin B3 a part of B vitamin family, to be more effective at Lowering Cholesterol in the blood than the cholesterol-lowering drug Zetia (Ezetimibe is the actual name of Zetia). It's popular to think of natural medicine as a "pseudo-science" and often it's shoved aside saying: natural means like herbs, nutrients and homemade supplements may be beneficial for the body, but they are not powerful enough to reverse heart disease or lower cholesterol. This can be done only by taking pharmaceuticals. Niacin--Zetia research. Researchers from the Lipid/Prevention Clinic in Washington, D.C. published the results of their study in the New England Journal of Medicine and presented their findings to the American Heart Association. They reported that when it comes to lowering cholesterol levels in the blood Niacin outperforms than the cholesterol-lowering drug Zetia. Niacin is more effective at: Lowering LDL cholesterol levels, Reducing plaque build-up, Improving LDL/HDL ratio in the blood (increases HDL cholesterol levels better than Zetia). The study's lead researcher Dr. Allen Taylor reported at a news conference on Nov. 15: "This trial provides a clear and undeniable (emphasis added) statement on the superior clinical effectiveness of Niacin over Ezetimibe (Zetia). However, the fact that Zetia has a solid reputation as an effective cholesterol lowering drug doesn't ease on the researchers to overcome the prejudices. The Research Description. Researchers observed and analyzed the performance of the 363 patients taking part in the study divided into 2 separated groups taking Niacin (vitamin B3) prescription and a statin or Zetia for treatment. The findings were way beyond the expectations: the group taking the Niacin experienced fewer heart-related maladies (like heart attacks), and significantly improved cholesterol profile, means the ratio (1/3 is the optimal value) of higher HDL count and lower LDL count. Although, the participants on the Niacin also used statin drugs to lower cholesterol, but the researchers feel that to niacin as the true catalyst in lowering cholesterol. Is It All That Good? The natural medicine adherents may found themselves a little bit disappointed from the fact that the participants of the research used a prescription kind of Niacin rather than an over-the-counter Niacin supplement. At this point Dr. Taylor had to shed some light on the issue saying: "Over-the-counter Niacin's safety and efficacy are unknown," thus was loath to suggest over-the-counter Niacin is every bit as effective as prescription Niacin. According to the Mayo Clinic Niacin supplementation to increase HDL, high density lipoprotein, levels has a long record and the fact is that some studies have found that HDL levels increased by whopping 50 percent (!), When Niacin was used with statins, and by 35 percent (!) when used without them. Does Niacin Help Lower Blood Pressure? Niacin, a natural vitamin and part of the B vitamin family, is found in large amounts in whole grains and nuts, in vegetables, particularly mushrooms (Crimini), asparagus spears, and romaine lettuce. Just like other B vitamins, Niacin helps enzymes (catalysts for bio-chemical reactions in the body) do their jobs properly. In high doses it can help drop blood pressure but people with diabetes have to be cautious because it can raise blood sugar level. Why You Should Be Cautious. It's of interest to outline here that taking Niacin with certain blood pressure medications such as alpha-blockers (such as Prazosin, Doxazosin, and Guanabenz), can cause to undesired side effects such as a variety of gastrointestinal symptoms including nausea, indigestion, vomiting, diarrhea, gas and when taken with Nicotinic acid peptic ulcers have been observed. Niacin deficiency leads to the disease called Pellagra. Years ago, corn based diet put people in the South into danger of this body-wide disease that leads to dermatitis, diarrhea, and depression. If the deprivation continues long enough it can even lead to death. Since taking high blood pressure medication and Niacin has a potential of side effects it is important to set up a blood pressure monitor system when taking them together. Blood pressure treatment requires the perfect high blood pressure remedy administration. Word of caution: Niacin must not be used as cholesterol lowering treatment, without consulting a physician because of the potential side effects.

### About the Author

Samuel Baron suffered the pangs of high blood pressure and finally chose natural ways to cure and control his own blood pressure only to experience positive results. Samuel wrote the special report [\\*Natural Treatment for Hypertension\\*](#) based on his true experience. Read more insights and groundbreaking research into Natural Treatment for Hypertension at <http://naturaltreatmentforhypertension.com/blog>

Source: <http://marabe7.com>