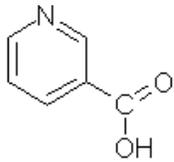
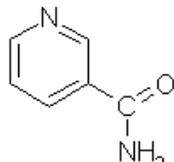


# THE WONDERFUL BENEFITS OF NIACIN AND CLEANSING



Nicotinic Acid



Nicotinamide

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Tony Escobar, June 2006

Are you cleansing and are feeling the itch? Are you cleansing and are observing a rash or blotchiness on your skin, perhaps your arms and the neck area? If you are celebrate ... your cleanse is working and here is why?

The ingestion of niacin within a cleansing product causes the capillary vessels to expand in size. The capillaries are generally so small that the red blood cells, for the most part, pass through them in single file, one at a time.

There are large arteries near the heart, and they get smaller and smaller as they extend from the heart to the skin surface. At the end of every large artery is a very large network of capillaries.

There are thousands of miles capillaries in the body. It is the capillaries that transport the red blood cells, which nourish the cells of the body and carry away the impurities from the cells.

Now, add into this equation the fact that most of the potentially toxic impurities in the body are stored in fat cells. These fat cells can hold onto impurities for years, never letting them go until some "event" (like sweating, bouncing, deep breathing or exercise) occurs. Then, the fat cells

surrender their impurities as they eventually, for the most part, end up in the lymph fluids of the lymphatic system. Much of the disease that plagues mankind certainly comes from the constant residual build of impurities.

These fat cells, like the millions of others within the body, are all within a fraction of a millimeter of some capillary, but if a specific capillary is clogged (as most often they are), and if the blood cells move through them only one at a time (single file), then you can see that there is not much chance for those impurities to be cleaned up by the restricted flow of blood of smaller vessels.

If you could find something that would increase the size of the capillaries, and not cause any harmful or adverse reaction, you can see how beneficial this would be to the body while cleansing. Welcome Niacin!

In fact, niacin does this very well as it causes these thousands of miles of tiny capillaries to become more flexible and more elastic causing the vessels to expand in size, thus helping the heart to increase the blood flow.

It is this phenomenon that contributes to the increase in the size of the capillaries. As the capillaries expand a rash or light red blotches may appear on the skin, especially around the neck, back and arms. Some people may experience itching also.

There are indeed thousands of miles of these capillaries throughout the body that are close to the skin's surface. The major arteries are not near the surface of the skin! The skin, is nourished by these smaller capillaries, and as the capillaries expand as result of Niacin, some people can

actually see the skin getting redder as the blood flow increases.

There is another substance to learn about here also, it is a hormone called histamine.

Histamine can be produced by every cell in the body, especially the mast cells. And, it is nature's warning sign. Whenever a cell is in danger (as, for instance, from a spider bite or inflammation!), the cells emit histamine.

Histamine has the ability to send a message through the brain to those cells in the body which alters the flow of blood. The message is "Send me more blood (water)" to that area to provide the extra nutrients and lubrication needed to control the problem, and to carry away the impurities. When a spider bites a person, the area around the bite itches and reddens. That is the action of histamine coming to the rescue bringing extra blood to supply nutrients to the cells that have been altered by the spider bite, and to carry away any toxic material.

When mast cells are completely overburdened (when they are loaded with toxins or impurities) they are in such apathy that they can't even release histamine, in other words, they are so sick that they can't even communicate with the brain for help.

Those cells near the capillaries often are loaded with impurities and there is never enough blood flowing near them to take all the impurities away.

A good, effective cleanse always contains niacin. As niacin is ingested and metabolized the capillaries increase in size. Often doubling in size if the quality of the niacin there.

There are several niacin products on the market and several companies that manufacture niacin.

The quality generally varies according to the quality of raw materials and the extent of manufacturing processes. Niacin is generally available as nicotinic acid, nicotinamide, niacinamide, nicotylamide, pelonieamide or niamide.

As niacin enters the cells, the cells send out small quantities of the hormone, histamine, it is this histamine that contributes to that itchiness and redness. The great thing here is this feeling only lasts for 30-60 minutes at a time for a couple of days. The body then adjusts and adapts to this wonderful nutrient and welcomes it as a powerful nutritive, one of the best you can put into the body.

**As the itching and the redness continues, more water (blood) is sent to the capillaries of that area. If you take a Niacin - rich cleanse, especially one containing botanicals such as niacin rich, burdock root, peppermint, licorice, fennel seed and even cayenne and you don't get a flush, it could be that your capillaries are so weak and too far gone to be helped.**

If you are cleansing and you get a niacin flush, which is totally harmless, celebrate because the product is working for you. Niacin does wonders for your body besides opening up those vessels and increasing blood flow, it helps transport nutrients to areas that need them, and it helps the body transport out some of those impurities that can contribute to illness, fatigue and premature aging.

Scientific studies have documented that niacin is the safest way of reducing cholesterol, without any medication.

It's also very safe. The flushing, (itching, hive like appearance) is normal and will not harm you in any way.

When you get that "flush" that means that the small blood vessels in your body are expanding in size because of the niacin contained within the cleanse you are using.

While the larger organs of the body have blood supplied from larger arteries, the vessels particularly the near the surface (skin and surface areas) get their supply of nutrient-rich blood (oxygen, water and food!) from these small capillaries. So, if those capillaries are too small and are not carrying the blood, then those parts of the body are not getting adequate nourishment, water and oxygen and the impurities are not being removed.

The niacin helps these small capillaries to get larger and enables the capillaries to carry two or three nutrient rich blood cells to the cells of the body at the same time. This is a tremendous increase in blood flow.

Reddening of the skin and itching is normal, simply because there is much more blood flowing close to the surface of the skin.

As this blood flows in these areas, the cells of the small capillaries will be able to get rid of waste products, and will produce "histamine" as part of that process. Histamine causes an "itchy" feeling.

Niacin is indeed very effective and safe in lowering low-density lipoprotein cholesterol and triglyceride levels and also in increasing high-density lipoprotein cholesterol levels. Studies have shown that niacin has reduced the incidence of cardiovascular events and controlled the progression of coronary artery lesions. It may be the most cost-effective lipid-lowering, natural, nutrient currently available.

Some cleanses contain Niacinamide where there is relatively no flush from the niacin. Niacinamide was deliberately manufactured to eliminate the flush. While there are certain benefits from Niacinamide, there is no compromise for niacin.

Do not take any cleanse containing niacin with hot beverages, alcohol, sodas or spicy food.

If any problems arise, other than skin flushing, blotches or itching, (which goes away in 30-60 minutes or so), consult with your doctor. If you have any allergies consult with your doctor also. If you are pregnant or lactating consult with your doctor. If you have any know allergies to preservatives or food colorings consult with your doctor.

Niacin is available in substantial amounts in beef liver, carrots, eggs, fish, milk, peanuts, potatoes, asparagus, beans, tomatoes, whole wheat and most green foods.

Niacin is also abundant in cleansing herbs such as, Peppermint, Fennel, Burdock root (This is why Burdock Root is an excellent blood cleanser), Licorice root and cayenne.

Other herbs containing niacin are: Alfalfa, catmint, camomile, chickweed, eyebright, hop-skips, licorice, nettle, oat straw, raspberry, slippery elm tree and yellow dock.

Niacin is Vitamin B3 and is necessary for proper circulation, for the nervous system and the metabolism of sugars, fats and proteins. Niacin assists the digestive system, improves circulation, and can be helpful in mental clarity. Niacin is considered a brain food as it helps the brain balance the production of oxytocin, dopamine and serotonin. It really helps with the memory and plays a function in increasing libido.

Niacin is an important ingredient in any cleanse.