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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## **Lipidyn Lowers Cholesterol**

**By Dub Ratliff**

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We know there are prescription drugs, taken in proper dosages and a reasonable diet that will lower cholesterol. Lipidyn, with a proper diet is an alternative drug free way to lower cholesterol. Lipidyn, which is cheaper and has no known side effects could be a healthier choice. Read the material and make up your own mind. Go to <http://www.askwellness.com/lipidyn.htm>

Has submitted other articles on other products for natural health

## **Niacin Claims To Lower Cholesterol**

**By Ashish Jain**

Recollection of the past is sweet, when your present state of health is sound. But when it is not sound, you rue the past. Bad Cholesterol may be the reason to ruin your present today. It is a frustrating time for you, and you are at your wit's end. Your cholesterol and triglyceride levels don't indicate any change despite your constant efforts. You followed your physician's advice with full heart but all in vain.

But here is some encouraging news for you. One B vitamin supplement Niacin has been found to be effective in the cholesterol-lowering program. It increases HDL, the good cholesterol and at the same time, lowers LDL, the bad cholesterol and triglycerides.

But Niacin is not the fixed formula as such. Its effectiveness varies from patient to patient. The modus operandi of Niacin is not yet known. Researchers are busy working it out. It may significantly prove beneficial in the case of one patient whereas in the case of the other patient, it could prove to be of no use at all. Niacin is taken alone or in combination with another cholesterol lowering medications like statin drug. Other vitamins or minerals are also prescribed with it.

The standard dosages of Niacin are 500 mg to 2000 mg. Variations permitted only with the specific prescription of your physician. Individuals with high levels of cholesterol are given higher doses. There

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are many brands of Niacin in the market and therefore it is essential to go by the instructions indicated by the manufacturer as for the dosage. Don't take the recommended dosage straightaway from the first day of the medication. It is better to introduce it gradually to your system. It is taken at bed time on a full stomach. If you are suffering from any other conditions or diseases and for that you are already on medication, do consult your physician before commencing with the Niacin dose.

Since you are a cholesterol patient, for any medication to be fully effective your lifestyle changes are going to play an important role. Your food habits should not directly interfere or oppose your medication.

& Cholesterol Levels articles page provides detailed information on

cholesterol, cholesterol levels, cholesterol foods and more.



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