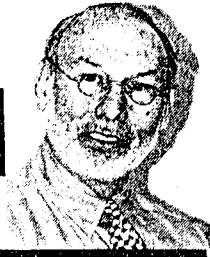


## — All Things Medical —

**Dr. J.E.  
BLOCK**



### Niacinamide and arthritis

Niacinamide is a vitamin (B3). Some individuals can improve their health and reduce the tendency for degenerative arthritis by taking higher doses of Niacinamide than the "Recommended Daily Allowance" (RDA), which is based on studies of healthy young volunteers over short periods of time. Niacinamide is used as a drug rather than a vitamin and works slowly. In fact, it may take as long as six months for it to do its thing.

There are other reported benefits from Niacinamide. We owe most of our knowledge to William Kaufman's work of half a century ago. Dr. Kaufman observed a number of benefits from Niacinamide which he had not anticipated. These include an improvement in one's temperament, post traumatic and

allergic diseases as well as painful muscle relief. In the last ten years, Niacinamide has been discovered in making better skin conditions such as acne.

Niacinamide is also protective of the effect of certain toxins such as the rat poison, Vacor and toxic effect of sulfa mustard. Toxicology experiments have shown that up to nine grams can be taken at one time, seemingly without harm.

Niacinamide can be purchased at any health food store. Be sure to get Niacinamide rather than Niacin or Nicotinic acid. These latter are used to treat lipids rather than arthritis problems. Although coming in different sizes, I would recommend obtaining the 500 mg or the 1000 mg size and taking as little as 2 grams (2000 mg) or as high as 8 grams (8000 mg) a day. This should be done only under a physician's care in that side effects such as elevation of certain blood chemistries and liver damage could occur. Periodically, the doctor should check the blood to make sure the good rather than the side effects of this "magic preparation" are obtained.