

# Correspondence

## Sustained Release Niacin Prevents My Lone Atrial Fibrillations

Last year, I found reference to niacin in the treatment of atrial fibrillations (AF) in the 1994 article "Schizophrenia: An Evolutionary Defense Against Severe Stress,"<sup>1</sup> on the Afibbers Organization internet page <http://afibbers.org/arrhythmias.html>. Since I suffered from lone atrial fibrillations (LAF), I read your article and noted—correctly or incorrectly—that your idea of niacin as being effective against AF was within the context of schizophrenia. Since I do not have, and never have had, schizophrenia, I dismissed your article and continued my search for an effective natural treatment for LAF.

I have been physically uncomfortable (cold) at any temperature less than a hot Texas summer day for about eight years, roughly as long as I have had arrhythmias. In an effort to raise my body temperature last winter, even temporarily by getting a "flush," I started taking 500 mg of sustained release niacin twice daily a few months ago. After starting niacin treatment I found that although there was no "flush", my tolerance for cold weather greatly improved. I later learned that a mild niacin deficiency slows down the metabolism, decreasing cold tolerance. Surprisingly, I also noted that I was not having my usual daily episodes of LAF.

After using 500 mg of sustained release niacin twice daily for about six months, I have not had any reoccurrence of LAF during that time, which is very different from my previous daily bouts with LAF. Also, my usual daily pre atrial contractions (PACs), which previously had occurred with alarming frequency, have been nearly eliminated.

Taurine also helped my arrhythmias, as I have previously reported.<sup>2</sup> I suspect that there is considerable validity to the adrenochrome hypothesis as cause of some cardiac arrhythmias, since taurine, like niacin, also has anti-adrenochrome

properties, which appear to account for its anti-arrhythmic properties.<sup>3,4</sup>

I wish that the association between AF and schizophrenia had not appeared to have been so strongly expressed since it deterred me from trying niacin for LAF for too long. I am totally convinced that my cardiac health and especially my cardiac rhythm are vastly better with niacin treatment.

I also note that there is an association between low dietary niacin intake and Alzheimer's disease, with an 80 percent risk reduction between high and low dietary intake of niacin.<sup>5</sup> Perhaps by taking niacin I also avoided a future bout with Alzheimer's disease.

As a 66-year-old male concerned about health maintenance and life extension, niacin is now my favorite nutritional supplement. I remain perplexed as to why the observation of efficacy in controlling AF by niacin is not otherwise reported and in wider use.

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## References:

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*Editor's note: This letter was received by Andrew Saul and is published with the permission of the author.*

### **My Son Jesse**

My son Jesse was locked up in a mental ward at the age of ten. Ten or so months later, when he was eleven, he was released. He was on 400 mg of Seroquel a day, 750 mg of Depakote ER, and 900 mg of lithium. He was also on BuSpar, but I need to look up that dose. All other doses are accurate. Two months later he was slated to be locked up again. In desperation I went online and found out about Dr. Abram Hoffer. Now, my son is not on any medication. He is thirteen and back in regular school with a grade point average of 3.1. He is no longer 30 pounds overweight, or in the school for the most severely mentally disturbed children in his local county. Orthomolecular medicine has given my child back his life. The psychiatrist told me to get my son on Social Security as he was the sickest child he has ever treated. Well, all I can say is, "who is the best doctor now?" It is a moral crime what is being done to us in this country. I forwarded your links to my friends and family who are starving for information after seeing the transformation of my son.

I will always love Dr. Hoffer even though I have never met him. I will be eternally grateful to all who make sure the "word" is getting out to folks to want real answers to their medical needs, and not be just more money for the drug companies and their protectors. Thank you for all you do. Your work really does make a huge difference in the world! It also saves the taxpayers dollars, and maybe that is the only thing that will be responded to. The insurance companies Case Managers' desire to have me relinquish control of my then eleven-year-old stemmed from the fact that he had already spent 10 months in two separate institutions. They had their

own psychiatrist on their payroll in Miami, Florida. They wanted custody of Jesse to have him sent to Miami by their own private ambulance to the facility where this particular doctor practiced. For all I know they wanted to give him a lobotomy. I will never know, because this was the catalyst for me to uncover the truth and embark on the quest I am now on with Jesse. His niacin dose is 3,000 mg three times per day. He is starting puberty and I can see changes in him that are not good. I actually plan on increasing his niacin dosage today to 4,000 mg three times per day. He will be taking eight instead of six capsules of 500 mg of the non-flush niacin starting tonight. I will also increase in C to 4,000 mg three times a day, up from 3,000 mg at three times per day. As far as how the doctors wanted to treat Jess, they basically wanted to get his medication to a point where he was sedated enough to cause no harm to himself or others. I have diagnosed Jesse as a severe schizophrenic, but his actual symptoms ran the gambit of auditory and visual hallucinations, insomnia, depression, mania, fear of impending doom, night terrors, fatigue and delusions. His last official diagnosis was "severe bipolar with thought disorder and psychosis." When a psychiatrist tells you they have never seen a patient as sick as your child, that in itself is very profound. He did not tell me this to earn points; he was just being honest.

If you can imagine a eleven-year-old weighing around 130 pounds, on all those medications, and he was still not sedated enough to keep him in control of his psychotic behaviour. The niacin over time has done tremendous things in a very positive way for Jesse. The drugs only treat the symptoms, and not even that well. The niacin treats the root cause of the problem and then the patient is symptom free. Jesse is sick enough that it would not take much at all to have him tail-spinning back to where he was. Even

on the vitamin therapy, his diet plays a much important role as well. Give Jess some milk and he starts breaking down right before your eyes. His diet is all natural/organic in nature. No sugar or milk, period. Jesse complies with this quite well, as he himself does not want to ever live like he did before. His mind is clear and he wants to keep it that way. No restaurants or fast food. I also pack all his food for school. Traveling is a challenge, but can be done. If Dr. Hoffer had Jesse in his own case studies, he would be one of his most severe cases based on what I have read so far. He also is a great success story. I attribute this completely to Dr. Hoffer. I might be practicing what he preaches, but he is the preacher, and I will be eternally grateful for Jesse's quality of life.

The prognosis for Jesse was a lifetime of institutions and debilitating medications to get him catatonic, as that would be the only way to control the severity of his condition. If you read his medical files then you would see that I am not exaggerating the severity of his condition. That child no longer exists under Dr. Hoffer's recommended treatments.

Jesse is one of the most intelligent, articulate people I know. He is quite witty and has a tremendous sense of humor. If you did know his back story, you would never even imagine the person he was, or could be. Everything I have told you has documentation to it, enough so that the lawyers want his case for the tardive dyskinesia he now suffers from. It is not as severe as it was while taking the seroquel, but almost two years now of no medication and lingering symptoms tells me it is here to stay. The drugs were never necessary and therefore he would not have the tardive dyskinesia today. Psychiatrists of today only want to treat Jesse with enough drugs to basically knock him out because of the severity of his symptoms when not on the niacin therapy and special diet. Jesse is smart enough and

disciplined enough to take ownership of his condition so this will never be a factor again. I hope when Jesse is through puberty and no longer growing that he will need less niacin, but I will cross that bridge when I come to it.

I want to thank you personally for your work. Your website and Dr. Hoffer's work are my guidelines for my son's care. Doctors in this country will not treat Jesse the correct way. I have had to go it alone ever since I refused to go along with the Case Manager for the insurance company. They actually wanted me to relinquish control of my then eleven year old to them, since he was costing them so much money. Give or take about eight Baker Acts, and ten months in residential, with him needing to go back in. The Case Managers got really ugly with me and started to play some serious hardball.

Your website and Dr Hoffer's case studies have been my road map for Jesse's success. I met a lot of parents with sick kids. The truth is this: tell somebody your child has a tumor, or is insulin dependent, and you have their sympathy. Now, tell that same person your child is mentally ill, and they run like the wind. It is this cloud that surrounds you that the drug companies hide behind and use for worldly gain. Jesse right now takes vitamins 3 times a day coupled with a sugar and milk free diet. Of course, no preservatives, either. Each morning when he gets up I give him as follows:

1 D-Mannose capsule  
 6 - 500mg non flush niacin  
 3 - time released 1000mg vitamin C  
 1 - B-50 complex  
 1 - B<sub>6</sub> 100mg  
 1 - omega 3-6-9 oils, 1200 mg  
 1- tablet of calcium, magnesium, zinc.

He gets the same dose mid-day minus the D-Mannose. At night, I also cut out the zinc combination along with the B<sub>6</sub>. It took me over a year to reach this stage. I have had no one to rely on. I have counted on

your websites. I wish more people could get this information, as there are 20 million kids in this country on medications, and I believe they don't need to be. If my son is one of the sickest and has been med free for almost one and a half years, then any kid could do it. The doctor wanted to load him with chemicals, as he was one of the more severe cases. Now, he is not showing symptoms, as I am treating the cause, not masking the symptoms with powerful drugs.

Thank you once again. Dr. Hoffer may have really hit the nail on the head, but your continued work gets the word out on a myriad of sicknesses.

-Valerie Romano