



## Natural Facts Newsletter

March, 20, 2013

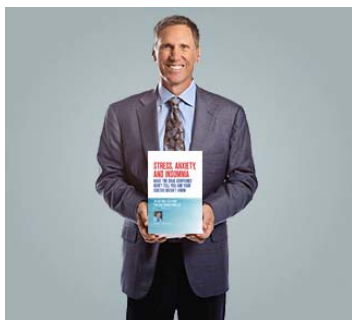
Dear Michael,

I wanted to let you know that my website has been redesigned and soon we will be adding an Ask Dr Murray Q & A widget that will allow you to ask questions and search my database of past Q & A's. I am hoping this new feature will help me answer everyone's questions about improving their health through natural medicine.

### Getting the Niacin Story Right

#### Introduction:

Since the 1950s niacin (vitamin B3) has been known to be effective in lowering blood cholesterol levels. In the 1970s the famed Coronary Drug Project demonstrated that niacin was the only cholesterol-lowering agent to actually reduce overall mortality. Niacin typically lowers LDL levels by 16-23% while raising HDL levels by 20-33%.



These effects, especially the effect on HDL, compare quite favorably with conventional cholesterol-lowering drugs (i.e., statin drugs like Crestor, Lipitor, Zocor, etc.). Niacin has also been shown to lower the more harmful Lp(a) lipoprotein, triglycerides,

and lower markers of inflammation such as CRP and fibrinogen .

#### Background Information:

Several studies have compared niacin with standard lipid-lowering drugs, including statins. These studies have shown significant advantages for niacin. While statins produce a greater LDL reduction, niacin provides better overall results as the percentage increase in protective HDL is dramatically in favor of niacin. Niacin also is very useful in patients with the more damaging small and dense form of LDL particle or lipoprotein(a).

[Read More](#)

### Hot off the Press

In an effort to keep you up to date on other articles, blog posts, radio and TV shows that I am doing, we are adding a section to the newsletter called Hot off the Press. This weeks blog post comes from Care2.com and is called *7 Habits that are Good for You and the Planet*. I hope that you enjoy the article and thanks for taking small steps everyday toward a better planet for us all.

Our thoughts, actions, practices, and habits affect our health, but they also have an impact on the health of others and the health of our planet. Realizing this undeniable fact gives us the opportunity to create a better life for ourselves, but also to have a direct, positive impact on our world. Here are 7 practices that are not only good for you, but good for everyone on our planet. [Read More](#)

Sincerely,



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### Expo West Show



Each year I travel to several Natural Products Trade shows to meet health food store retailers, sign books, give lectures, and am often interviewed live on radio an TV shows right in the middle of the show. These shows are tremendously inspiring and always fun to see the latest natural food products and supplements available.

### Upcoming Events



Hi to all of my Missouri folks!

I will be speaking at Nature's Pantry on March 26 and 27th at 19019 E 48th St S, Independence, MO .

For further details you can visit Natures Pantry's website at

<http://www.pantry.biz/>

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