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By:

[Katie Holmes's Sores From Scientology Detoxification Ritual](#)

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Tom Cruise's lover, beautiful actress Katie Holmes appeared with strange sores on her face, making people wondering if the rash didn't pop up after a strange scientologist ritual of detoxification. Apparently, this treatment involves doses of the vitamin Niacin which helps purify the body of negative alien substances. The doses the vitamin-B complex can cause red rashes. But the Scientology Church denies any implication. A Scientology official said: "Whatever you see on her face has got nothing to do with us. It's insulting that you would ask such a thing." According to New York Daily News, Scientology founder L. Ron Hubbard said that using niacin with exercises and sauna sessions will help the body to purify from of 'radiation' or negative alien substances. But the results from a recent study by McKenney et al. (Medical College of Virginia School of Pharmacy) indicate that not all the news about niacin is good news. In therapeutic doses, niacin can be dangerous, particularly sustained-release niacin. The Virginia researchers conducted a randomized, double-blind, parallel-group comparison of sustained-release (SR) and immediate-release (IR) niacin in 46 patients with hypercholesterolemia for 36-week. Both formulations were associated with considerable side effects. Nine of the 23 patients assigned to IR niacin withdrew from the trial before completing the 3-g dose phase because of adverse reactions, including vasodilation (flushing, itching, rash), fatigue, and acanthosis nigricans (a wart-like skin eruption). Eighteen of the 23 patients in the SR niacin group withdrew before completing the 3-g dose phase because of gastrointestinal effects, fatigue, and hepatotoxicity. Thus, 39% of patients on IR niacin and 78% of those on SR niacin withdrew because of side effects.