

lecithin

Lecithin is a fat-like substance called a phospholipid, which is synthesised by the liver and also occurs naturally in foods such as eggs, organ meats, nuts, soya beans and dairy products.

Lecithin is needed by every cell in the body and is a key building block of cell membranes. Cell membranes handle the flow of nutrients in and out of the cell. Lecithin also protects the cells from oxidation.

Lecithin supplementation is used to help prevent arteriosclerosis, protect against cardiovascular disease, improve brain function, increase energy levels, repair damage from alcoholism and relieve fibro-myalgia. It also helps with the digestion of fats, slows the aging process, combats immune system disorders, chronic fatigue, depression and gallstones. Due to its role in fat metabolism, lecithin also assists in weight control.



The positive effects of lecithin are largely due to its choline component. Choline is a lipotropic substance closely involved in fat metabolism and the elimination of excess cholesterol.

The Quick Loss Program provides many foods that are rich sources of lecithin such as eggs, dairy products and some meat.

Lecithin may also be taken as a food supplement and can be purchased at health food stores. It is recommended that lecithin granules (not genetically modified) are taken on a daily basis to control elevated cholesterol levels. Sprinkle lecithin over food, or add to drinking water.

References:

<http://www.1001herbs.com/lecithin>
<http://www.cockatoo.com/lecithin/>
<http://www.go-symmetry.com/info/lecithin.htm>
<http://www.nutriteam.com/lecithin.htm>

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