

## HEALTH TIP #32 – LECITHIN By Maryellen Vandenbrink, RNCP

### **WHY YOU MAY NEED THIS PRODUCT:**

Lecithin has been given the name “brain food” because of its high concentration of phosphatidyl choline, which supports primary brain functions including memory, thought, and muscular control.

■ Phosphatidyl choline is a biological precursor to acetylcholine, a neurotransmitter within the brain. Acetylcholine is so critical to healthy brain function and cell membrane chemistry that if sufficient choline is not provided through diet, the body will “cannibalize” body

tissue and extract the choline or choline building blocks needed.

■ Phosphatidyl inositol, another component of lecithin, supports the structure of nerve cells and helps nerves transmit signals.

■ Lecithin’s unique chemistry allows it to emulsify or disperse lipids (fats, oils) in water. In the body, lecithin contributes to lipotropic factors in the bloodstream. In water-based blood serum, choline and inositol aid in the stabilization of blood lipids, helping to keep them dispersed evenly in the blood. These lipotropic capabilities have given lecithin a reputation as an “anticholesterol” nutrient.

■ Lecithin’s emulsifying capabilities also support better nutrient absorption in the digestive tract.

### **BENEFITS:**

- Better memory
- Liver support
- Breakdown of fats
- Heart health
- building blocks” necessary for optimum functioning of cells and nerve tissue.

### **WHY GNLD LECITHIN?**

- Developed using the same leading-edge lipid technology used to produce GNLD’s Formula IV®, fish oil supplements, and “water-miscible” vitamins.
- The inositol in GNLD’s Lecithin is 100% myo-inositol (“muscle sugar”), the biologically active form.

- Each serving contains 1,200 mg of pure soybean phospholipid, the purest and most concentrated raw material available. This pure lecithin consists of active phospholipids choline (175 mg) and inositol (100 mg), the two most important dietary contributors of lipotropic factors and involved in nerve transmission.
- Added magnesium, wheat germ oil, and natural vitamin E help boost nutrient potency, improve stability, and prevent oxidation.

## **HOW TO TAKE:**

Take 2 capsules daily.

## **TESTIMONIES:**

In 1998, I had surgery for a prolapsed bladder and at the time of the surgery, the surgeon severed a bladder nerve. I could not lie on my side because of the pain and when I went to the washroom I was also in pain.

I spoke to Don Lawson and he mentioned that if a nerve is partially severed, it could regenerate so he mentioned to add lecithin to my program. I took 3 lecithin, 2 B complex and 2 cal/mag a day and within a very short time, I noticed an improvement. After 2 months, I was pain free. I no longer have any side effects from the severed nerve. Thanks GNLD.

Susan Faulkner,

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When I was studying for my Registered Holistic Nutrition course, I found that taking lecithin gave me a photographic memory. I was able to study, absorb and received the top mark in my class. Thank you lecithin & GNLD.

Maryellen Vandenbrink, Mississauga

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E. Black, Orton, ON:

12 years ago, my father-in-law, Gerry, had a triple heart bypass. Then, in May of 1999 he experienced chest pain, had trouble breathing and was admitted to the hospital again. An ultrasound of his heart showed it was not contracting and pumping properly. The specialist classified the malfunctioning as category 3 - 4. Category 4 means a need for a heart transplant.

I immediately started Gerry on a 30 - day healthy heart program which includes 6 a day of Lipotropic Adjunct, Garlic, Salmon Oil, Vitamin E and Lecithin. After three weeks another ultrasound showed Gerry's heart functioning in the 2 - 3 category range. Both, the technician and the radiologist were quite surprised by the improvement.

After 30 days I had Gerry reduce his supplement intake by half. In September, 1999 Gerry had another ultrasound and the results were outstanding!!! His heart is now functioning at category 1, which is completely normal. His doctor asked the technician to come in and verify the results



as he could not believe them. His comment was "hearts just don't revive like that". Now, Gerry's doctor's recommendation is to continue his heart health supplementation program because it is making such a positive difference. We are all very grateful that Gerry has recovered so well and thank GNLD for providing such excellent products that really work.