

~ A Healthier You ~

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Lecithin Supplementation

Lecithin is a naturally occurring compound found in all cells of nature, both plant and animal. It plays a major role in everything from breathing to energy production to nerve transmission. The human brain is approximately 30% lecithin, with the myelin sheath (protecting the brain, spine and thousands of miles of nerves) being almost 2/3 lecithin.

So we can see that this is a supplement of utmost importance.

Lecithin is Greek for "egg yolk", a fitting name for this essential nutrient, because the egg has always been considered to be the symbol of life, strength and fertility. Like the egg, lecithin is composed of many different necessary components. Scientists believe that the most important ones for human health are

1. **Inositol:** is one of the B vitamins, which is found naturally in green plants and grains, as well as muscle tissue. It influences cell membrane formation and nerve signal transmission while it helps with the transport of fats.
2. **Linoleic acid:** is a polyunsaturated fatty acid found in plant glycerides. It is essential for good nutrition in all mammals and is a precursor for prostaglandins, which are necessary for vascular health as well as hormone metabolism.
3. **Choline:** necessary for the brain's production of acetylcholine, an important neurotransmitter that helps nerve cells to communicate. It plays

an important role in learning, digestion, respiration, circulation and cholesterol metabolism.

4. **Phosphatidylserine:** is found in high concentrations in the brain and nerve cells. It is beneficial for proper cognitive function.

Lecithin is often referred to as phosphatidylcholine, sphingomyelins, phosphatides, or phospholipids. Don't let this confuse you. Look for the name Lecithin. It's made from soy and contains all of the nutrients listed above and more.