

Lecithin Granules

(Washing up liquid for the arteries!)

Lecithin is actually a naturally occurring mixture of phospholipids. Although it is not an essential nutrient, it does have a number of health benefits that make it worth including as part of a daily supplement routine. It protects your cells by facilitating movement of fats, wastes, nutrients and ions in and out of the cells, while keeping the cell structure strong to keep its shape.

Improves brain function. The main nutrient found in soy lecithin is phosphatidylcholine, also known as PC. PC is part of the membrane surrounding your cells and your body breaks it down into choline, which is widely known to be vital for the health of your brain. Choline is especially important for preventing memory loss and, in particular, preventing memory loss from old age

Lowens cholesterol. The benefits of soy lecithin for lowering cholesterol are well known as it has been used for decades in treating patients with high cholesterol. It controls the flow of nutrients in and out of your cells and prevents the build-up of fats in the walls of your heart, arteries and brain by breaking down the fatty deposits. For this reason, it not only benefits cholesterol levels, but also your cardiovascular health too.

Prevents disease. There is also strong research that suggests the cell regulation benefits of lecithin may also have significant effects on brain and memory function, including possible improvements for Alzheimer's, dementia, amnesia and more.

The best way to take lecithin is by mixing it into or sprinkling it on foods. Lecithin is basically tasteless, so it does not hurt the taste of the foods it is added to. Try mixing one teaspoon (build up to 1 tablespoon over a week) with your breakfast and sprinkling another teaspoon (again build up to 1 tablespoon) onto your dinner. It is important to build up slowly because it will start to de plaque your arteries and this mustn't be done too quickly.