

Lecithin

Lecithin is necessary to every cell and organ in the body as it is found in every cell and organ. Organs can be helped and rebuilt by eating lecithin in sufficient amounts. Once repaired, lecithin helps to maintain these organs. It has been surprised that a deficiency of lecithin in the diet may be one of the causes of aging.

Scientific studies have brought forth the following benefits derived form lecithin:

1. It reduces the cholesterol level in the blood and helps dissolve the plaques already laid down in the arteries.
2. It is of great value in eliminating the yellow or yellow-brown plaques on the skin or around the eyes caused by fatty deposits.
3. It has helped to lower blood pressure when needed and has produced greater alertness in elderly people.
4. It increases the gamma globulin in blood which helps fight infection and has provided increased immunity against pneumonia.
5. Skin disturbances such as eczema, acne and psoriasis were benefited by the use of lecithin.
6. It fills out and softens aging skin, where dryness, thinness and shriveling occur. It prevents a drawn look while one is reducing.
7. Lecithin aids the nerves and helps nervous exhaustion. It has proved to be a natural tranquilizer.
8. Lecithin has been proven to be an aid to rebuilding brain cells, although it takes from six to eight weeks before results can be noted. In this study it was proven that the brain of an insane person was found to contain only half as much lecithin as that of a normal person.
9. Lecithin has been found to be a sexual aid. Research in Germany twenty-five years ago proved that it was useful in restoring sexual powers, especially in men. Also aids glandular exhaustion, as well as nervous and mental disorders. Seminal fluid is rich in lecithin which must be regularly replaced.
10. Lecithin was found to be helpful in distributing weight by shifting it from areas of the body where it was unwanted, to portions where it is needed.
11. It has proved to be helpful in the assimilation of vitamins A and E.
12. With the help of vitamin E, lecithin has been found useful in lowering the requirements of insulin in diabetics.

Originally, lecithin was extracted from egg yolk, but most lecithin is made from soy beans. Today's practices of refining and hydrogenating of fats destroys the lecithin-cholesterol term, so only the cholesterol remains. Without lecithin's power to emulsify it, the cholesterol can accumulate in the arteries with disastrous results. The solution is not to eliminate cholesterol, which occurs in many good foods, but rather to add lecithin to the diet to make certain that the cholesterol is dissolved.