

Lecithin

Though not an herb, lecithin is found in many herbal products and has gained the attention of consumers in recent years.

Miscellaneous:

- Lecithin is naturally found in all living organisms as a lipid that is produced in the liver.
- Lecithin is a major source of choline.

Uses:

Lecithin is claimed by many to improve memory, nerve disorders, strength, etc. when taken as a supplement.

Mechanism:

Choline is required for the synthesis of ACH. Lecithin, a good source of choline, is consequently hypothesized to generate higher levels of ACH, which would be of benefit in treating a plethora of neurological transmission disorders. Numerous studies performed on such rationale in patients with Alzheimer's, Parkinson's, Tourette's, etc. have proven contradictory and, therefore, inconclusive.¹

Contraindications/Side effects:

Pregnancy/breastfeeding.

Citation References:

1. Pierce, A., The American Pharmaceutical Association: *Practical Guide to Natural Medicines*: 1999, pp. 393-395.

General References:

1. Pierce, A., The American Pharmaceutical Association: *Practical Guide to Natural Medicines*: 1999, pp. 393-395.
2. Publications International, LTD., In Consultation with the American Association of Naturopathic Physicians.: *Nature's Pharmacy*: 2001, pp. 265, 281.