



## LECITHIN

270 CAPSULES STOCK No: 1660

### FATS & FATTY ACIDS

Fat has become one of the dirtiest words in the English language, and with good reason. The accumulation of excess fat can pose a serious threat to both mental and physical health. But we need some fat in our diet every day, particularly the kind found in vegetable oils, because certain fats provide us with essential fatty acids that we must get through the diet but the body can't produce them in adequate amounts.

One essential polyunsaturated fatty acid - linoleic acid - can't be produced by the body at all and our total requirement must come from the diet. Vegetable oils and wheat germ oils are rich sources of linoleic acid whereas margarines, nuts and fish are fairly good sources. But Lecithin is an excellent alternative source.

Fats and fatty acids belong to a biochemical group called "lipids". All fats are in this category, including glycerols and sterols, such as cholesterol. Then there are related substances like the phospholipids. They are similar to true fats but incorporate a phosphorus containing compound in place of the third fatty acid found in the triglyceride. The best known phospholipid is lecithin (Phosphatidyl choline).

### LECITHIN

Discovered in 1846, lecithin, is a natural substance found in cell membranes and body tissues, including the brain, liver, heart and blood plasma. Lecithin is also part of the myelin sheath that surrounds and insulates nerve fibres. Without this sheath, the nerves would function less efficiently.

### LECITHIN SOURCES

The name lecithin is taken from the Greek word 'likothos' meaning egg yolk and its presence in this substance indicates its necessity for development. Although egg yolk and organ meats are good sources of lecithin, they are also high in cholesterol and saturated fats, and hence dietary intake should be restrained. For this reason the soybean is the preferred dietary source. Soybean oil, from which lecithin can be extracted, has a very high content of the essential fatty acids linolenic and linoleic acid. People who are restricting their fat intake to control their weight or manage their cholesterol should consider a top quality source of the essential fatty acids like NSP Lecithin, which is produced from high quality soybean oil.

### LECITHIN THE EMULSIFIER

Lecithin does many, many, complicated things, not all of which are fully understood, but it is a perfect example of the aphorism "The whole is greater than the sum of its parts". Its three most significant components, linoleic acid, choline and inositol, all perform individual important functions. But working together in lecithin they can accomplish additional tasks they cannot do individually.

Lecithin has been called "nature's emulsifier." Oil and water don't mix, but lecithin's structure allows it to unite with both, by functioning as a double agent. By acting as an emulsifier, lecithin, solves the problem of absorbing fats and the fat soluble vitamins A, D and E into the water-based human body, and along with bile salts, cholesterol, and bile pigments, is used by the liver to make a fluid called bile. Bile is concentrated and stored in a sac called the gallbladder. During digestion, bile from the gallbladder and liver flows into the small intestine. Here it emulsifies fat-soluble nutrients, breaking them into tiny particles dispersed evenly throughout a solution. Once emulsified, these nutrients can then be easily absorbed.

### LECITHIN and HIATUS HERNIA

Similarly, Lecithin can be an important component in resolving problems of poor digestion leading to acidity, indigestion and hiatus hernia, by neutralising the fatty acids ingested with a meal and calming the stomach so as to prevent refluxing of food back into the oesophagus. It is likely that this is one of the most effective uses of lecithin and if you suffer any of these symptoms, it can be a major aid to recovery by taking two to four capsules with or immediately after a main meal, relieving stress and inflammation in the digestive tract and with regular use progressively enabling the whole system to heal itself.

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