

+ *Savouring organic summer wines*

active

CANADA'S NATURAL HEALTH
AND WELLNESS MAGAZINE

SEPTEMBER 2008

KIDS

- VITAMINS
- Wii WORKOUT
- PLAYTIME PRIORITY
- TOO OLD, TOO FAST?

A WEEK OF
SCHOOL LUNCHES
(Pack'em green)

FENNEL
DELICIOUS &
MEDICINAL

SOOKE HARBOUR HOUSE

Wild chanterelle mushroom soup
Sockeye salmon and sautéed vegetables
Sweet pumpkin ice milk

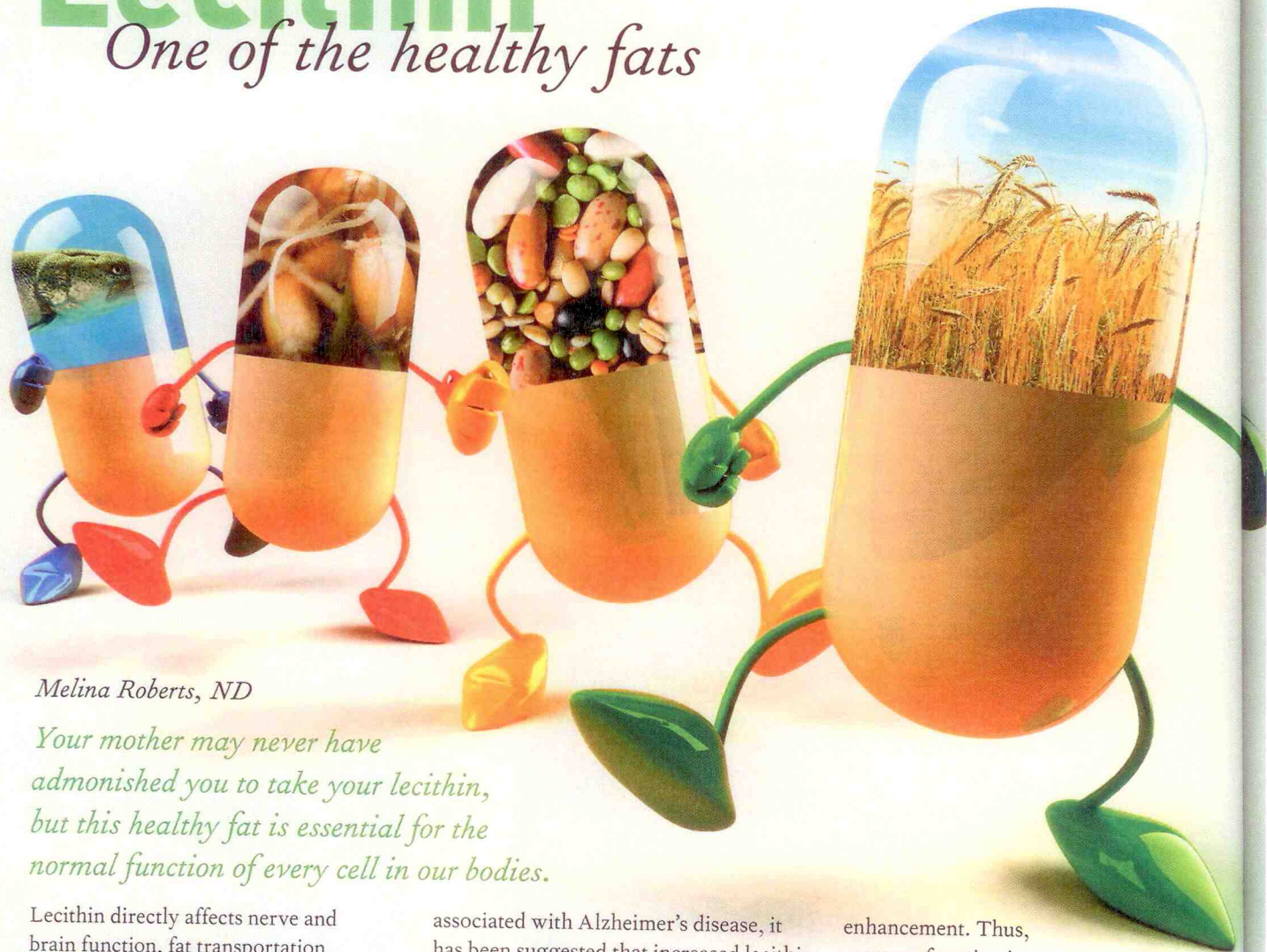
SILKEN LAUMANN
ACTIVE KIDS
MOVEMENT

NATURAL SKIN CARE SOLUTIONS

Gabrielle Miller
A Natural Passion for Life

Lecithin

One of the healthy fats



Melina Roberts, ND

Your mother may never have admonished you to take your lecithin, but this healthy fat is essential for the normal function of every cell in our bodies.

Lecithin directly affects nerve and brain function, fat transportation, and metabolism, and protects cells from oxidation. Lecithin contains a phospholipid called phosphatidylcholine, which is absorbed by the intestinal mucosa and metabolized to choline in the liver.

Small amounts of choline are carried to the brain, where it is converted to the neurotransmitter acetylcholine, which is required for adequate nerve function as well as for memory storage and retrieval.

MEMORY HELPER

In healthy individuals, lecithin can increase acetylcholine levels in the brain. Because a decrease in acetylcholine is

associated with Alzheimer's disease, it has been suggested that increased lecithin levels may increase this important neurotransmitter.

As a 2002 study reported in the *Clinical Therapeutics* journal, while patients with mild to moderate dementia experienced improved memory with increased dietary choline, it was not beneficial to patients with advanced Alzheimer's disease.

Studies have shown that choline is also needed for the normal development of the brain during fetal growth. In an interesting animal study, when pregnant female rodents were supplemented with choline, their offspring's brain function changed, resulting in lifelong memory

enhancement. Thus, memory function in the aged offspring was partially determined by what the mother ate during pregnancy.

HEART HEALTH

Lecithin has been shown to help with cardiovascular disease by lowering cholesterol and preventing atherosclerosis. Lecithin is an emulsifying agent, meaning that it is able to suspend the fat and cholesterol that is travelling through the bloodstream and stop it from attaching to the artery walls, thus preventing atherosclerosis.

Some studies demonstrate that soy-derived lecithin has significant effects on

