

## Truth About Lecithin

Have you heard that lecithin can help you lose weight? Many companies will tell you that it's a fact, but you need to know the truth about lecithin to be able to make an informed decision for yourself.

### Phospholipid

One very basic truth about lecithin is that it is a phospholipid. This element is one of the many found in all living organisms, including humans. More than that, lecithin is actually a complex mixture of phospholipids, glycolipids, sterols, triglycerides and small quantities of fatty acids, carbohydrates, and sphingolipids. The primary phospholipid components of lecithin include phosphatidylinositol (PI), phosphatidylcholine (PC), phosphatidylethanolamine (PE), and phosphatic acid (PA).

Lecithin is indeed present in the cells of all living organisms, so one would assume that it must be considered an essential nutrient. It's what advertisements would lead us to believe, but medical research proves otherwise. The truth about lecithin is that the substance is derived from external sources like food, and not developed within the body. Lecithin comes from food and is synthesized by the body. It is not, therefore, a true essential nutrient, although it does appear to have many beneficial effects.

As a phospholipid, lecithin is a major component in cell membranes. Lipids make cell membranes semi-permeable, meaning that some substances can enter the cell, while others are kept out. With choline as a main component, lecithin facilitates the movement of fats in and out of cells, as well as wastes, nutrients and ions.

In addition to providing protection around the cells, another truth about lecithin is that it is able to encompass the framework of the cell itself. Along with carbohydrates and protein, lecithin helps cells retain their shapes, and keeps cell structures strong.

### Benefits and Functions of Lecithin

Lecithin was discovered by a French scientist by the name of Maurice Goble discovered it when he did in 1846. Had he never made this important discovery, modern food producers could be using harmful or even toxic emulsifiers in their food preparations. One important truth about lecithin is that it contributes important emulsifying properties that the food industry has put to good use. Lecithin keeps margarine and butter in a usable solid state, and provides a tasty coating for chocolates and other foods. Lecithin can be used to enhance both the nutritional and physical properties of your everyday recipes.

Simply adding one or two tablespoons of lecithin will provide an emulsifying surface of fat over your gravies, soups and chili, giving them a more uniform and appealing look. Lecithin prevents that nasty layer of fat from floating atop your culinary creation, and lets you take the credit for being such a magnificent cook.

In addition to its role as a food additive, lecithin has other important use. Weight loss and diet enthusiasts commonly consume lecithin powders and granules as a natural boost to their weight loss regimens. Countless studies have also revealed this very important truth about lecithin: that it can positively affect people with high levels of blood cholesterol. Lecithin is widely used to help people who are prone to heart attacks and strokes. Further, studies have shown that lecithin is a primary component of the brain's myelin sheath, and supplements of lecithin can help to prevent degenerative diseases such as Parkinson's and Alzheimer's Disease.

Knowing the truth is always more important than believing the hype, particularly when it comes to your body. The truth about lecithin is that it has many important qualities that can assist in a variety of ways to boost your good health.