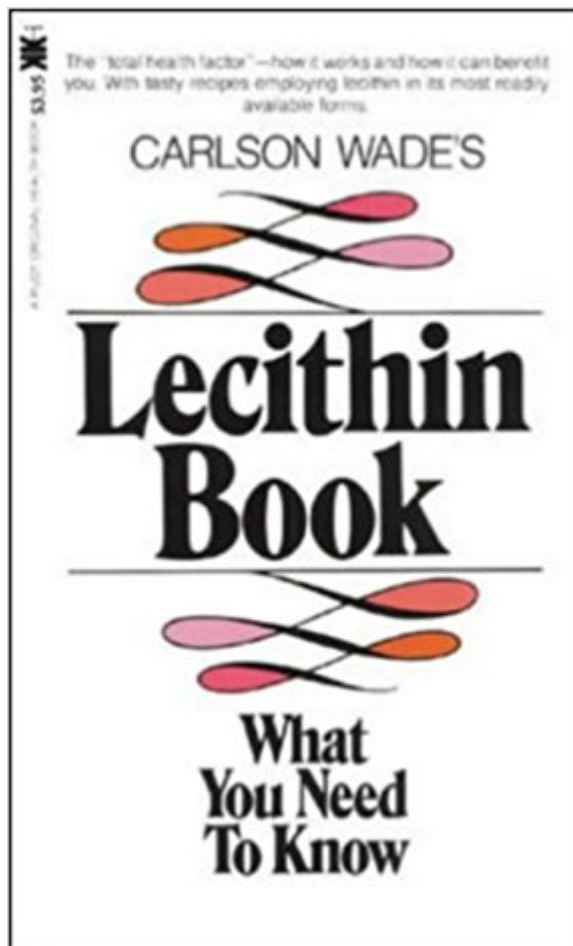


The book was found

Lecithin Book



Synopsis

Explains the benefits of this food substance, what is known about how it works in the body, and how to increase lecithin in the diet.

Book Information

Series: Pivot Original Health Book

Paperback: 24 pages

Publisher: McGraw-Hill Companies (January 11, 1998)

Language: English

ISBN-10: 0879832266

ISBN-13: 978-0879832261

Product Dimensions: 6.9 x 4.2 x 0.4 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 3.9 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,828,130 in Books (See Top 100 in Books) #22 in [Books > Medical Books > Pharmacology > Pharmacodynamics](#) #10834 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

After 25 years of taking lecithin (and magnesium and calcium supplements)(not at the same time of day), I believe that it is the key to getting and keeping your arteries clear. Just had a heart radio nucleotide perfusion test, with no issues. I'm 67....reading lots of research, I perceive that there is a forbidden invisible elephant in the room, which many researchers hint at, but are afraid to address. The 'peer review' system has it's flaws. Too much 'political correctness'I believe that that 'elephant' is lecithin and magnesium(with calcium). ...just my 2 cents...

This book was not what I was looking for. My son has a lecithin allergy, and I was hoping to find a list of what foods contain lecithin and how much. The author promoted lecithin supplements as a means of maintaining good health.

This was a good read. I was glad to receive this book and will share it with friends and family. Thank you!

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