Phosphatidylcholine (PC) is one of the most important nutrients to consume daily for optimal health. PC is found in nuts, seeds, dandelion greens, and egg yolks; foods we consume too little of to get an optimal intake of PC. Most adults do not get enough of this valuable nutrient. An inadequate intake of PC can lead to:

- Poor liver function/fatty liver
- Premenstrual syndrome, fibroid tumors, fibrocystic breast disease, and other hormonal disorders in women
- Poor memory
- Gallstone formation
- Nerve degeneration

What makes PC so valuable? PC is the basic building block of the membranes of every cell in the body. Without PC, cells age faster and do not function optimally. PC also helps encourage healthy fat metabolism by emulsifying fat. Taking PC has a dramatic impact on our health, particularly the health of the liver.

**The Liver Nutrient**

PC is the single most important nutrient for promoting liver health. PC helps the liver do many of its jobs better: nutrient assimilation, hormone balancing, and toxin elimination. PC protects the liver against the damage caused by alcohol, pollutants, viruses, medications, mushroom poisoning, and radiation treatment. PC is very valuable in the treatment of the forms of hepatitis.

**The Ultimate Woman’s Health Nutrient**

PC can help alleviate many estrogen related problems by enabling the liver to convert estradiol - the stronger form of estrogen - to estriol, a more benign form of estrogen. PC is therefore helpful in managing problems related to female hormone imbalance including PMS, uterine fibroids, fibrocystic breast syndrome, and endometriosis. Such problems usually improve dramatically after a month or two of using PC with inositol and other liver supporting nutrients.

**The Memory Enhancer**

PC helps the brain make one it’s most important chemical messengers, acetylcholine. Acetylcholine travels between nerve cells, creating and calling up memories. Many people notice better memory function when taking PC. PC may also be useful in treating Alzheimer’s Disease; an ailment caused by acetylcholine deficiency. PC can also be useful in the treatment of tardive dyskinesia, colitis, and malaria.

**How to Take Phosphatidyl Choline**

Lecithin and phosphatidyl choline are one and the same. PC is available in softgel or granule form. Make sure to use triple strength lecithin granules that contain 55% PC for best results. Take one teaspoon per day with a meal for promoting general health. After one week, increase the dose to one tablespoon per day if needed. 1-2 Tbsp. should be used for promoting female hormonal health, and larger doses should be used when treating hepatitis and other serious ailments. PC is best taken with a meal and with other supplements as PC increases the absorption of all nutrients. Research shows that PC is highly bioavailable - it is nearly 90% absorbed. PC is safe for long term use.

**References**