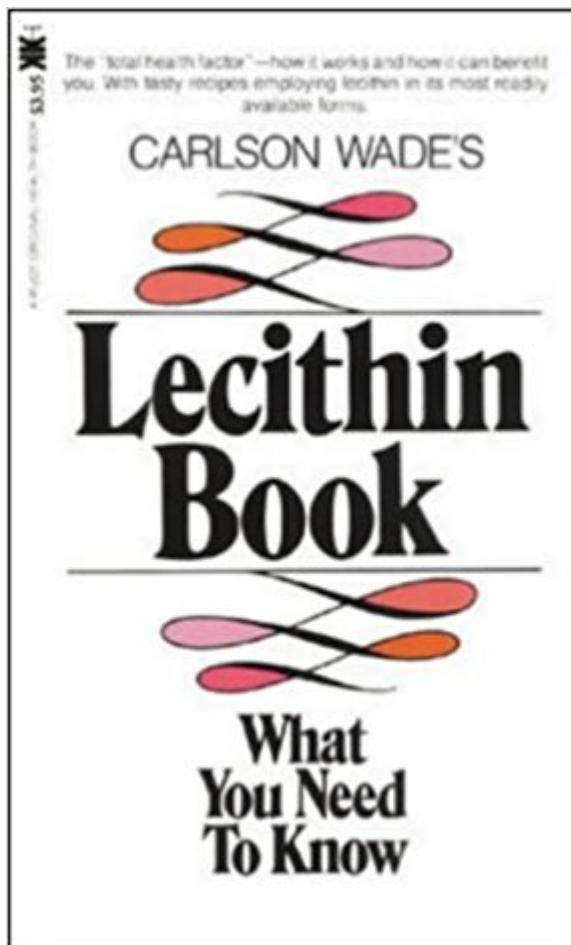


The book was found

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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Lecithin Book Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book Nautical Guest Book (Hardcover), Visitors Book, Guest Comments Book, Vacation Home Guest Book, Beach House Guest Book, Visitor Comments Book, Seaside ... House, Parties, Events & Functions by the Sea Back to the 80s: 1980s Fads and Fashion Coloring Book: Adult Coloring Books Fashion, 80s Coloring Book, 1980s Coloring Book, Fashion Coloring Book ... Fashion Coloring Book for Adults) (Volume 1) Books for Kids: Am I White Or Black (A Great Children's Book About A Cool Stripy Cat, Bedtime Book, Ages 3-6, Preschool Book, Friendship book, Kids Book) "In Loving Memory" Funeral Guest Book, Memorial Guest Book, Condolence Book, Remembrance Book for Funerals or Wake, Memorial Service Guest Book: A ... the Family. Hard Cover with a Gloss Finish Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful meditation coloring book, bird guide natural world coloring book Birds: An Adult Coloring Book: Travel Edition Size, Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful ... book, bird guide natural world coloring book ABC's for Boys (Alphabet Book, Baby Book, Children's Book, Toddler Book) ABC's for Girls (Alphabet Book, Baby Book, Children's Book, Toddler Book) Chinese baby book: Where is the Baby: English-Chinese picture book (Simplified Chinese book) (Bilingual Edition) Early Reader Chinese book for ... books for kids) (Volume 7) (Chinese Edition) Children's book: Where is Santa. Santaha dokoda: Children's English-Japanese Picture Book (Bilingual Edition), Japanese kids book, Japanese Baby book, Japanese ... Japanese English books for children 1) Bullet Journal: Wood Notebook Dotted Grid, 5,5"x 8,5": Dot Grid Journal, Design Book, Planner, Dotted Notebook, Work Book, Sketch Book, Math Book, 5mm ... paper) (Dotted Journal Notebooks) (Volume 28) Visitors Book: At A Glance Visitor Log Book / Visitor Register / Visitor Notebook Record Guest Sign-In Register Book / High Quality Ideal for Offices ... (Visitor Registration Book) (Volume 4) A Guide Book of United States Coins 2015: The Official Red Book Spiral (Official Red Book: A Guide Book of United States Coins (Spiral)) Animals Coloring Book (black edition): 50 designs on black paper. Stress Relief Coloring Book : Mandalas, Flowers, Animals. Coloring Book For Adult (Hilarious Coloring Book for Fun) Swear Word Coloring Book. Greyscale adult coloring book: Sweary Designs featured with Swear Words & Greyscale Flowers, Landscapes and Plants (... Book with Sweary Coloring Book For Fun) 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Gardening: 4 in 1 Masterclass:

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