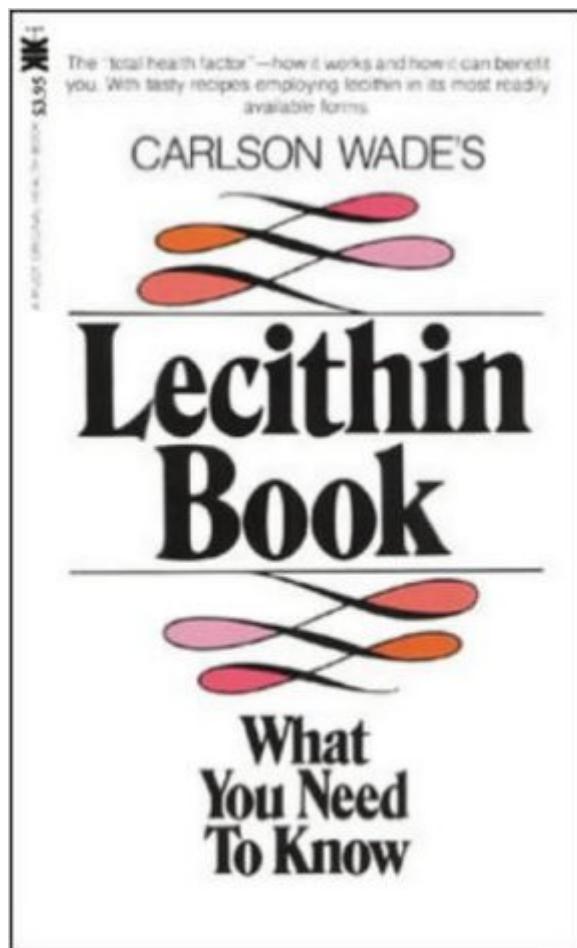


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# Lecithin Book



## 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: 4.0 out of 5 starsÂ  [See all reviewsÂ \(3 customer reviews\)](#)

Best Sellers Rank: #2,027,657 in Books (See Top 100 in Books) #31 inÂ Books > Medical Books > Pharmacology > Pharmacodynamics #11831 inÂ 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 Kids Book: Count with Kenny:1-20 (Book for Kids)(Count 1-2-3)(Numbers Book-Picture Book,Counting-Social Skills)(Book for Early ... Reader)(Fun Number Book for child)(Math-Preschool-3)Learn how to Count 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) Pokemon Coloring book: A great coloring book on the pokemon characters. Great starter book for young children aged 3+. An A4 80 page book for any avid fan of pokemon How To Write A Book That's Complete: How to write a nonfiction book outline that makes your book full and complete - Build complete nonfiction book outlines using a simple step-by-step system Gardening: 4 in 1 Masterclass: Book 1: Container Gardening + Book 2: Vertical Gardening + Book 3: Urban Homesteading + Book 4: Square foot Gardening A Guide Book of United States Coins 2015: The Official Red Book Spiral (Official Red Book: A Guide Book of United States Coins (Spiral)) The Four Ancient Books of Wales [Black Book of Carmarthen, Book of Haneirin, Book of Taliesin, Red Book of Hergest] Containing the Cymric Poems ... the Bards of the Sixth Century, by W.F. Skene Wicca Book of Shadows: A Wiccan's Book of Shadows! Your Personal Spell Book (Wicca, Wiccan, Book of Shadows) Revenge Romance: The Journey's Crossroad (Book Two) + Bonus Book (Historical Christian Suspense) (Historical Christian Suspense Revenge Romance: The Journey's Crossroad (Book 2) + Bonus Book!) Pokemon Children's Coloring Book Vol 1: In this A4 size Coloring Book, we have captured 75 catchable creatures from Pokemon Go for you to color. (Pokemon Children's Coloring Book) Pokemon Children's Coloring Book Volume 2: In this A4 size Coloring Book, we have captured 76 catchable creatures from Pokemon Go for you to color. (Pokemon Children's Coloring Book) Minecraft Labyrinth : Math Activity Book and Coloring Book For Kids : Unique Labyrinths, Geometric Labyrinths and Math Labyrinths: (Unofficial ... (Unique Activity Book) (Volume 2) #Love: #Love is Book #1 in the Adult Book Series Celebrating Love and Friendship (#Love, #Pretty, #Beautiful, #Beauty, #Me) (#Coloring #Book Series of Adult Coloring Books) Clusterf\*ck Coloring Book - MidF\*ckingNight Edition: 52 Sweary Designs on Black Paper : Cats, Dogs and Owls Coloring Book : Swear Word Adult Coloring Book "Fucking Twat": Swear Word Coloring Book & Animals ( Black Edition). 40 Sweary Designs. The Animal Adult Coloring Book with Sweary Words (Hilarious Sweary Coloring Book For Fun ) Sweary Coloring Book: Adult Coloring Book with Relaxing Swear Words (Swear Word Adult Coloring Book) (Volume 1) The Swear Word Coloring Book: Cuss word coloring book for those who love to swear...and color! If you are a fan of profanity and swearing coloring ... coloring book, you will love this! (Volume 1) Spanish Swear Word ( Nights Edition ).Swear Word Coloring Book: 40 Spanish Sweary Designs (Relaxing Coloring Book with Sweary Coloring Book For Fun) Children's

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