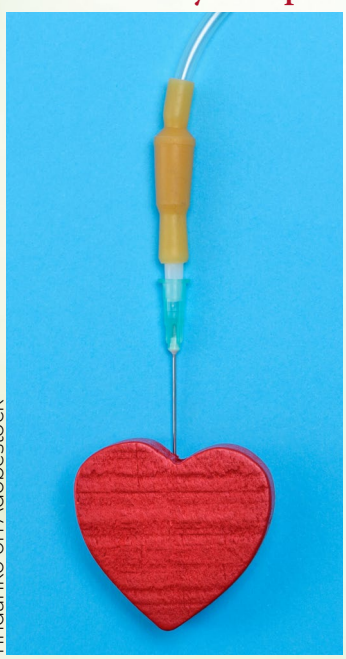
AS SEEN IN
natural awakenings
HEALTHY LIVING HEALTHY PLANET

Health Briefs

Heart-Healthy Phosphatidylcholine Infusions



nndanko on Adobestock

First isolated in 1845 by French chemist and pharmacist Theodore Gobley, phosphatidylcholine (PC) is a phospholipid that can support the membrane of every cell. PC is essential for intestinal health, liver health, brain health and heart health. It can be found naturally in foods like soybeans, seeds, nuts, liver and egg yolks. However, one might consider an IV of PC to get the maximum benefits.

PC helps the heart by improving the vascular walls and circulation, strengthening the immune system by rebuilding intestinal walls (which house 80 percent of the immune cells) and lowering inflammation. PC can lower LDL and triglycerides and heal nerves and connective tissues. It can act as a detoxifier of chemicals, alcohol and other pollutants, thereby repairing the liver. This in turn improves overall liver function, which means more energy is available for your heart and health.

Doing PC as an IV means this amazing nutrient bypasses the stomach and gets delivered directly to the cells where it can do the most good. Typically, patients will do eight to 10 PC infusions over two or three months. The treatment time is usually two hours and can include a glutathione IV afterward, if requested.

If you are concerned about your heart health or have elevated cholesterol, triglycerides, LDL or any age-related or chronic health issues, you could benefit from doing a PC IV.

Transformational Medicine, in Tucson, strives to carry clean, preservative-free PC that is compounded locally. IVs are done by a doctor or RN. In February, PC IVs are 10 percent off on Wednesdays. Connect at 520-209-1755 or tfmnd.com. See ad, page 3.