

Lecithin For Weight Loss

The key to burning body fat is in the speed of your metabolism. A faster metabolism enables the body to burn fat faster, which is why active children typically don't face weight issues. As we age, however, our metabolism slows down and it becomes more difficult to keep the extra pounds off. The question is: what can we do to put the life back into a sluggish metabolism?

The liver is the key organ for fat metabolism. Surprised? The liver has many functions. It is the main organ for detoxifying the pollutants and chemicals in the body. It also serves as glycogen storage, plasma protein synthesis and bile production, which is important in digestion. Bile, by the way, is also key to metabolizing the fats that are stored in the liver; it converts these fats into energy for the body to use.

The connections between the liver, fat metabolism, and eventual weight loss may seem remote at first. When you bring lecithin into the fold, however, you've found the key ingredient that brings them all together.

The Liver's Role in Weight Loss

Many of us are constantly struggling with weight gain. It's an ongoing battle that some people spend a lifetime fighting. We endure yo-yo dieting, with our weight constantly going up and down. At the same time, we contend with sluggish metabolisms and unbridled cravings. In the end, hardly anything ever works.

To be successful in weight loss, you need to address the root of the problem, rather than constantly trying to tackle the symptoms. A sluggish liver and congestion throughout the body will certainly lead to fatigue and malaise, but this is only part of the problem. Weight gain is often attributed to poor liver function. When your liver is in such poor health as to make it unable to perform its basic functions, then there is a very likely chance that the condition will result in weight gain. Excessive weight due to liver malfunction will often show as cellulite, water retention and extra inches around the abdomen.

Bile

One of the liver's main functions is to secrete bile. Also known as gall, bile is a complex, bitter, greenish-yellow alkaline fluid. This fluid contains water, electrolytes, and a battery of organic molecules including bile acids, bilirubin, cholesterol and phospholipids, or lecithin. Bile is a critical element in digestion, particularly in the metabolism and absorption of fats and fat-soluble vitamins. Additionally, many of the body's waste products are excreted into the bile.

Lecithin plays a role in bile, acting as an emulsifier and antioxidant. It helps to disperse the cholesterol, and breaks it down into essential fatty acids. Lecithin has a phosphate group that makes it hydrophobic, so it will always move away from water, including the fluids surrounding molecules. Its lipophilic (fat-loving) head moves toward the fats. As a result, lecithin helps to stabilize the fatty acid molecules by forming a semi-permeable, lipophilic/hydrophobic ring around them. This emulsifying action helps to keep the bile stable and enables the liver to perform its many functions, including cholesterol breakdown and fat metabolism.

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In the years since scientists first discovered the role that lecithin plays in fat and cholesterol metabolism in the liver, many researchers have focused their studies on the connection between lecithin and weight loss. Can lecithin really contribute to weight loss? If so, what evidence proves that there is indeed that connection between weight loss and lecithin?

Many of the studies remain unreported, however one investigation has some bearing on lecithin for weight loss. In this study, choline was found to be a component of phosphatidylcholine, one of the many names that scientists use to refer to lecithin. Choline, a nutrient essential to the human body, has the ability to break up cholesterol into small particles and allowing them to be easily handled by the digestive system. With a sufficient intake of lecithin, cholesterol is not able to build up within the walls of the veins and arteries.

The effect of lecithin on the liver can increase metabolism and, as a result, decrease extra pounds. This compound is commonly found in soy products and can also be taken as a supplement. Try it as an addition to your healthy diet and exercise regime.