



Today I want to share with you the vital role choline plays in our health. Every relationship is based on good communication. If true oneness, unity, and harmony is to be achieved. The cells in our body must communicate with each other in order for the body to be in harmony with itself. Without proper cell communication our bodies will remain out of balance. Out of harmony, thus bringing the body into dis-ease! Choline makes our cells communicate. Choline may be one of today's most under-publicized and overlooked nutrients; the Institute of Medicine (the public health arm of the National Academy of Sciences) recognized it as an essential nutrient in 1998. According to 2013 Gallup research, just 15 percent of Americans are aware of choline. In addition, data from the 2007-2008 National Health and Nutrition Examination Survey determined that 90 percent of the U.S. population currently

does not consume adequate amounts. Choline is an organic, water-soluble compound. It is classified as neither a vitamin nor a mineral. However, it is often grouped with the vitamin B complex due to its similar properties and functions.

In fact, this nutrient affects a number of vital bodily functions. Choline is an essential nutrient. This means it's required for normal bodily function and human health. Although small amounts of it can be made in the liver, the majority must be obtained from the diet. These include liver function, healthy brain development, muscle movement, the nervous system and metabolism, among others. Choline plays a part in several important processes within the body that are carried out hundreds of times, every single day. For pregnant women, choline is a critical nutrient because of its role in proper fetal and child development. It is clearly linked to fetal and infant brain development and enhanced memory and cognition. Therefore, adequate amounts are needed for optimal health and to reduce the risk of certain diseases. Cell structure: It is needed to make fats that support the structural integrity of cell membranes

Cell messaging: It is involved in the production of compounds that act as cell messengers. Fat transport and metabolism: It is essential for making a substance required for transporting cholesterol from the liver. Inadequate choline may result in fat and cholesterol accumulating in the liver. DNA synthesis: Choline and other vitamins such as B12 and folate help with a process that's important for DNA synthesis. A healthy nervous system: This nutrient is required to make acetylcholine, an important neurotransmitter. It's involved in memory, muscle movement, regulating heartbeat and many other basic functions. which is used to create DNA, for nerve signaling, and for detoxification. It's also important for the functioning of a key neurotransmitter which helps nerves to communicate and muscles to move. When choline is low in the body.

Endurance Levels fall during long endurance exercises, such as marathons. It's unclear if taking supplements improves performance. High alcohol intake: Alcohol can increase requirements and the risk of deficiency, especially when intake is low.

Postmenopausal: The hormone estrogen helps produce choline in the body. Since estrogen levels tend to drop in postmenopausal women, they may be at greater risk of deficiency. Pregnant women: Requirements increase during pregnancy. This is most likely due to the unborn baby requiring choline for development. Choline is an essential nutrient for health and optimized physical performance. It benefits athletes in several ways, including enhancing muscle performance during exercise, improving stamina, supporting communication with muscle fibers and promoting muscle recovery following repetitive motion. Good sources of choline. (Organic) cabbage, garbanzo beans, lima beans lentils, sunflower seeds, pumpkin seeds, bananas raw, oats, raisins, lettuce romaine, nuts, grapeseed oil, apples, Squash, summer, zucchini, coconut raw, red potatoes, and sesame seeds. Feel free to contact Me about this or any other health issues you may be going through.