

Would YOU benefit from this “suppressed” essential nutrient?

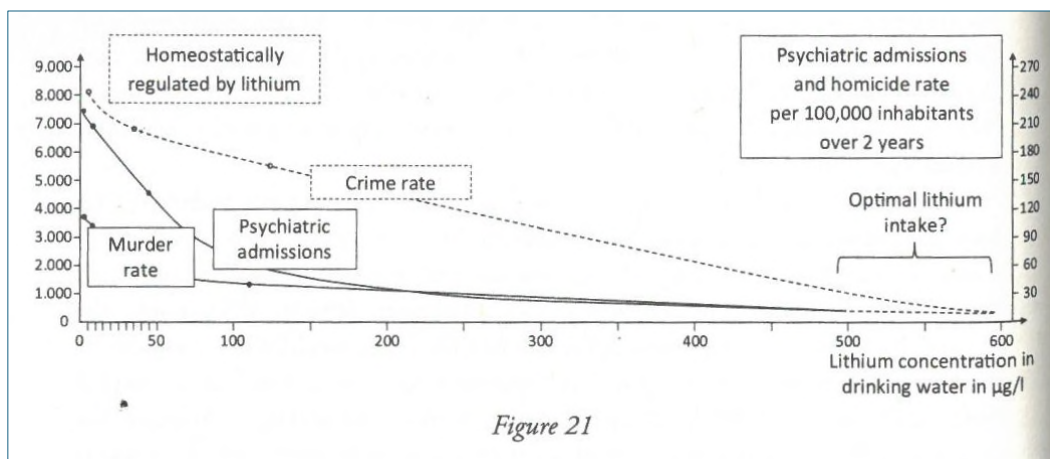
I have a client, we’ll call her TH, who asked about lithium. Reading the results of a quick Google search would make you say, wow – that stuff sounds dangerous. This is one of those times to use caution when believing what you read on the Internet.



This label says “Supports emotional wellness, mood and behavior.” That’s the claim from the company. What does the literature say? This book by Dr Michael Nehls presents the full history of lithium, all of the available studies at the time of publication (2025), and is essentially a deep dive into all-things lithium. I learned some amazing things by reading this book.

We have all heard about lithium batteries and perhaps you’ve heard of very large doses of lithium being used for severe psychiatric situations: primarily bi-polar / manic-depressive disorder. For our purposes, lithium is simply a trace mineral that we used to get from our water. Water has been totally changed from what our ancestors drank. For many, it is difficult to get the tiny amounts of lithium that are needed. Eggs are one of the best sources, along with bottled mineral waters and good quality sea salts.

For some, dietary sources simply are not sufficient. Lithium deficiencies can show up as minor mood disorders, all the way to suicide and/or severe antisocial behavior. On page 100 of Dr Nehls book, he plots out the results of several studies done in Texas, tracking crime statistics and psychiatric admissions against the lithium levels in the water.



Is this crazy? More lithium meant less crime and fewer psychiatric admissions!!!

Going deep into the conspiracy rabbit hole, has our water been manipulated in order to sell more psychiatric drugs and cause chaos in the streets? At this point, would that surprise you?

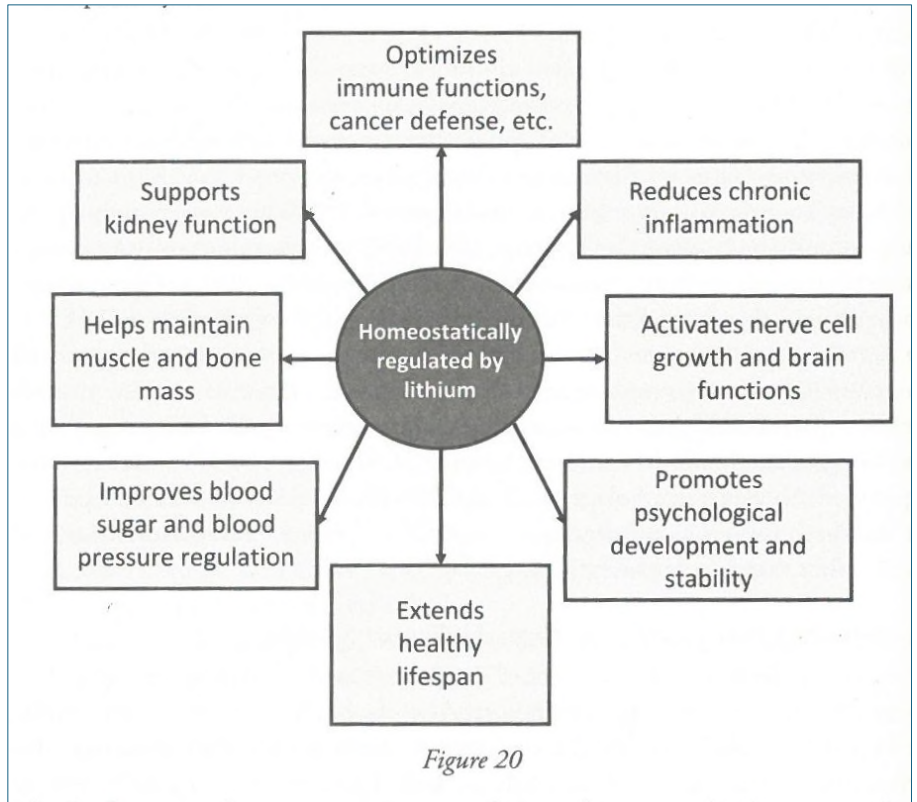
But you don’t contemplate crime, and typically are not suicidal, so how does this apply to you?

Let’s take a look at how lithium works in the body. Google says, “Lithium is a soft, silvery-white alkali metal and the lightest solid element on the periodic table (symbol: Li, atomic number: 3). It is highly prized for its ability to store and release energy, making it a cornerstone of modern batteries, as well as being a vital mood-stabilizing medication.”

“Lithium deficiency shortens life in animals and humans, and compensating for the deficiency lengthens life.” Dr Nehls, page 85.

What does lithium regulate in the body? This graphic is from page 84 of his book. At this point I’m asking myself, why wouldn’t you want to try a low dose of lithium?? TH watched a podcast by Del Bigtree that was so convincing, she found a 1 mg capsule of lithium on Amazon and started taking one a day. She states, “I feel wonderful!”

In addition to the typical psychiatric classifications, Dr Nehls discusses the benefits of low dose lithium for anxiety, PTSD, pain syndromes, dementia, Alzheimer’s, and other neurodegenerative diseases such as Parkinson’s and ALS. Even glaucoma patients can be helped because technically, glaucoma a “brain disease” since it involves the optic nerve.



I work closely with several representatives from the supplement industry. My rep for one of them said she works with a Functional Medicine practitioner who uses a “LOT” of lithium. She sent me some samples from her company. The dose per capsule was 4.8 mg. If you want to try some lithium, I would suggest staying with a very low dose, such as the 1 mg capsules that I will be stocking.

I recently did some testing on myself. My lithium level is one of the elements from the trace minerals panel.



Blood draws for lithium levels are available. Through my blood test access portal, a serum lithium level is available for about \$50. A more reliable level is the RBC (red blood cell) draw for lithium, which would be around \$185.

I highly recommend everyone get tested for all metals. You might be surprised at what you find. For \$120, using a simple urine sample, we can determine your levels for three categories. Physiological Minerals measured are calcium, iron, magnesium and zinc. Fourteen Trace Minerals, including lithium, are reported. And twenty-three Toxic Metals such as arsenic, lead, mercury, etc. Titanium is also measured as a toxic metal. If you have any replacement joints, it is wise to monitor that level.

Supplemental Wellness will be stocking the 90-capsule bottles of 1 mg lithium orotate. MSRP \$17. I will be selling it for \$15. Test kits from USBioTek Labs are also available.