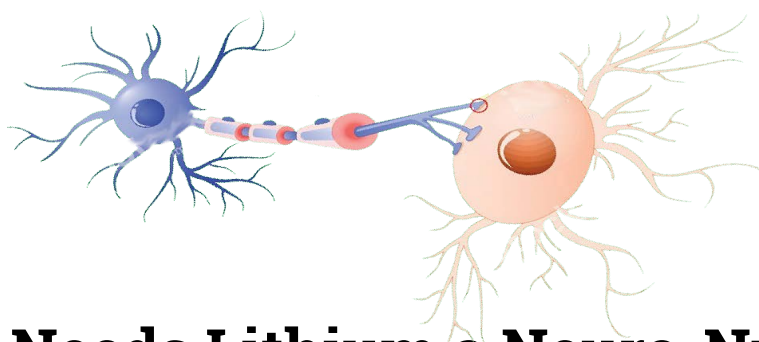




Mobile View In Landscape



## Your Brain Needs Lithium a Neuro-Nutrient



Just like a computer your brain is your body and mind's CPU where all thoughts, actions, and moods are generated from. Most people have very little awareness about brain health and the brains need for essential micro-nutrients. Neuroscientists know that our brains naturally deteriorate with age causing a progressive decline in cognitive performance and potential mood state impairment. By the time we reach middle age, it takes us longer to learn new things and to have an accurate recall. There are many scientific research studies you can find on the Internet

that suggest the importance of trace amounts of lithium in the diet for brain health and body health. Many studies have been conducted on the positive effect that lithium in trace amounts has on stimulating new brain cell growth (Neurogenesis). In addition, many research studies have also suggested that lithium may possibly protect the brain cells from toxins (Neuroprotective). It is very common for most people to associate lithium with the use of batteries or bipolar treatment. It is also common knowledge that the brain is an organ that needs proper nutrition. Now new research is illuminating the need for dietary sources of lithium in trace amounts.

In the last decade, there have been many research studies that suggest that micro dosages of lithium are beneficial for brain health. In the United States, very few people are aware of the research studies on lithium as a nutrient for the human body and mind. The World Health Organization lists Lithium as a mineral nutrient. Lithia Springs, GA was once a sought-after health destination, visited by Mark Twain, Presidents of the United States, and celebrities. Throughout the 19th and into the 20th century, Lithia Waters were the most popular of all bottled waters due to their reported health benefits. Low dosages of lithium bicarbonate were used as a mineral supplement to fortify a variety of foods and beverages. In 1929, a soft drink inventor named Charles Leiper Grigg even created a new lithiated beverage he it 7-up. The beverage contained lithium citrate until 1950 and was originally known and marketed for its potential to cure hang-overs and to lift the mood. The World Health Organization lists Lithium as a nutritional trace element, but most American's are deficient in Lithium. Lithia Spring Water is an excellent source of Lithium 500mcg/L.

