

# Lithium Deficiency and Nervous Exhaustion

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Listening to Dr. Mark Force as he was discussing the therapeutic value of lithium reminded me how intriguing and in a way mysterious this trace mineral really is. Some of the properties of lithium were highlighted in a previous Tuesday Minute. Lithium provides significant neuro-protective properties. To go a step further, here are some clinical applications that Dr Force shared at a recent seminar.

"When someone doesn't have enough lithium in their system they tend to be over stimulated. It's like they have bare wires and every nerve fires with the smallest amount of stimulation. A common theme with these patients is nervous exhaustion. These patients are so stressed out that they are literally exhausted. It's a common theme that is frequently seen in practice although it is called by many names.

Two of the diagnoses most commonly associated with nervous exhaustion are chronic fatigue syndrome and



fibromyalgia. These patients are exhausted and over stimulated at the same time. If you take care of the overstimulation, the body can recover and the exhaustion will dissipate."

Dr. Force uses lithium to modulate their nervous system. He often uses zinc to lower or tone their nervous system, as well. This modulation has a balancing effect on their circadian rhythm and eventually their cortisol is lowered. It is common for Dr. Force to use zinc and lithium together at noon and at dinner to re-pattern the cortisol rhythm.

Lithium has a cortisol lowering capacity.

A functional test that often shows the need for lithium is a deviation in right-brain/left-brain pattern activity. The test can be performed as follows: Have the patient extend their arms out, wrists facing each other, keeping the elbows locked. When the patient is ready the doctor will separate their arms noting the strength necessary to pull them apart. Now have the patient hum a common melody while retesting the strength of the muscle, note any difference in strength. The song doesn't matter something simple like

"Twinkle Twinkle Little Star". Now have the patient count backwards from 100 to 1 while testing, noting the difference. If there is a difference in muscle strength, we can theorize there is a difference in right-brain/left-brain pattern activity, which can cause neurological stress. You see, neurological stress impairs muscle function, weaker muscles are the result.

Other nutrients that show up when right-brain/left-brain pattern activity is affected are vitamin A, copper, iron, and folic acid. But Dr. Force finds the most common nutrient is lithium, even though it is not classically thought of as a midbrain nutrient.

Here is a caveat that you should be aware of. When you first start giving a patient lithium and/or zinc, the patient often feels more tired. Think of it as a rebound effect. The body has been using nervous energy to push through-out the day. So when given the ability to repair, the body wants to rest. Supplying the correct minerals to re-balance this pattern puts them in a state where they can relax and finally sleep. And sleep is the place where healthy energy reserves are created. They will awaken more refreshed in the morning because cortisol is rising as it should. So the sicker the patient is the greater is the potential for them to temporarily feel "exhausted or wiped out" as the body resets.

Dr. Force uses an organic form of lithium created by Biotics Research Corporation, Li-Zyme and Li-Zyme Forte. Starting with an organic plant source, Biotics develops and produces organically chelated phytochemically bound lithium in a lithium vegetable culture.

Here's how Biotics describes their unique process. "Known amounts of soluble lithium are completely incorporated into an organic vegetable culture matrix under tightly control-

led environmental conditions, allowing for optimal uptake by plant cells, just like Mother Nature. The culture is then harvested at just the right time, and dried at low temperatures to maintain phytonutrient and enzymatic activity. The result is a true, non-yeast whole food source of lithium as lithium vegetable culture providing a known measurable amount of this important trace mineral."

Li-Zyme contains 50 mcg of lithium per tablet; Li-Zyme Forte contains 150 mcg of lithium per tablet. Organic lithium in its natural state can only be absorbed into the plant matrix in microgram amounts. The second Total Dietary Intake Study estimates an average dosage of 50 mcg per day.

The fact that Li-Zyme contains other co-factors and enzymes from organic plants make it far more bioavailable than other forms. So a little goes a long way.

Biotics also uses this same technology for selenium, chromium, rubidium, molybdenum, germanium and vanadium and can be found individually or in Basic Nine.

I like doing lab tests to gather data to document the need to stay on health promoting lifestyle changes; however, even when you get the results back from these tests, the range of nutrients that could be used to fix the problem is broad.

Using in-office tests like Dr. Force discussed will give real time feedback on how the nervous system is functioning and nutrients that will support repair. So the next time you see a patient with nervous exhaustion, consider testing with Li-Zyme Forte.

Thanks for reading this week's edition. I'll see you next Tuesday.