



Lithium Therapy Benefits

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When you hear the word lithium what do you think of... manic depressive disorders... reducing aggression? Maybe that's because literally dozens of animal experiments have proven that lithium can protect brain cells against toxins. In fact, it appears that lithium even protects the brain against glutamate induced nerve cell damage.

Some researchers have pointed out that lithium may reduce the risk of Alzheimer's disease. In Alzheimer's beta-amyloid, tau protein, and neurofibrillary tangles are increased. Animal research shows that lithium significantly reduces them. A study in "The Lancet" reported an increase of approximately 3 percent in "gray matter" neurons with individuals using lithium.

Am I starting to get your attention... increases in brain matter? Oddly enough lithium has some profound alkalizing properties. Remember a chronic state of relative acidity adds significant stress and can be one of the root



causes for oxidation and inflammation.

Let's review this misunderstood nutrient and discuss some clinical applications. Look at the periodic table. On the far left are the alkali minerals, lithium, sodium, potassium, rubidium, cesium and francium. These metals readily lose their outermost electron to form cations with a +1 charge. We recognize that "sodium and potassium are two major mineral buffers; however, lithium plays a role as well.

My thanks to Dr. Harry Eide-nier for discovering and sharing the following clinical pearls with us. Let's start with simple pH indicators.

Physicians have different cut off points for optimal pH levels; however, if first morning urine or saliva pH is consistently 6.0 or less, the patient is obviously acidic. My favorite products to balance pH are NitroGreens and Potassium-HP with Magnesium but now lithium has been added to the list, especially if the patient shares any of the factors we'll discuss.

Lithium is known to increase alkalinity intracellularly as well as in blood, saliva and urine. Due to its position on the periodic chart lithium will alter sodium-potassium ratios and has been linked to decreasing blood pressure in patients who are genetically pre-disposed to hypertension. Lithium has been shown to increase nitric oxide indicating it should be considered with unresolved male erection problems and other circulatory problems.

Several studies have shown that lithium will help correct stress-related problems. Lithium is known to help reduce adrenoreceptor cell stimulation by norepinephrine and cortisol. This combined with its effect on melatonin and circadian rhythm indicates lithium can be an effective adjunctive therapy with stress and sleep disorders related to stress.

Lithium is also beneficial with gout and urate kidney stones. Lithium will break down urates and folic acid will help to prevent the formation of urates. So with gout or urinary calculi identified as urates, lithium and a reduced form of folic acid like Folate-5 Plus at two tablets twice a day should be considered. Lithium probably works on kidney stones by reducing urinary excretion of calcium or by increasing the solubility of calcium in urine.

Lithium is also a known homeopathic remedy for renal calculi and for increasing intracellular calcium levels which obviously supports bone health. Where diet, thiamine, magnesium and all the other common therapies for fibromyalgia have failed, lithium should be considered.

The information on lithium and fibromyalgia was originally published in the "Canadian Medical Journal" where the research revealed that high dose lithium had a positive effect on many fibromyalgia patients. The researchers were studying lithium with manic and bipolar depression and found that many of their patients with fibromyalgia were helped.

They also found that high dose lithium would decrease thyroid function, suggesting the use of lithium with thyroid hyperfunction.

A lesser known benefit of lithium is its effect on virus. What is the blood chemistry pattern that you see with a chronic virus? Neutrophils decrease and lymphocytes increase. In the acute phase the total white blood count increases but in the chronic phase the white blood count generally decreases. When other immune enhancing supplementation fails, lithium should be considered. My favorite form is Li-Zyme Forte by Biotics Research Corporation which supplies lithium as a whole food, phytochemically bound in a vegetable culture.

For the conditions we have discussed, the suggested dose is Li-Zyme Forte at three tablets, three times a day or for severe conditions, Li-Zyme Forte at two tablets per waking hour for two weeks.

Li-Zyme Forte contains 150 micrograms of elemental lithium from vegetable culture per tablet; so two tablets per hour would be 300 micrograms. 300 micrograms times, on average, 12 hours would be 3,600 micrograms or about three and one-half milligrams. Although this level is very effective, it is minuscule when compared to lithium carbonate which is generally dosed at 90-180 milligrams of elemental lithium per day.

So when you see patients experience brain fatigue, kidney stones, gout, virus or fibromyalgia, especially when they have an acid chemistry consider lithium as an adjunct to your therapy. And by using it in a true food based form as Li-Zyme Forte, you can be assured you will not have the problems associated with the high dose forms.

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