



Nutritional Lithium: A Cinderella Story: The Untold Tale of a Mineral That Transforms Lives and Heals the Brain

James M. Greenblatt MD

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In a nation plagued with chronic diseases such as cancer, heart disease, and diabetes, a different predator is the single greatest reason for disability in the United States: mental disorders.

Our fast-paced and frenetic lifestyle, coupled with a grossly polluted environment, has created the perfect breeding ground for mental instability. With the spread of brain disorders on the rise around the world, nutritional biochemistry and one of its stars, lithium, has stepped into the spotlight to offer proven methods to heal our bodies from the inside out.

Historically linked to severe psychiatric illness, lithium as an agent of good health and well-being is often ignored and brushed aside. Known as the Cinderella drug, it is an essential mineral in our physical and psychological makeup. Lack of its presence in the body can result in poor brain development, psychiatric symptoms, and so on. When administered in small, controlled doses, lithium can significantly improve the lives of those suffering from mental disorders.

Nutritional Lithium: A Cinderella Story illustrates the significance of this precious mineral not only as a nutrient vital to human development, but also as a nutritional component that can help millions of people worldwide.

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