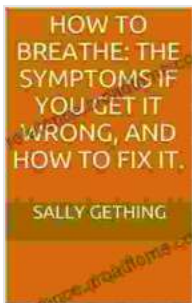


The Symptoms If You Get It Wrong: And How to Fix It

Choline is a water-soluble nutrient that is essential for a number of bodily functions, including cell growth and repair, nerve function, and fat metabolism. It is also important for fetal development.



How To Breathe: The Symptoms if You Get it Wrong, and How to Fix It. by Sally Gething

★★★★☆ 4.2 out of 5

Language	: English
File size	: 478 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 150 pages
Lending	: Enabled
Screen Reader	: Supported



Choline can be obtained from both food and supplements. Good sources of choline include eggs, liver, soybeans, and wheat germ. Choline is also available in supplement form, such as choline bitartrate or choline chloride.

Most people get enough choline from their diet. However, some people may be at risk for choline deficiency, including:

- Pregnant women
- Breastfeeding women

- People with liver disease
- People with kidney disease
- People with certain genetic disorders

Choline deficiency can lead to a number of health problems, including:

- Fatty liver disease
- Muscle damage
- Nerve damage
- Birth defects

If you think you may be choline deficient, talk to your doctor. Your doctor can order a blood test to check your choline levels. If you are choline deficient, your doctor may recommend that you take a choline supplement.

Symptoms of choline deficiency

The symptoms of choline deficiency can vary depending on the severity of the deficiency. Mild choline deficiency may not cause any symptoms. However, more severe choline deficiency can lead to a number of health problems, including:

- Fatty liver disease
- Muscle damage
- Nerve damage
- Birth defects

The following are some of the symptoms that may be associated with choline deficiency:

- Fatigue
- Weakness
- Muscle cramps
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Abdominal pain
- Jaundice
- Edema
- Confusion
- Memory loss
- Mood swings

If you are experiencing any of these symptoms, it is important to see your doctor to rule out other potential causes. Your doctor may Free Download a blood test to check your choline levels. If you are choline deficient, your doctor may recommend that you take a choline supplement.

How to fix choline deficiency

The best way to fix choline deficiency is to increase your intake of choline-rich foods. Good sources of choline include:

- Eggs
- Liver
- Soybeans
- Wheat germ

You can also take a choline supplement to increase your intake of this nutrient. Choline supplements are available in a variety of forms, including choline bitartrate and choline chloride. The recommended daily intake of choline is 550 mg for adult women and 900 mg for adult men. However, pregnant and breastfeeding women may need more choline.

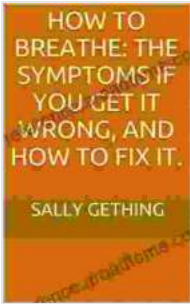
If you are considering taking a choline supplement, talk to your doctor first. Your doctor can help you determine if you are choline deficient and recommend the right dosage for you.

Choline is an essential nutrient that is important for a number of bodily functions. Choline deficiency can lead to a number of health problems, including fatty liver disease, muscle damage, nerve damage, and birth defects. If you think you may be choline deficient, talk to your doctor. Your doctor can Free Download a blood test to check your choline levels and recommend the best course of treatment.

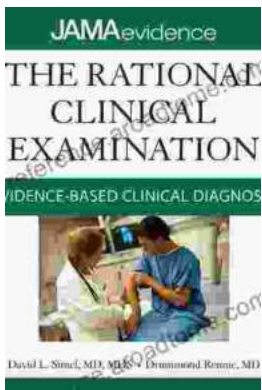
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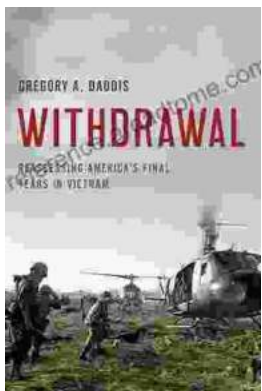


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