

## EXAMPLE: Lithium Orotate

Lithium has proven very useful in the treatment of diseases. Due to its physical characteristics, it displaces sodium in the cellular system. Apparently, its desirable therapeutic effects are related to this fact.

As a rule, orthodox medicine prescribes lithium in the form of its usual salts, such as lithium carbonate. It then becomes necessary to ingest fairly large quantities to achieve the desired effects. These are: improvement in manic and depressive states, improvement in the tendency towards alcoholism, a braking effect on thyroid overproduction and occasionally an improvement in the production of white blood cells, for instance, in the defense against cancerous diseases. Unfortunately, the side effects are not insignificant. These include disturbance of the water balance, fine muscular tremors (fibrillation) and the requirement for fairly frequent lithium blood level controls. As a rule, it may attain 0.6 mval. A trick can be used to overcome these side effects—instead of the usual salts, supply the lithium salt of orotic acid (lithium orotate) which preferentially moves to those cell systems we want to affect, for example, the cells of the connective structure of the brain (the glia cells), the cells of the heart's pacemaker and the heart's stimulus conduction system, and the bone marrow cells. It is thus possible to improve the specific effect of lithium nearly 20 fold. Clinically, 5 mg lithium out of the orotate are approximately as effective as 100 mg lithium out of the carbonate. Examinations of blood serum are no longer necessary because there is no longer any important increase in the serum's lithium content, nor can one be attained. Muscular fibrillation is also prevented, as are disorderly effects on the thyroid. The formation of goiter is avoided, as are undesirable disturbances in the water balance. According to Dr. Kline's studies, in New York, 37% of alcoholics are favorably influenced by lithium carbonate; the figure for lithium orotate would presumably be closer to 70%. In addition, neither the alcoholic nor the emotionally disturbed likes to have to constantly run to the laboratory for lithium controls, as the therapy with the orthodox lithium carbonate requires.

Another lithium compound, the lithium salt of aspartic acid (lithium aspartate), is also considerably more effective than the orthodox carbonate, at a level intermediate between it and lithium orotate.

Even though in 1974 I was elected an honorary member of the Officer's Association of the American Drug Enforcement Police at a large meeting in Anaheim, California (with the corresponding medal), orthodox medicine does still not offer lithium orotate in the treatment of alcoholism, nor in that of mania, nor of light depression or migraine, for which it is also effective.

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