



What is PTC?

Phosphatidylcholine or PTC is the precursor to acetylcholine, a very important neurotransmitter in the brain. Research also has shown that *PTC is an important component to the formation of the body's cell membranes or phospholipid layer*. PTC is naturally contained in many foods such as eggs and soybeans.

Important Uses For PTC

- Protecting the colon from bacterial infiltration which is critically important in preventing ulcerative colitis attacks. A double-blind research study had shown that with 3.2 grams of PTC supplement, patients with ulcerative colitis had improved activity scores, fewer attacks of UC, and better overall colon health as measured by microscopic tissue exams.
- **Supports liver function.**
- **Stabilizes cholesterol.**
- **Supports brain health.**
- **May reduce issues of memory loss, Alzheimer's disease, anxiety, manic-depression, and tardive dyskinesia.**
- **May reduce gallstone formation by reducing cholesterol stone formation.**
- **May reduce gastrointestinal side effects from NSAIDs such as: stomach pain, stomach bleeding, and intestinal perforation.**
- **Helps total body cellular repair.**

*Phosphatidylcholine is provided at The Healing Sanctuary by our expert IV staff. Recommended treatments are 1-3 per week for at least 10 treatments. Here at The Healing Sanctuary, we recommend IV therapy for **liver detoxification and cellular repair** and feel it is the preferred method over oral supplements for the *greatest benefit in restoring one's health.**



*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.