

Glutathione

Fountain of Youth

Dr. John Foster, M.D.

..... His arms hung limply by his side and his face was flat and expressionless, like a tombstone. His speech was slow and thick and he walked with his feet widely apart for balance. He was a farmer, and life long exposure to pesticides had given him Parkinson's Disease. Four other farmers in his town were similarly afflicted. I had placed the I.V. into a big vein in his sun damaged forearm, and I pushed the plunger of the syringe to inject the glutathione into his blood. I waited for the transformation...

We had been talking about good and bad fats, and I had explained that lard was not as bad as its reputation. Several minutes after the infusion, he confessed that for years he had taken sandwiches out on the tractor for his lunch with slices of lard in them. His face brightened at the confession and slowly turned into a wide grin. His cheeks and forehead wrinkled, and his previously frozen eyebrows rose. He stood up slowly, sat down and stood up again several times in a progressively rapid succession. Excusing himself to go to the restroom he strode confidently from the room. On the returning, he said, "You don't know what it's like to be stuck in a chair", then, in a lowered voice, he confided, "I was able to manage the zipper by myself".

What is Glutathione?

Glutathione is a naturally occurring substance produced by all living cells (except bacteria). It is a tripeptide composed of amino acids: glutamate, glycine and cysteine. The most abundant and important antioxidant in the human body. It is a neurohormone, and the protector of the integrity of all tissues, especially the brain. It is in high concentration in the cerebrospinal fluid that bathes the brain and spinal cord and the surfaces inside the lungs. It protects the arteries from oxidative damage and guards the delicate unsaturated lipids that form the membranes of the neurons and synapses of the brain. It is in the fluids that fill the joints and the aqueous humor of the eye.

Deficiency of glutathione accelerates aging and is seen in Multiple Sclerosis, ALS, Parkinson's Disease, Autism, Alzheimer's and liver diseases. The brain is a delicate structure that comprises less than 2% of the body weight but uses 20% of the oxygen we consume. The brain is 60% fat and is rich in unsaturated fats that require the protection of glutathione. Glutathione is a vacuum cleaner for oxidative free radicals and protects the brain and most of the body's tissues. Scientific studies have demonstrated that there are genetic differences in the ability to produce glutathione. Persons with these inherited differences are more at risk to develop degenerative diseases of the nervous system, liver and other organs. Glutathione is credited with the ability to bind and chelate heavy metals from the tissues. It has been used to lessen damage after acute myocardial infarction and before bypass surgery. It can treat alcoholic liver damage and chronic viral hepatitis and infectious mononucleosis. It prevents chemotherapy-induced kidney injury from cis-platinum. It cleanses pesticides and chemicals from the liver. It protects the organs from damage in almost any infectious or oxidative stress situation. Given intravenously, it can cross the blood/brain barrier, and this is unique amount antioxidants. The liver is the main site of production followed by the gut, lung and the astrocytes in the brain.

Causes of Glutathione Deficiency

Poor dietary choices of hydrogenated fats, excess sugar and refined carbohydrate intake can lead to further compromise glutathione production. Acetaminophen or Tylenol consumes glutathione. Liver failure and death can occur from Tylenol overdose through depletion of glutathione. The combination of over consumption of alcohol with Tylenol can be deadly. Avoid Tylenol to protect the liver, brain and immune system.

Supporting Glutathione Production in Your Body

Supplements: High protein diet, Whey protein, Branched Chain Amino Acids

I have been using glutathione and its precursors for several years, giving them orally and intravenously to treat many diseases and enhance recovery from acute illnesses and preserve health and vitality. My treatments for my patients would be severely compromised without this remarkable substance.

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