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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**L–Glutathione, The Wonder Antioxidant**

**By Barrett Niehus**

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A naturally occurring compound, L–Glutathione (Tathion,) has demonstrated that it is effective in fighting cancer, environmental poisons, and even cataracts. Sound like snake oil? Well, that is what I thought until I started doing research. It turns out that L–Glutathione is one of the most effective antioxidants that our body produces. It works to protect our bodies from the thousands of daily hazards that we are exposed to such as pollution, second hand smoke, alcohol, and food chemicals and poisons. In fact, it is so effective that some researchers believe that it can actually slow down the aging process.

L–Glutathione is an antioxidant that our body produces from three basic amino acids that are found in our food. Our body makes it and uses it, along with the other vitamins that we ingest, as a hard line defense against all of the hazards that cause us to grow sick and old. This is important because research into this specific anti–oxidant has shown that it can actually cure disease, regenerate damaged tissue, minimize the side effects of chemotherapy, and treat cataracts.

It works by acting as a guardian to the toxic compounds that attack our cells. These compounds, typically called free radicals, are extremely aggressive and attack the molecules that make up the cells in our body. These free radicals change the chemical structure of the molecules in our cells and make them ineffective. This in turn either kills the cell, makes it ineffective, or turns it cancerous.

L–Glutathione and other antioxidants attack the free radicals and destroy them before they have a chance to attack the cells.

Because it protects our cells by attacking the external poisons, the levels of L–Glutathione in our blood have the potential to significantly impact our overall health. Studies have demonstrated that administration of L–Glutathione is extremely effective in treated diseases such as Hepatitis. It has also been shown to be a key player in the regeneration of the liver, and to combat cirrhosis. The compound is useful in treating jaundice and protects the brain and body tissues in the event of poisoning. In addition, the level of tissue damage from Carbon Monoxide, Hydrogen Sulfide, heavy metals,

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pesticides, and environmental poisoning has been demonstrated to be significantly lower with adequate L–Glutathione in the blood stream. Finally, the side effects of chemotherapy and the growth of cataracts have been demonstrated to be significantly reduced with the addition of L–Glutathione.

So what does all of this mean? Essentially, it is time to supplement your diet with L–Glutathione or the proteins that help your body make more of this essential nutrient. Although L–Glutathione is readily made by your body, supplementation with it and its precursors may increase your overall level of protection. Glutathione and its precursors, Cysteine, Glycine and L–Glutamic Acid, are all readily available as food supplements in your local health food store. In addition to eating a healthy and balanced diet, supplementation with Glutathione and its constituents can only help to increase your overall level of health, and may even slow down the process of growing old.

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### **From Cell to Super Cell – with Glutathione**

**By Priya Shah**

Imagine you're a cell.

Inside your body runs the machinery that creates life itself. But as that machinery keeps running, day after day, you begin to get worn out – the friction and the processes that cause damage (here the "free–radicals" – highly destructive little entities generated by biochemical processes, as well as pollutants, UV radiation and other sources) start to create havoc and you begin to lose the battle to disease, old age and ultimately death.

In fact your battle would be over much sooner were it not for the numerous mechanisms that you and other mammalian cells evolved over millions of years, as protection from the injury that can result from your normal functional processes. The foremost among these internal protective systems is the "Glutathione antioxidant system."

Glutathione, a small molecule composed of three amino acids – glycine, glutamate and cysteine – acts as your cellular Super–Mop, soaking up "free–radicals" (with the help of the sulfur–containing portion of the cysteine molecule), protecting your cellular membranes and internal organs from the cascading destruction they can cause.

Besides being the major antioxidant that you produce as protection from "free–radicals," glutathione is also a very important detoxifying agent, enabling you to get rid of undesirable toxins and pollutants. If

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you were a liver, kidney or lung cell, you would contain high levels of glutathione, as you'd be exposed to the greatest levels of toxins.

Glutathione also helps you dispose of many cancer-producing chemicals, heavy metals, drug metabolites etc. that invade the pristine recesses of your cellular world. And Mother Nature (the first recycler) also designed you to use glutathione to recycle other well-known antioxidants such as vitamin C and vitamin E, keeping them in their active state.

If you were a cell delegated to the immune system department, you would require glutathione for many of the intricate steps needed to carry out your essential immune response functions – such as multiplying to make many clones of yourself, to mount a full-bodied immune response, or "neutralizing" undesirable elements of the cellular community, like cancerous or virally infected cells.

But your finicky cell membrane does not allow whole glutathione molecules to cross over directly into your cellular spaces. And every time a molecule of glutathione neutralizes a destructive free-radical or toxin, it fatally binds with the undesirable element and is washed out with them in the bile or the urine.

So how do you replenish your stores and get your daily fix of glutathione? Simple. You manufacture it in your cellular factory, from its raw materials – glycine, glutamate and cysteine.

If your human eats a diet high in fresh fruits and vegetables and freshly prepared meats, you should

get be getting enough glutamate and glycine. But cystine comes mostly from eggs, milk and cheese. And when eggs, milk and cheese are cooked or processed, the composition of Cystine is changed to Cysteine (small difference in spelling, but BIG difference in action). While still a valuable protein, it can no longer feed your glutathione levels.

If you can get a sufficient supply of cysteine (which determines the rate at which you can make glutathione), your arsenal is well-stocked. If not, you and your human are at a strategic disadvantage in the battle of "Cell v/s Free-radical Destroyers."

As a normal, healthy cell, increasing your glutathione levels could help you and your human maintain that strategic advantage in the battle against free-radicals. If you're not really in your prime, boosting your levels could tip the scales in your favor, and help you fight the cellular damage that causes disease and aging.

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Priya Shah is the Editor of "The Glutathione Report," newsletter featuring regular updates on the health benefits of Glutathione. Get a free report on Glutathione in Health and Disease when you subscribe

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