

Susan's Healthy Living



COULD GLUTATHIONE BE THE MISSING LINK IN YOUR QUEST FOR OPTIMAL HEALTH?

Author of over 25 books including her best-sellers *THE JOY FACTOR*, *HEALTH BLISS*, *BE HEALTHY~STAY BALANCED*, *VEGETABLE SOUP/FRUIT BOWL*, *CHOOSE TO LIVE PEACEFULLY*, *THE HEALING POWER OF NATUREFOODS* and *RECIPES FOR RECIPES FOR HEALTH BLISS*

Take Charge of Your Health & Life

Would you like to find out about a naturally occurring substance that acts as a master antioxidant, an immune system booster and a detoxifier of numerous toxic chemicals and heavy metals like mercury? Or how about a substance that can help your body repair damage caused by stress, pollution, radiation, infection, drugs, poor diet, aging, injury, trauma and more? Numerous research studies indicate that an antioxidant—glutathione—can do all that and more. Many have heard of glutathione, but do you really know what it is and how it functions in the body?

The terms *antioxidant*, *antioxidant-rich* and *free radical-reducing antioxidants* seem to be household words these days. The general public (especially baby boomers) and most medical doctors are aware of the importance of antioxidants such as vitamins C and E, beta carotene and selenium. Unfortunately, the most important of all antioxidants, glutathione (GSH), is still a mystery to the average person, health professionals and most doctors. (GSH is an abbreviation for glutathione sulphydryl.) You will find over 11,000 articles on antioxidants, if you search Pub Med (pubmedcentral.nih.gov), and a search on glutathione alone will yield over 30,000 articles. With that amount of information available, you would think doctors would be aware of this super antioxidant, but that's certainly not the case.

This article will help you understand what GSH is, how it functions in the body and why most people have less than optimal levels. I will point out some of the disease conditions that normally are accompanied by low blood and intracellular levels of GSH. Finally, I'll show the importance of increasing our levels of GSH so that we can enjoy a greater level of health, vitality and optimal well-being.

The Master Antioxidant

GSH, which is also known as glutathione, is a protein molecule that consists of the amino acids glycine, glutamate, and cysteine. It is produced in the liver and in each cell. In his book, *What You Should Know About the Super Antioxidant Miracle*, Dr. Earl Mindell states, "We literally cannot survive without this miraculous antioxidant." Nutrition writer and author, Jean Carper, in her book *Stop Aging Now!*, states: "You must get your levels of glutathione up if you want to keep your youth and live longer."

Glutathione is considered by many scientists and nutrition researchers to be the "Master Antioxidant" in the body. In fact, it is more powerful than any of the other known antioxidants. Author Olin Idol, N.D., C.N.C., Vice President at Hallelujah Acres, states that glutathione is a natural-occurring protein that protects each cell, tissue and organ from disease, aging and cancer.

From the popular book *Prescription for Nutritional Healing*, by Phyllis Balch, CNC and James Balch, M.D., we learn that GSH "... is a powerful antioxidant that inhibits the formation of, and pro-

teets against cellular damage from free radicals. It helps to defend the body against damage from cigarette smoking, exposure to radiation, chemotherapy and toxins such as alcohol. As a detoxifier of heavy metals and drugs, it aids in the treatment of blood and liver disorders.”



Glutathione protects individual cells as well as the arteries, brain, heart, immune cells, kidneys, eyes and all other organs of the body against oxidative damage. As I have elucidated in my books ***The Healing Power of NatureFoods, Health Bliss*** and ***Be Healthy~Stay Balanced***, life, health and youthful vitality are determined at the cellular level. Approximately nine months after conception, we have the birth of a miraculous baby. As the baby grows into adulthood, his or her body will eventually be comprised of over 70+ trillion cells. The normal metabolic processes of life require each of the 70 trillion plus cells to take in nutrition, create energy by burning glucose in the presence of oxygen and to eliminate toxins. This process of creating energy results in oxidation that must be neutralized or the cell will be damaged. *Intracellular glutathione is the body's first line of defense against this free radical damage.*

One of the key factors in a cell's ability to function optimally is the intracellular levels of glutathione. Each cell is a microscopic energy factory where numerous chemical reactions are taking place continually during the process of metabolism.

“Metabolism is the sum total of all the chemical reactions that go on in living cells; energy metabolism includes all the reactions by which the body obtains and spends the energy from food.” (*Understanding Nutrition*, eighth edition, Whitney & Rolfes)

Mitigating Pesky Free Radicals

In the process of metabolism, a common high energy compound called ATP (adenosine triphosphate) is produced. This energy production involves the intricate process of oxidation, which creates free radicals that damage the cell if intracellular glutathione is low. This damage could lead to cellular malfunction and ultimate disease. In order to prevent the damage when our GSH levels are low, the cell must limit the production of energy. Therefore, the process of aging often results in a loss of physical energy and a lower quality of life.

Let's look at one illustration having to do with muscle cells. During exercise, 40 percent of the GSH in the muscle is depleted in *ten minutes*. That's one of the reasons why I take a glutathione accelerator supplement 30 minutes before I exercise. Without optimal levels of glutathione, oxidative stress creates free radical damage and recovery is slow, leaving the muscle fatigued the next day.

Diminishing Glutathione

After the age of 20, our bodies lose their ability to produce glutathione by about 10 to 12 percent per decade. “The rate at which we age is directly correlated with the reduced concentrations of glutathione in cellular fluids; as we grow older, the glutathione levels drop, resulting in a decreased ability to deactivate free radicals.” (Balch and Balch)

Idol told me that blood-GSH concentrations in younger people (20–40 years) have been shown to be some 20–40 percent higher than in older people (60–80 years). His research uncovered that some of the world's leading experts on aging (i.e. Walford, Lang, Julius, and others) suggest that elderly individuals with elevated GSH levels have a physical advantage over those with lower levels. Those with 20 percent higher blood levels have been found to experience approximately one-third the rate of arthritis, high blood pressure, heart disease, circulatory difficulties and other various maladies than others.

Glutathione also plays a critical role in the immune system. When infectious agents (viruses, bacteria, or parasites) enter the blood stream, a healthy immune system springs into action by activating two types of leukocytes – macrophages and lymphocytes. Macrophages attempt to engulf the pathogens while the lymphocytes adapt a specific defense against the pathogens. According to Dr. Gustavo Bounous, one of the leading experts on glutathione, “The limiting factor in the proper ac-

tivity of our lymphocytes is the availability of GSH.”

As individuals age, they often find themselves more susceptible to colds, bacterial infections and chronic illness. The illness that results is worsened by a poor immune system response; a low level of intracellular GSH is at least partially responsible. One common characteristic seen in patients diagnosed with Parkinson's, Alzheimer's, AIDS, MS, cancer, and a host of other diseases is that they are all usually dramatically low in glutathione.

In speaking of glutathione's role as a master antioxidant and detoxifier, author and nutrition researcher Michael Murray, N.D. states, “This combination of detoxification and protection from free radicals results in glutathione being one of the most important anticarcinogens and antioxidants in our cells, which means a *deficiency is devastating*. When we are exposed to high levels of toxins, glutathione is used up faster than it can be produced or absorbed from the diet. We then become much more susceptible to toxin-induced diseases such as cancer, especially if our phase one detoxification system is highly active. Diseases that result from glutathione deficiency are not uncommon. A deficiency can be induced by diseases that increase the need for glutathione, deficiencies of the nutrients needed for glutathione synthesis or diseases that inhibit the formation of glutathione.”

Robert Keller, M.D., Chairman, CEO & CSO of Phoenix BioSciences and practicing physician, is considered to be one of the greatest scholars of the 21st century. Dr. Keller believes the decrease in production of glutathione is much more rapid than stated in scientific literature. He contributes much of this decline to the lack of nutrients that we receive from our diet and the extensive load of toxins our body is subjected to from our environment, our water, our food and our lifestyle. These factors have an impact on the ability of each individual cell to produce energy, eliminate waste and function optimally. “The immune system is then impaired and the body's innate ability to self-heal cannot function as God designed. GSH protects the body in two ways: it enhances the immune cell function and also serves as an antioxidant within them,” opines Idol, during our in-depth interview.

In his medical practice, Dr. Keller has found that almost all of his critically ill patients have had one thing in common—they were dramatically low in glutathione. Over the past 10+ years of intensively researching glutathione's role in the body, he has found a way to increase the glutathione levels in his patients so that they could enjoy a greater quality of life. Interestingly, Dr. Keller notes that individuals who live to the age of 100 have GSH levels of a 40-year old. This is indicative of the protection higher

levels of glutathione afford an individual as he or she ages! Remember, our cells love glutathione.

The Best Form of Glutathione

If you think that all you need to do is visit your local pharmacy or natural food store to purchase a bottle of glutathione, think again. Glutathione cannot be used in supplemental form with any significant benefit; when the protein molecule is broken down in the stomach, it is degraded so much that it is no longer GSH. Until Dr. Keller's recent, cutting-edge discovery, the most efficient way of increasing glutathione levels was by injection. Not only is this a short-term solution, but it is also quite expensive. Over a period of 10+ years and much trial and error with his patients, he learned how to combine the building blocks of GSH in such a way that it was much easier for the body to make its own GSH.



Now, thanks to Dr. Keller, we have available a simple, inexpensive and scientifically proven way to improve our body's ability to produce glutathione (GSH) at the cellular level *by 300 percent and more over a 3-month period of time*. In speaking of Dr. Keller's discovery, John Nelson, M.D, MPH, FACOG – Past President of the American Medical Association states, **“This product, in my opinion, represents the single most important breakthrough in health that I will witness in my lifetime. I believe it will revolutionize, change and transform the practice of medicine worldwide and make Dr Robert Keller more famous than Jonas Salk who created the polio vaccine.”**

To learn more about this salubrious glutathione accelerator (MaxGXL), a product that I highly recommend, visit: 4HealthBliss.com, and peruse this site and all the information on MaxGXL. Addi-

tionally, you'll also enjoy listening to another interview on glutathione and vibrant health if you visit my website, SusanSmithJones.com, and click on **Maximize Health** to peruse the variety of information I have included on glutathione and why it's such a stellar supplement, and to listen to the radio interview with Olin Idol.

One of Susan's Favorite Supplements

On a positive and personal note, I've been taking this MaxGXL nutritional supplement for almost one year and it has made a profound difference in how I feel and look. I now have more energy, recover faster after workouts, sleep more easily and deeply, and experience better concentration, focus and mental alertness from taking this supplement. Some of the clients in my **private** practice have experienced much easier weight loss, and a noticeable relief from PMS, menopause symptoms, muscle and joint pain, fibromyalgia, fatigue, diabetes, colds and flu, cellular inflammation, accelerated aging, cardiovascular disease and so much more. *I encourage you to try it for three months and see how much better you will look and feel.* When optimal levels of GSH are available, a person often experiences renewed energy as well as vibrant health and youthful vitality. Because most of us live in an environment where not only are many of our foods toxic from chemicals and environmental pollution, but our water and air is also polluted. It has become increasingly much more important to supplement our diet with nutrients that support optimum health. **MaxGXL** is my daily companion. For more

information, or to order the MaxGXL, please visit: 4HealthBliss.com. If you would like to get wholesale pricing, as I do, then click on Preferred Customer to order easily and quickly. You will thank your lucky stars that you found out about this cutting-edge, breakthrough supplement and are making it part of your daily health regimen. I would not be without this superb supplement.

To order copies of Susan's books, please call:

1.800.654.5126 PT or 1.800.843.5743 PT

