

Report on the Importance of Glutathione

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I always enjoy any report on glutathione. I certainly agree it is one of the most powerful antioxidants known to man. Since it is an indirect antioxidant, which simply means the human body can manufacture it, is even more effective at assisting the body in canceling free radicals. It can be as much as 1 million times more potent than those antioxidants we typically supplement for, such as vitamin A, E, C and so on. The human body makes free radicals every time we eat food. Especially if the food is processed or artificial. As many as 300 sextillion per day! This is a real number and is impossible to keep up with without the production of glutathione, and it would be advantageous to keep super oxide dismutase high as well. Both of these are known as "The Masters of The Immune System". In the U.S glutathione can start dropping by age 20, and S.O.D is soon to follow. We can support both of these by eating more organic fruits and vegetables, especially those rich in sulfur and selenium. High alkaline foods support both glutathione as well as S.O.D. This is important to apply to one's life because when we eliminate free radical damage and oxidation, we could potentially stop the aging process, at least on the cellular level. A scientist by the name of Dr. Joe McCord knows more about this than possibly any man alive. He has published more papers than almost any scientist in the world, and one of the few Elliot Cresson Medal recipients for his co-discovery of super oxide dismutase. This is the highest award given by the Franklin Institute. I encourage all readers with interest in glutathione or S.O.D. to study his work. Another one of his accomplishments was his work with a company called "Life Vantage" and a patented product called Protandim. This is a 5 herb supplement that has well over 20 per reviewed studies on its ability to help the human body raise both glutathione as well as S.O.D significantly in as little as 2 weeks. It is most known as an "NRF2 Stimulator", a category creating product. I have personally studied and tested this supplement and it does exactly what is stated on the Life Vantage website. When taken daily, this product helps the body to raise glutathione by 300% and S.O.D. 20 to 30% in as little as 2 weeks, {See research references at Life Vantage website}. This is a tremendous help to cancelling the effects of free radical damage, and at a cost of 40 - 50\$ per month! This has also been studied on pets, more specifically dogs. Since they have 7 x more oxidative stress than humans, they make for a good test subject. This is why dogs have much shorter life spans than humans, it is due to high oxidative stress. Since we cannot have placebo with animals, we can be even more certain with the results. These can also be found at the life vantage website. Many top doctors reported during covid that the rise of glutathione would be more effective at helping our immune systems, than D3, C, and Zinc, all of which are amazingly powerful at supporting our immune system. I fully support all the research that continues to boast the need for glutathione. It is an undeniable fact!

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