

Importance of Glutathione especially in flushing your liver of toxins

Dear LifeWave Family Members,

As we are getting into flu season in the United States, I am reminded of how important it is to support glutathione production in the body. Here is just one reason this master antioxidant is so critical:

People often turn to preparations containing acetaminophen and paracetamol to deal with cold and flu symptoms. These medications deplete glutathione because glutathione is utilized in the process of metabolizing and detoxifying the drugs from your body. As your glutathione levels fall, your body has to compensate and make more. But if the body cannot produce enough glutathione to flush toxins from the liver, you can potentially have a dangerous situation on your hands. There are many cases in which people have gotten the flu, taken large doses of preparations containing acetaminophen or paracetamol and consequently dealt with liver failure because their glutathione levels were so severely depleted. In fact, this is a serious problem.

So, the question is how you can most effectively support glutathione levels. Our glutathione patch will stimulate the signaling process to manufacture glutathione, but in order for this process to take place, certain amino acids must be available in the body. These are glutamate, cysteine and glycine, with cysteine being the most important among these.

In fact, cysteine is the rate limiting component for the production of glutathione. That means the availability of cysteine determines, to a large degree, how effectively the body will produce glutathione. Your diet has a significant impact on the availability of cysteine as this amino acid can be found in certain foods. Examples of important food sources for cysteine include whey protein, eggs, poultry, onions, garlic, red peppers, broccoli, brussel sprouts, wheat germ and oats.

Ultimately, we all need to recognize that there are many elements in the environment and in medications that deplete glutathione. One of the most important ways you can lay the proper foundation for glutathione production is proper diet. Once the essential components are in place, our patches can do their job.

Sincerely,



Dr. Steven Haltiwanger MD,CCN
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