

Glutathione (GSH) - A Protein Vital To Life

by Jeff Champagne

You may have heard of glutathione (pronounced *gloot-a-thigh-on*) or GSH. Health researchers and scientists are continuing to discover its importance in health and disease. In fact within the next few years its name may become as common as words like "cholesterol" or "vitamin".

Without glutathione, your liver would eventually shrivel up and die from an overwhelming accumulation of toxins. Your cells would disintegrate from unrestrained oxidative stress. Your body, basically, would have little resistance to bacteria, viruses or cancers. So many protective systems of the body, including its use of vitamins C and E, depend heavily upon this remarkable small protein, produced naturally in the body. Every cell is responsible for its own supply of it and must have the raw materials to make it.

Your immune system is constantly on the prowl for pathogens and agents of cellular damage. To neutralize them the body needs a certain supply of glutathione. If it doesn't have enough, some of the invaders will get through, infecting the body. This contributes to aging or what one might call 'long-term accumulative damage' -a common theory for the development of cancer. In fact diminished glutathione levels occur as a symptom of aging and are particularly evident in such ailments as *Parkinson's* and *Alzheimer's* disease.

You can't avoid illness or aging altogether, but by keeping your glutathione levels up your immune system can be considered fully armed.

In the last 20 years the volume of research into GSH has grown immensely. In only the last five years, 25,000 medical articles concerning GSH were published. It is now clear that glutathione's role in immune response, detoxification and antioxidation is pivotal.

GSH seems to be playing an important role in the treatment and prevention of many diseases. In the future it may be considered as important to health as a well-rounded diet, exercise and living a good life style. Clinical tests now reveal that raised glutathione levels may address some of the major health issues of our time, namely: heart disease, stroke, diabetes, high-cholesterol, asthma, cigarette smoking, hepatitis, AIDS and more.

Healthy people also benefit from elevated GSH levels by maintaining an enhanced ability to fight off toxins, infectious disease, pre-cancerous cells and the aging process itself.

Glutathione is also important to physically active people. Many world class athletes are discovering that well maintained glutathione levels give them the edge over their competitors, bringing greater strength and endurance, decreased recovery time from injury, less muscle pain and fatigue, and muscle promoting activity.

In his book on antioxidants, *What You Should Know about the Super Antioxidant Miracle*, Dr. Earl Mindell states, "We literally cannot survive without this miraculous antioxidant." Dr. John Pinto of the Sloan Kettering Cancer Center in New York proclaims, "It is the master antioxidant." Jean Carper in her book, *Stop Aging Now! Claims*, "You must get your levels of glutathione up if you want to keep your youth and live longer. High levels of GSH predict good health and long life. Low levels predict early disease and death."

You don't have to be a scientist to know that as society progresses it becomes increasingly dependent upon technology, resulting in many unhealthy by-products. Not all of these by-products are in the form of toxic waste. With the stress and hurry of modern-day life few of us take the time to respond to even minimal health demands-proper eating, good exercise and good rest.

A strong immune system can help take the physiological brunt of our stressful modern-day life and its toxins. A strong immune system depends on glutathione and the necessary ingredients to form it in the body.

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