



The Mother of All Antioxidants

Like most people you have probably never heard of Glutathione but once its role in the body becomes clear it's hard to imagine why more people are not talking about it.

What is Glutathione?

Glutathione is a molecule our bodies naturally produce. Due to its chemical composition it has the ability to cleanse free radicals and toxins from our system.

Kim Thompson (2011) of *Healthy Transformations* in New Hartford, NY explains: "Glutathione can be called 'the mother of all antioxidants'. Essentially, it recycles the rest of our antioxidants like Vitamin E and Vitamin C. The body produces it naturally, however, our toxic world greatly depletes our ability to make and use glutathione, hence reducing our ability to fight free radicals. It is essential for almost all bodily functions, including boosting the immune system, controlling inflammation, providing energy and fighting cancer. Research has found it to be deficient in most people with chronic illnesses such as diabetes, heart disease, cancer, Alzheimer's and more. Therefore it is a common treatment for many diseases, including Parkinson's."

5 Tips to Get More Glutathione

- 1.) **Eat sulfur-rich foods:** garlic, onions and the cruciferous vegetables (broccoli, kale, collards, cabbage, cauliflower, watercress, etc.).
- 2.) **Exercise:** Which will not only boost your glutathione but also your immune system, antioxidant defenses and improve your ability to detoxify.
- 3.) **Alpha lipoic acid:** Just like glutathione, Alpha lipoic acid is also very important to our cells and is key in energy production, blood sugar control, brain health and detoxification.
- 4.) **Folate and vitamins B6 and B12:** the "most critical" to keep the body producing glutathione.
- 5.) **Selenium:** Will help the body produce and recycle glutathione (Hyman, 2010).



Sources:

Hyman, Mark (2010). Glutathione: The Mother of All Antioxidants. The Huffington Post. Available: http://www.huffingtonpost.com/dr-mark-hyman/glutathione-the-mother-of_b_530494.html

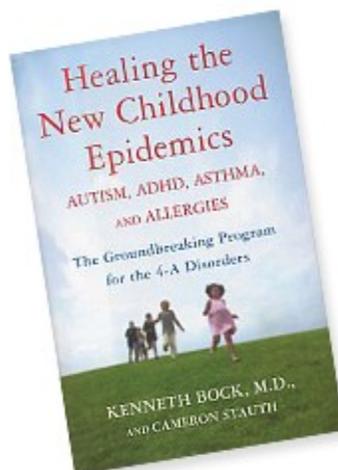
Thompson, Kim (2011). Interview. Healthy Transformations 3985 Oneida St. Suite 104 New Hartford, NY 13413 315-737-8270 www.healthytransformations.net

Healthy Transformations Book of the Month:

**Healing the New
Childhood Epidemics**
By Kenneth Bock,
MD & Cameron
Stauth

"If you are concerned about the futures of all our children, this is a must read."

-Thanks to Kim Thompson
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