

Glutathione, The Biochemical Powerhouse

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Most people believe you are as young as you feel, but scientists believe you are as young as your cells. Glutathione, a natural amino acid may just be the best friend your cells will ever have and your key to healthy living. Glutathione is composed of three component amino acids, cysteine, glutamic acid, and glycine. Glycine is an inhibitory neurotransmitter. With an absence of any of the particular amino acids, minerals or vitamins, the cell function will be slowed causing your cells to age more rapidly. Every living organism is involved in the aging process. Stress, drug therapies, surgery, disease or anything in your lifestyle that causes cellular destruction increases aging and predisposes you to illness. Stress, anger, anxiety, depression and grief will kill more than a few cells. One major stressor that we commonly forget about chemical inhalants and smoke. These are right at the top of the list as far as stress on the body. If we do not have enough glutathione, we are in serious trouble and are unable to tolerate chemicals that we are exposed to daily.

Glutathione is a unique sulfur containing amino acid. A scientist named John Hopkins discovered it in 1921. It has been used by physicians in an injectable form for a number of years. Researchers have now established that you can absorb glutathione orally and exceedingly fast into the bloodstream.

Glutathione is an excellent "free radical scavenger" which is part of a molecule that becomes separated in a complex chemical reaction. For example, we can recommend to our patients that they include vitamin E and antioxidant, vitamin C and selenium as part of their supplement program. When a cell ages or is being destroyed by some type of chemical reaction, a peroxide body is released into the

bloodstream. These peroxides kill your cells. These deadly peroxides can be classified as "free radicals". Any supplement that alters the actions of these dangerous peroxides is a free radical scavenger. There are some basic scavenger formulas that contain selenium, beta-carotene, vitamin C and vitamin E.

Some of the familiar sulfurated amino acids have these characteristics. Glutathione, a tripeptide form of amino acid composed of three distinct factions, appears to have a profound effect on retarding or killing free radicals. This results in your cells having better respiration and inhibits the aging process. Most importantly anything that will destroy the cells respiration will cause severe cellular damage and will age or kill the cell. This action produces tremendous stress on the body as it tries to recover from physical or emotional trauma.

Since we use glutathione in our orthomolecular treatment program I have reviewed all available research data. There is no doubt that glutathione has the ability to deactivate specific free radicals and make them harmless. In a report from Harvard Medical School the clearly state that glutathione has the power or activity to clear up "garbage" cells in the lungs. Their research demonstrated phenomenal results. Whenever our body undergoes an infection or when the lungs are constantly poisoned by large quantities of cigarette smoke, the addition of glutathione appears to clear up harmful bacteria. It cleans away cell debris and provides protection against dust, pollens, molds and other harmful bacteria. The Harvard study concluded that glutathione has an extraordinary protective effect on lung tissue and plays an important part in

maintaining the natural defense and immunity of the body.

Parents of hyperactive children and people with allergies should realize that recent research has shown children with chemical allergies or other pollutants such as lead, cadmium, aluminum and mercury can have serious problems with their lungs. This alone can cause enormous hyperactivity and irritability in children.

At the Pain & Stress Center we use **NAC or N-AcetylCysteine** for both children and adults. Since I have several allergies I take it myself with excellent results. The difference in the way I feel and breathe is like night and day. NAC is a specialized form of the amino acid, cysteine that modulated the production of and is a precursor to glutathione, an antioxidant.

Until recently, the primary use for NAC was as a mucus reducing agent. Mucus strands are linked together by double sulfur bonds. By breaking these bonds, NAC "waters down" the strands, thus reducing the viscosity and congestion associated with excess mucus. In this capacity, NAC is used in the treatment of allergies, bronchitis, cystic fibrosis, asthma, pneumonia, otitis media, chronic sinusitis, and the common cold.

NAC has shown promise as an antioxidant and a modulator of glutathione production. NAC is a biochemical powerhouse and with continuing research new results will surface to help children and adults breathe better, feel better and have a better quality of life. NAC produces no known toxicity or undesirable effects. When

taken in moderate amounts, glutathione and NAC are two more amino acids that are proving we can live without drugs. Those who write adverse publicity have not done their homework and want control over what you take as well as profit. Never give up your right to choose to take natural products. There is no such thing as a drug deficiency—how could there be, we were not born with it in our body or brain. I am grateful to God that I live in a world where we have the choice to choose what we know will help us naturally.

An excellent source of glutathione is the **Deluxe Scavengers** vitamin that contains 100 milligrams. Suggested dosage is three capsules daily and this yields 300 milligrams of glutathione.

References

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