

# Topic of the Week

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WE CARE ABOUT YOUR HEALTH

## The Most Powerful Health Substance You've Never Heard Of Presented by: OmniHealth Medical Group

Your chiropractor will tell you that chiropractic techniques do much more than adjust musculoskeletal misalignments. Chiropractic has been scientifically proven to help boost your immune system, aid with asthma and allergies, reduce stress and fatigue, alleviate headaches, assist with ADHD, treat colic, lower blood pressure and ... well, the benefits go on and on.

Now you'll soon be hearing more about an amazing substance that could be a powerful complement to chiropractic adjustments and living a healthy, holistic lifestyle. It's called glutathione. Never heard of it? Not many people outside the scientific field have.

But new exciting research on glutathione makes it something worth watching. Like chiropractic, it has a bounty of benefits for many health conditions that impact our lives.

Glutathione - specifically, keeping sufficient levels in your body - may play a role in preventing or treating...

- Alzheimer's disease
- Arthritis
- Asthma
- Autism
- Cancer
- Diabetes

Presented by:

- Heart disease
- High blood pressure
- Multiple sclerosis
- Parkinson's disease
- Psychiatric disorders
- Stroke

So what is glutathione and what makes it so compelling to researchers? It's a protein that's produced by your body. And over the last few years, scientific studies have revealed how glutathione levels affect disease and chronic health conditions.

It also appears to slow aging, boost your energy, and protect you from viruses and bacteria. Glutathione helps your body clean out toxins, such as pesticides, herbicides, carcinogens and heavy metals. It even repairs damage caused by radiation.

How can a protein have such a profound effect on health? You're probably aware how certain nutrients are antioxidants - powerful molecules that protect the body from the ravages of disease. Glutathione is called the *master antioxidant*. That's because it's the antioxidant created by your own body. Other antioxidants could not function properly without glutathione present. White blood cells, which are key to fighting diseases and infections, can only be created with sufficient levels of glutathione.

### Side Crunches on Exercise Ball

Difficulty: Moderate to Advanced

*(Consult your chiropractor before engaging in this or any other exercise.)*

**Start:** Lie on side over an exercise ball, so ribcage is positioned over top of ball. Put legs in a scissor position to stabilize lower body. Position lower arm across chest and upper arm behind/over your head, reaching for opposite ear.

**Exercise:** Engage inner abdominals first by bringing belly button inwards. Then, curl body sideways on the ball, reaching elbow toward hip. As you curl, focus on feeling in waist, and keep body positioned sideways on ball. Return to starting position. Repeat 5-15 times each side.



## Why Does So Much Illness Persist?

If glutathione is so powerful, then why do so many of us develop diseases? Like a lot of helpful biochemical substances, glutathione levels can drop due to poor diet, smoking, lack of exercise, not enough sleep and exposure to toxins. Also, as you age your body is less able to produce enough glutathione to keep serious health problems at bay.

## What Research Reveals

Most of the studies on glutathione have focused on its benefits in treating and possibly preventing some forms of cancer. It assists in strengthening healthy cells while at the same time weakening cancer cells. It also seems to help reduce side effects of some chemotherapy drugs.

Scientists believe these benefits to cancer patients are probably due to glutathione's strong antioxidant capacity. Chemotherapy and radiation spur large amounts of free radicals. Antioxidants neutralize free radical activity.

Some cancer patients who receive glutathione treatments have been able to avoid the significant weight loss, decreased appetite and lack of energy that often accompanies cancer and subsequent therapy.<sup>1</sup>

Besides disease protection, getting good levels of glutathione can help your body recover from intense exercise. In the book *Glutathione: Your Key to Good Health*, the author comments, "Research into exercise physiology shows raised GHS (glutathione) levels increase immune function, help resist infection, decrease muscle damage, reduce recovery time, increase strength and endurance..."<sup>1</sup>

Glutathione also improves your energy levels by helping energy-producing mitochondria remain free of oxyradicals.

## Where Can You Find Glutathione?

It can be found in raw vegetables, meat, milk and eggs. The key word is raw. Heating destroys glutathione, which is a main drawback of getting adequate amounts through cooked foods.

You can purchase glutathione supplements at health stores, but taking it orally may not provide much benefit. The substance is poorly absorbed by your gastrointestinal tract and most of it gets excreted through your body's waste. This could be one reason why it doesn't have a high profile among health conscious consumers.

In recent years, scientists have changed their focus. Instead of developing more glutathione supplements, they've concentrated on creating nutritional products that provide the body with the chemical building blocks it can use to create more glutathione on its own. For example, certain whey proteins supply such chemical precursors for internal glutathione production.

As you can see, glutathione could be a significant factor in protecting your health as well as improving your quality of life. As researchers continue studying this substance, there's bound to be more promising breakthroughs on glutathione in the near future.

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## Quote of the Week

"In health there is freedom. Health is the first of all liberties."

- Henri Frederic Amiel



## References and Sources:

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## Topic of the Week

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