GLORIOUS GLUTATHIONE:

HOW ONE ANTIOXIDANT CAN HELP EVERYTHING FROM PARKINSON’S DISEASE TO AUTISM, ASTHMA, CHRONIC FATIGUE, LYME DISEASE, DIABETES AND HEART DISEASE
Glorious Glutathione

How One Antioxidant Can Help Everything from Parkinson’s Disease to Autism, Asthma, Chronic Fatigue, Lyme Disease, Diabetes and Heart Disease

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Introduction

I see patients from all walks of life and with all kinds of conditions, and for virtually every single one, glutathione—our body’s most powerful, water-soluble antioxidant—is a practical, effective mainstay of treatment. Take Charlie, one of my actual Parkinson’s patients, whose tremors have completely ceased with weekly glutathione treatments. Or Marie, who suffers from fibromyalgia and chronic fatigue syndrome, but with monthly boosters of glutathione along with vitamins and minerals, has full energy and very little pain. There are children with autism who improve with topical glutathione gel, folks with heart problems or diabetes for whom glutathione is part of an overall treatment plan.

Glutathione is our body’s most important water-soluble antioxidant. According to scientific research, low glutathione is implicated in a surprisingly wide range of disorders, including Alzheimer’s and Parkinson’s Disease, schizophrenia, cell dysfunction in diabetes, immune dysfunction, cystic fibrosis, heart disease, and more. This nontoxic peptide is increasingly being recognized as a keystone of health. Luckily, glutathione is available not only in intravenous drips, but in transdermal formulations, and it can be raised by supplementing specific building blocks of glutathione, such as curcumin, N-acetylcysteine, and whey protein.
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Glutathione is a very small protein that is made inside our cells from three amino acids, cysteine, glycine and glutamate. Glutathione is found within almost every cell—including those of the immune system. It is also the antioxidant that helps our liver remove all kinds of toxins. Though other antioxidants are important and powerful, such as Vitamin E and Vitamin C, glutathione is in a prime position to neutralize free radical damage from any stress. Glutathione exists in reduced (GSH) and oxidized (GSSG) states. In healthy cells and tissue, more than 90% of total glutathione is in the reduced form (GSH) and less than 10% exists in the disulfide form (GSSG). Low glutathione means: less ability to detoxify free radicals, less ability to clear heavy metals, lower immune function, increased inflammation, and lower levels of Vitamin C and Vitamin E, antioxidants that depend on glutathione.

What excites me these days is how wide glutathione’s applications are and how it is even being studied by “mainstream” medicine for its health-promoting effects. Dr. Richard Horowitz, a lyme disease specialist, recently announced that intravenous glutathione had a profound healing effect on the symptoms of his lyme patients, and that “Glutathione seems to act like a sponge that pulls toxins out.” Glutathione was studied in AIDS patients receiving triple drug therapy, and it was discovered that supplementing with glutathione boosted the immune response. It was recently studied in diabetic complications, and researchers concluded that cell dysfunction and even more importantly, glucose sensitivity, in diabetics was helped by glutathione. It has been studied in smokers, and in patients receiving chemotherapy, and has been found to be beneficial for both. There are many more studies coming right out of our universities and research labs on glutathione, this remarkable antioxidant with so many benefits. I’ll go into more detail later in this book.

In this book you will learn the latest research on glutathione and all the different conditions it benefits, and read firsthand stories of patients of mine who have experienced significant improvement in symptoms through the use of glutathione. Here are some of the remarkable findings about glutathione:
1. Higher levels are linked to higher t-cell counts and improved functioning of important immune cells like neutrophils
2. Glutathione is the body’s natural chelator, ferrying toxic heavy metals out of the body
3. Glutathione treatment improves tremors and muscle rigidity along with other symptoms in Parkinson’s Disease
4. Glutathione can improve chronic asthma
5. Glutathione is helpful in emphysema and has been remarkably beneficial in cystic fibrosis, two serious and often fatal lung diseases
6. Glutathione benefits the heart, increases bloodflow, and can clear up symptoms of pain on walking in heart conditions
7. Glutathione can reverse some of the toxic effects of chemotherapy
8. Glutathione is good for the kidneys and can improve renal function in those on dialysis
9. Glutathione is of benefit in treating the symptoms of lyme disease
10. Glutathione is helpful for the liver, which uses glutathione to detoxify a wide range of fat-soluble toxins
11. Glutathione is helpful in diabetes, improving glucose tolerance and reversing some tissue changes seen in chronic diabetics
12. Glutathione is helpful in chronic infections, ranging from HIV to hepatitis
13. Glutathione helps treat age-related macular degeneration, a common eye condition that can lead to loss of vision

The fact is, glutathione is so significant that I am willing to say it is a treatment I would consider in any chronic illness. Take my patient, Moira. She is 66 years old and has suffered all her life from a genetic connective tissue disorder called Ehlers-Danlos Disease, which has caused her innumerable problems. She has had artery and vein problems, sprains, migraines, hyperflexible joints, asthma, pleurisy, pneumonia, a pulmonary embolism, sudden bouts of weakness, and has undergone sixteen knee surgeries and suffered a broken hip.
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also has had Breast Cancer. “You know the proverbial lady in the circus who could make herself into a pretzel?” says Moira. “Well that type of lady probably had undiagnosed Ehlers-Danlos disease. I think my mother may have had it, as she had a mysterious illness. She suffered severe migraines and her feet would burn and her hands would turn bright red. She died at age 49.” Moira has/had no intention of doing the same. When she came to see me last year, I started her on glutathione at once. I knew that a large body of research showed glutathione was crucial for immune function and for quieting inflammation. I knew she must have significant free radical damage from the surgeries and infections she had suffered. And I knew glutathione helped asthma. So we gave it a try.

“I have found significant changes with the glutathione treatments,” she reports. “I have less joint pain. I’ve begun to get a sense of wellness I hadn’t had in my body in years. I have less pain in my hands and feet. My asthma has greatly improved. I’ve only used my inhaler four times since I began intravenous glutathione five months ago, and I used to use it two to three times a day. It seems to address many, many issues for me. Friends have said my face is becoming younger and I no longer have that tired, worn-out look. They say it’s like looking at a different person. The upshot is, I always feel better after a glutathione treatment.”