

# L-Glutathione - The Wonder Antioxidant

by Barrett Niehus

A naturally occurring compound, L-Glutathione has demonstrated that it is effective in **fighting cancer, environmental poisons, and even cataracts**. Sound like snake oil? Well, that is what I thought until I started doing research.

It turns out that L-Glutathione is **one of the most effective antioxidants** that our body produces. **It works to protect our bodies from the thousands of daily hazards that we are exposed to such as pollution, second hand smoke, alcohol, and food chemicals and poisons. In fact, it is so effective that some researchers believe that it can actually slow down the aging process.**

L-Glutathione is an antioxidant that our body produces from three basic amino acids that are found in our food. Our body makes it and uses it, along with the other vitamins that we ingest, as a hard line defense against all of the hazards that cause us to grow sick and old.

**This is important because research into this specific anti-oxidant has shown that it can actually cure disease, regenerate damaged tissue, minimize the side effects of chemotherapy, and treat cataracts.**

It works by acting as a guardian to the toxic compounds that attack our cells. These compounds, typically called free radicals, are extremely aggressive and attack the molecules that make up the cells in our body. These free radicals change the chemical structure of the molecules in our cells and make them ineffective.

This in turn either kills the cell, makes it ineffective, or turns it cancerous. L-Glutathione and other antioxidants attack the free radicals and destroy them before they have a chance to attack the cells.

Because it protects our cells by attacking the external poisons, the levels of L-Glutathione in our blood have the potential to significantly impact our overall health. Studies have demonstrated that administration of L-Glutathione is extremely effective in treated diseases such as Hepatitis.

It has also been shown to be a key player in the regeneration of the liver, and to combat cirrhosis. The compound is useful in treating jaundice and protects the brain and body tissues in the event of poisoning.

In addition, the level of tissue damage from Carbon Monoxide, Hydrogen Sulfide, heavy metals, pesticides, and environmental poisoning has been demonstrated to be significantly lower with adequate L-Glutathione in the blood stream.

Finally, the side effects of chemotherapy and the growth of cataracts have been demonstrated to be significantly reduced with the addition of L-Glutathione.

So what does all of this mean? Essentially, it is time to supplement your diet with L-Glutathione or the proteins that help your body make more of this essential nutrient. Although L-Glutathione is readily made by your body, supplementation with it and its precursors may increase your overall level of protection.

Glutathione and its precursors, Cysteine, Glycine and L-Glutamic Acid, are all readily available as food supplements in your local health food store. In addition to eating a healthy and balanced diet, supplementation with Glutathione and its constituents can only help to increase your overall level of health, and may even slow down the process of growing old.