



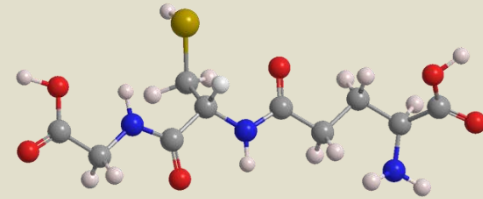
THE FASTING PODCAST **WOW**: EPISODE 120 GLUTATHIONE – KEY TO HEALTH & LONGEVITY

EPISODE 120: GLUTATHIONE – KEY TO HEALTH & LONGEVITY

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



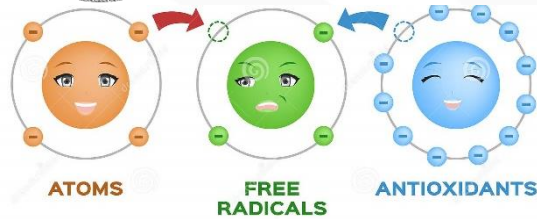
GLUTATHIONE (GSH)



Host: Julie Phillips, CNHP



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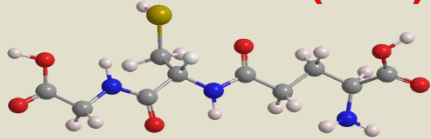
Free Radicals

- Free radicals = atoms missing electrons & they can steal 1 from a healthy atom, making that one a free radical (ripple effect) – reactive oxygen species (ROS) = free radicals with oxygen
- We all have some free radicals – toxicity, stress, processed foods, smoke, pollution, extreme exercise... – too many = oxidation & premature aging
- Antioxidants have extra electrons to donate, neutralizing the free radical
- Glutathione is called the mother of all antioxidants – after it donates the electron, it recycles & donates over & over again
- Glutathione also reinstates antioxidants that have already donated
- Glutathione is used by 400+ processes in the body, 15 crucial to life – you may be dead in 2 minutes without any glutathione
- Dr. Oz did a whole show on it & said “It’s the most powerful antioxidant that you never heard of – it’s one of the keys to fighting off the diseases you fear the most”



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GLUTATHIONE (GSH)



Glutathione (GSH)

- Glutathione is created in the body as a tri-peptide (cysteine, glycine & glutamic acid) – the liver produces it and it exists within every cell
- Glutathione is the primary protector of cells & primary detoxifier of cells
- It's the primary protector of mitochondrial DNA
- It is the protector of the immune cells & instrumental in immune function
- Hemoglobin cannot attach to oxygen without glutathione (brain uses 20% oxygen)
- The body cannot make white blood cells without adequate glutathione
- Alcohol becomes highly toxic acetaldehyde & liver shuts down other processes to try to neutralize it with glutathione
- There are 160,000+ studies on pubmed on glutathione (e.g. inflammation, leaky gut, fatty liver, autoimmune, insulin resistance, cancer...), compared to 75K vit C



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Potential Benefits

- Immune booster
- Joint support
- Cognitive health
- Sustained energy
- Improved sleep
- Improved immune system
- Improved workout performance and recovery
- Improved liver health which may effect weight
- Improved skin
- Potential for improvements in all body systems and health challenges





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Deficiency

- After the age of 20, our glutathione typically lowers 8-15% per decade
- Possible deficiency signs: lack of energy, joint muscle aches & pains, fatty liver, autoimmune, gut issues, frequent infections, anemia, seizures, intellectual disability, loss of coordination, fatigue, memory issues, neurological issues, breathing issues, hearing issues, vision issues, poor sleep, brain fog, serious disease...
- 2020 American Chemical Society publication <https://doi.org/10.1021/acsinfectdis.0c00> "Endogenous Deficiency of Glutathione as the Most Likely Cause of Serious Manifestations and Death in COVID-19 Patients"
- Possible causes of deficiency: stress, toxins, poor diet, pollution, aging, medications, trauma, infections, artificial sweeteners e.g. hfcs, acetaminophen (Tylenol), smoking, insufficient sulfur (leafy greens & cruciferous veggies) heavy metals, extreme exercise...



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Options for More Glutathione

- Resolve all the possible causes of deficiencies we talked about including diet (e.g. organic leafy greens & cruciferous veggies, foods high in organic folate & selenium, foods high in vitamins C, E, B6, B9, B12, Biotin, herbs like turmeric & milk thistle... (research online)
- Clean fasting with education like this podcast may help the body with glutathione level
- Love your liver – clean it, check visceral fat on body composition scale (episode 92)
- Supplemental glutathione – both glutathione and cysteine very fragile & can be destroyed by the hydrochloric acid in the gut so absorption can be low – that's why for many years experts have been promoting precursors like n-acetyl-cysteine hoping body creates more
- Intravenous by doctors – can be expensive and comes with risks
- Recent breakthrough in nano-sizing the glutathione with ultra-purified water puts glutathione & extra l-cysteine into the bloodstream from mucous membranes in mouth
- The same technology also offers a skin spray that includes nano-sized glutathione, hyaluronic acid, collagen & 5 other peptides – before/after's are best I've ever seen by far
- I have just ordered it – **who wants to test it with me** – contact Julie@JPWOWPrograms.com



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Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions or feedback or how to test the new glutathione technology with me or find out how I did with it, email Julie@JPWOWPrograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

