

## **Books about Glutathione (GSH), Antioxidants**

### **Breakthrough In Cell-Defense : How to Benefit From the Real Glutathione Revolution**

**By Dr. Allan C. Somersall, Ph.D., M.D. with Dr. Gustavo Bounous, M.D., FRCS**

Breakthrough in Cell-Defense tells the story of Dr. Bounous and the discovery of an amazing health discovery for the 21 st century. Benefit from the real glutathione revolution. Two decades of acclaimed research have culminated in this simple yet profound development for your immune system— now destined to revolutionize the health and wellness movement. Discover this major medical breakthrough: Enhance your immune response, increase your resistance to disease, improve your health and vitality. There are unfolding implications for both health and disease: AIDS, environmental illness, aging, cancer, chronic fatigue, degenerative disease, and much, much more... Read this modern research DRAMA. You may experience your own breakthrough in self-defense."

### **Glutathione - Your Body's Most Powerful Protector**

Dr. Jimmy Gutman's latest work on glutathione has just been released. The volume includes new material, including **valuable information on seizures.**

"For the growing number of people interested in complementary medicine - a synthesis of alternative and conventional treatments for illness - it will be obvious that this book is timely. Glutathione plays a pivotal role in the defense against both aging and disease, and this well executed and researched publication makes that very clear. I highly recommend Glutathione - Your Body's Most Powerful Protector to anyone intent on living a healthier life naturally." --- Phyllis Balch

CNC, Author, Prescription for Nutritional Healing.

Books about Glutathione-GSH, antioxidants

### **Glutathione (GSH) : Your Body's Most Powerful Healing Agent**

**How to boost your immune system and take advantage of your body's most powerful antioxidant and detoxifier.**

By Jimmy Gutman, MD, FACEP and Stephen Schettini Dr. Jimmy Gutman, M.D., the recognized glutathione expert, explains how to boost your immune system and take advantage of your body's most powerful antioxidant and detoxifier. This critical information is a must for anyone interested in prevention of disease or for those needing information on an existing condition, which may be a result of GSH depletion. You don't have to be a physician, scientist, or involved in the medical profession to grasp a clear understanding of the body's master antioxidant and it's critical role in cellular health, optimum immune response, and as a major

detoxifier. It is my Bible to better health

### **Glutathione : The Ultimate Antioxidant**

**by Alan H. Pressman, DC, PhD., CCN, Sheila Buff, Foreword by Richard A. Passwater**

Through nutritional supplements, individual treatment plans, and delicious recipes designed to boost GSH in the bloodstream, Dr. Alan H. Pressman helps you battle allergies, arthritis, asthma, cancers, cataracts, chronic fatigue syndrome, digestive problems, heart disease, HIV, hyperactivity, infections, jet lag, mood swings, muscle pain, skin problems, weight gain, and much more.

### **Built to Survive: A Comprehensive Guide to the Medical Use of Anabolic Steroids, Nutrition and Exercise for HIV (+) men and women by Michael Mooney, Nelson R. Vergel Author's comment:**

If there is one survival tool every HIV (+) person should consider it is taking dietary supplements that increase glutathione production. Suggested dosing is 500 to 1,000 mg three times per day. Other supplements that increase glutathione include L-glutamine (12 to 36 grams per day), alpha lipoic acid (100 to 1,000 mg per day), selenium (200 - 800 mcg per day), and (undenatured) whey protein. Protein malnutrition can cause a decrease in glutathione production too, so be sure to get plenty of protein three times per day.

## **Oxidative Stress, Cell Activation and Viral Infection Edited by C. Pasquier, et al.**

*Summary excerpt of article* : "Place For An Antioxidant Therapy In Human Immunodeficiency Virus (HIV) Infection" (pp 311-321). Oxidative stress, a known activator of HIV replication in vitro, has a potential role as a cofactor of HIV disease progression. Arguments supporting the role of oxidative stress as a cofactor in HIV activation are summarized in this review. The role of intracellular antioxidants such as glutathione (GSH), and drugs and nutraceutical agents promoting GSH synthesis, are discussed. The review also includes the early results of nutritional interventions based on a diet enriched with a whey protein concentrate prepared in a proprietary manner.

Books about Glutathione-GSH, antioxidants

## **Nature's Goldmine by Dr. Allan C. Somersall, Ph.D., M.D.**

This book looks into harvesting miracle ingredients from milk. A strong proponent of complementary care, Dr. Somersall has been at the interface of nature and science for over two decades. You'll be fascinated to learn about the new milk technology and see the pivotal role Immunotec plays in the industry.

## **Alternative Medicine Guide to Chronic Fatigue, Fibromyalgia and Environmental Illness by Burton Goldberg, Editors of Alternative Medicine Digest**

Written by Burton Goldberg and the Editors of Alternative Medicine Digest, this alternative medicine guide shows how doctors reverse various conditions with proven complementary therapies.

## **The Super Anti-Oxidants : Why They Will Change the Face of Healthcare in the 21st Century by James F. Balch This Book is Worth a Read**

(December 12, 1999 Reviewer: Ralph Nordstrom from Southern California) This is an exciting book. Packer reviews the research on antioxidants, not only from his own lab at the University of California, Berkeley, but also from labs around the world. He not only quotes research results in vitro and on mice but he also quotes such human studies as are available. Packer is enthusiastic about the effects antioxidants can have on improving health and increasing one's life. He freely speculates about discoveries he expects will be found in future research but he is careful to state them as such. I'd skip to the last part on implementing the Packer plan and put that into action, then return to the beginning of the book and read up on all the research.

## **The Gsh Phenomenon : Nature's Most Powerful Antioxidant and Healing Agent**

**by Alan H. Pressman, Sheila Buff**

"Glutathione (or its reduced form, GSH) is a natural protein found in the body's cells and in many fresh fruits and vegetables. Pressman, a chiropractor and nutritionist, considers glutathione to be the most important antioxidant molecule, high levels of which appear to protect against the dangers of cancer, heart disease, premature aging, autoimmune diseases, and chronic illnesses. Glutathione plays an essential role in helping the liver detoxify environmental poisons and the body's own metabolic wastes, a process necessary to overall health. Two dozen high-glutathione recipes, lists of holistic health organizations and suppliers, and a glossary conclude the book." - Penny Spokes. Read [a section from Chapter 1: Amino Acids, Glutathione and Optimal Health](#)

Books about Glutathione-GSH, antioxidants

## **GLUTATHIONE: Nature's Powerful Antioxidant By Jimmy Gutman, MD, FACEP, and Stephen Schettini From The Publisher:**

Glutathione, produced in the liver, is a protein that battles disease and slows aging by maintaining the health of red and white blood cells. Dr. Gutman details how it boosts immune function, protects cells, eliminates toxins, and influences longevity. Although he notes that human glutathione levels decline as people age, Gutman shows readers how to elevate levels of the substance in the body to promote continued immune health.

## **Glutathione: Metabolism and Physiological Functions Edited by Jose Vina**

Over 30 papers discuss the techniques and findings of investigating the level and function of the peptide glutathione in cells. It has been associated with such functions as antioxidant defense, the regulation of metabolic pathways, hormonal action, the detoxification of xenobiotics, the maintenance of cell structure, and more recently with nutrition, aging, and immunology.

### **Glutathione in the Nervous System by Christopher A. Shaw**

This new resource captures the excitement of a new field in neuroscience, describing the history and chemistry of glutathione in relation to antioxidant defenses and oxidative stress. This book provides an overview of the glutathione molecule and its various roles and makes far-reaching predictions about the potential role of glutathione in the nervous system. The specific topics include the discovery of the GSH receptor in hydra and its evolutionary significance, the regulation of apoptosis in the nervous system, the role of altered glutathione status in the development of Parkinson's disease, and free-radical toxicity in amyotrophic lateral sclerosis.

### **Glutathione S-Transferases: Structure, Function, and Clinical Implications Edited by: N. P. Vermeulen, et al.**

#### **Book Description:**

Glutathione s-transferases (GSTs) constitute the most important enzymes protecting human and many other organisms from potentially toxic chemicals, including drugs and carcinogens. This book reviews scientific developments in research of this enzyme

Books about Glutathione-GSH, antioxidants

### **Biothiols, Part B: Glutathione & Thioredoxin: Thiols in Signal Transduction & Gene Regulation**

by Lester Packer (Editor), Melvin I. Simon (Editor)

**From Booknews:** The series highlights natural antioxidants and artificial antioxidants that mimic natural systems. The present volume provides a comprehensive account of the molecular mechanisms underlying the multiple functions of biothiols, with emphasis on their interaction with oxidants and the biological and clinical implications of this process. The topics covered range from the reactions of thiyl radicals in in vitro models to complex processes in clinical medicine and diverse therapeutic approaches involving thiols.

#### **Books that cite Glutathione**

### **Stop Aging Now! : The Ultimate Plan for Staying Young and Reversing the Aging Process**

by Jean Carper

on Page 125: ".- CAUTION: RAPID AGING AHEAD A lack of **glutathione** in cells is a primary cause of faster aging, theorizes Calvin Lang, a professor of biochemistry at the University of ..." on Page 127: "... - STRONG POTIONS FROM THE FOUNTAIN OF YOUTH - causing a gradual decay of immune functioning. Yet, by replenishing **glutathione**, you can abort and reverse this "inevitability.." on Page 24: "... the names are familiar," such as vitamin E and C. Others are less so, such as ginkgo, coenzyme Q-10 and **glutathione**, just now emerging as superstars in the laboratories of scientists trying to slow down the aging process.." on Page 129: "...THE ANTIAGING PROMISE OF GLUTATHIONE Here's what **glutathione** promises to do to keep you young: Maintain healthy immune functioning. Rejuvenate old and weak immune systems. ..." on Page 67: "... vitamin E. However, they find that giving animals a mixture of vitamin E, beta carotene, vitamin C and the antioxidant **glutathione** is much more effective at making cancer vanish than is vitamin E alone..."

### **The Truth About Beauty: Transform Your Looks and Your Life from the Inside Out**

by Kat James, Oz Garcia Excerpt from page 162 "... a key detoxifying agent in the body. Many doctors consider **glutathione** to be the body's primary protection against cellular damage. Beauty ..."

Books about Glutathione-GSH, antioxidants

### **The Wrinkle Cure: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin**

by Nicholas M.D. Perricone

Excerpt from page 49 "... two or more chemicals interact) with complex names such as **glutathione**, catalase, and superoxidodismutase that can stop free radicals in their ..." on Page 70: "... body, but to the skin as well. Alpha lipoic acid helps other antioxidants such as vitamin C, E, and **glutathione** hang on longer, giving skin cells ..." on Page 136: "... works against liver damage because it's a precursor of many of the antioxidants that protect the liver, such as **glutathione**. It also helps your immune system stay in good shape. It enhances the health of the skin because it increases"

### **What Your Doctor May Not Tell You About Premenopause**

by John Lee, Jesse Hanley, Virginia Hopkins

Excerpt from page 203 "... stress on the liver, lowering levels of the important antioxidant glutathione, which in turn puts the liver at greater risk from ..."

### **The Inflammation Syndrome: The Complete Nutritional Program to Prevent and Reverse Heart Disease, Arthritis, Diabetes, Allergies, and Asthma**

by Jack Challem

The Inflammation Syndrome is the cumulative effect of lowgrade inflammation—including the aches and pains that we all experience—that grows into chronic, debilitating disease. Triggered by inflammatory foods in your diet, the Inflammation Syndrome wreaks havoc on your health, paving the way for such serious diseases as heart disease, diabetes, Syndrome X, obesity, arthritis. Excerpt from page 123 "... taking the antioxidants or vitamin E had higher levels of **glutathione** peroxidase, a powerful antioxidant made by the body, and ..." on Page 140: " In a laboratory experiment, researchers found that Pycnogenol reduced peroxide formation and increased levels of **glutathione**, an anti-inflammatory antioxidant. on Page 218: "... Eat fruits and vegetables high in **glutathione** and/or take **glutathione** and glutamine supplements to help defuse fat's free radical activity. **Glutathione** is a Rambo-like antioxidant that helps ..." on Page 262: "... Eat foods high in glutathione (fresh and frozen fruits and vegetables, such as avocado, asparagus and broccoli-see page 132) and/or take **glutathione** supplements." **Glutathione, Antioxidants and Cancer**

Books about Glutathione-GSH, antioxidants

### **Herbal Medicine, Healing & Cancer**

by Donald R. Yance, Arlene Valentine (Contributor) "... vital to the health of the immune system and to the digestive system, and is the highest quality protein obtainable. A concentrated whey product, is a patented product that is a unique source of **glutathione** precursors. It is used in ..."

### **What to Eat if You Have Cancer**

by Daniella Chace on Page 55: "... and vitamins C and E enhance its effects. In fact, some studies suggest that combining selenium and vitamin E with **glutathione** is more effective for cancer prevention than using either alone. **Glutathione** and the amino acid cystine can increase levels" on Page 212: "... an amino acid, may help to protect healthy cells when taken seven to ten days before start of therapy. **Glutathione** may also help to protect cells when taken the week before treatment. During Treatment O Vitamin E, Vitamin A, and on Page 106: "... studies indicate that selenium inhibits the formation of tumors and may slow their growth. It is also a cofactor of **glutathione** peroxidase, an enzyme that is an integral part of the body's defenses against free radicals. When zinc levels are low, ..."

### **The Complete Cancer Cleanse : A Proven Program to Detoxify and Renew Body, Mind, and Spirit**

by Cherie Calbom (Author), et al on Page 194: "... fed 30 grams of whey protein concentrate per day for six months, some patients' tumors showed regression. By raising **glutathione** levels, whey protein can help to strengthen healthy cells and simultaneously weaken cancer cells." Page 41: "... Natural Medicine. Without these liver helpers, scores of important detoxification processes in the liver would not take place. For example, **glutathione** is the most important antioxidant for neutralizing free radicals generated by Phase I detoxification"

## **Antioxidants Against Cancer by Ralph W. Moss**

**Must Read. Clear, Concise, Well-researched, Convincing** (April 16, 2000 Reviewer: Owen R. Fonorow from USA) This book should be given to every medical student and Oncologist in this country. Lately, the media is full of reports cautioning cancer patients about anti-oxidants. After reading Antioxidants Against Disease, you will have the knowledge necessary to evaluate these unsubstantiated media reports for yourself. Ralph presents all sides, not just one side. Few people in the world know as much as Ralph Moss about Books about Glutathione-GSH, antioxidants treating cancer. Ralph left the NY Sloan- Kettering cancer center when they asked him to misrepresent research results. Moss was a spokesman and was supposed to say that no benefit from Laetrile had been found, yet Ralph knew otherwise. He had spoken with the research scientist and knew that standard tests in mice had indicated significant benefit from Laetrile. Ralph resigned and began his quest to bring us the truth about the myriad of cancer treatments.

## **Glutathione S-Transferases and Carcinogenesis by T.J. Mantle, C.B. Pickett, J.D. Hayes (Editor)**

**See also:**

## **Cancer Therapy : The Independent Consumer's Guide to Non-Toxic Treatment and Prevention by Ralph W. Moss**

This thorough guide is a must-read for cancer patients and their families seeking treatment options. Subscribe to the Glutathione Report newsletter to learn more about safe, natural ways to optimize glutathione levels.

Information provided on any of the Products is for educational purposes only and is not a substitute for professional medical advice. Only your health care provider should diagnose your health care problems and prescribe treatment. Statements regarding dietary supplements are provided solely to offer our customers additional information. No health claims for these products have been evaluated by Health Canada or the United States Food and Drug Administration (FDA), nor has Health Canada or the FDA approved these products to diagnose, cure or prevent disease. Please consult your health care provider before starting any course of supplementation or treatment, particularly if you are currently under medical care. Make sure you carefully read all products packaging prior to use. If you have or suspect you may have a health problem, you should consult your health care provider.

All events and names in these testimonials refer to actual living persons. No editing or corrections were made in the compilation of this book. All contact information has been removed out of respect for the privacy of the individuals who contributed their stories.

Independent Distributor

Melina F. Coates

[www.immunotec.com/libra](http://www.immunotec.com/libra)

Libra Consulting Ltd.

403-337-2009

403-922-2715