

What Is Glutathione?

What Is Glutathione And How Is It Linked To Heart Disease?

There is a lot of talk about glutathione. Glutathione is something your body produces and has been discovered many years ago. Glutathione (pronounced "gloota-thigh-own") also known as GSH. A good way to remember it is to "glue your tie one".

What is Glutathione?

Glutathione is a very simple molecule that is produced naturally all the time in your body. It is a combination of three simple building blocks of protein or amino acids -- cysteine, glycine and glutamine. Glutathione is a very important antioxidant, probably the most important because it is produced in every cell of your body all the time. It protects our cells from oxidative stress, however, when we get overwhelmed so does its production.

It is very important because as you age and as you have disease come into your life your glutathione levels deplete.

As we know heart disease is a cause of inflammation as a result from oxidative stress on our body. My big oxidative stressors are

1. Poor nutrition (Increased simple carbohydrates and increased blood sugar)
2. Smoking and pollution
3. Lack of Sleep
4. Stress (anxiety, depressions, & anger)
5. Overweight
6. Lack of Activity

Glutathione and heart disease are very much linked. If you have heart disease you probably have low levels of glutathione. Most chronically diseased patients will have glutathione deficiency. The heart muscle required glutathione because there are more mitochondria in the heart muscle than in any other cell in the body.

The good news is that your body can produce and restore its own glutathione levels. Our ability to produce and maintain high level of glutathione is critical to recovering from chronic disease and heart disease.

Glutathione proof

There have been so many medical articles (98,000 to date) on glutathione however it is just starting to poke its head out to the media. For decades scientists have known about glutathione's vital role in protecting our cells, tissues and organs. Many research studies done by US Government and Pub Med have documented the roles glutathione provides to the body.

As mentioned, Glutathione is recycled in the body – except when our body is loaded with toxins. This results in a lower production of glutathione. Now you, unfortunately cannot readily measure glutathione levels. It is an expensive test and if you are willing to measure it you could most likely get it done at your naturopathic doctor.

Why is Glutathione Important?

It recycles the other antioxidants. Free radicals float around in our body and it is passed around from Vitamin to Vitamin then finally to glutathione which takes the free radical and basically inactivates it. After this process happens it produces another molecule and the whole action starts again.

The problem occurs when we are bombarded with oxidative stress and toxins. The glutathione depletes and we can no longer protect ourselves and rid toxins.

You can see in the video with Dr. Oz on how he is holding the molecules and how the toxins stick to the glutathione molecule. It is critical for immune function and controlling inflammation such as heart disease.

There is good news. As mentioned you can get your levels checked, but not always necessary. It is important to make sure that you keep your levels optimal by taking a supplement and/or eating foods that will boost levels.

Glutathione Side Effects:

Because glutathione is a naturally produced in your body there are no severe side effects when supplementing with a product to increase glutathione production. Because glutathione producing supplements are ingested by pill there can be some gastro-intestinal disturbances such as diarrhea, nausea or vomiting.

How can you increase Glutathione levels in your body?

In addition, I have summarized a good list here from Dr. Hyman on how you can increase:

1. Consume Sulfer Rich foods – garlic, onions and vegetables
2. Bioactive Whey Protein: Good source of cysteine
3. Exercise
4. N-Acetyl Cysteine
5. Alpha Lipoic Acid
6. Folate, Vitamin B6 and B12
7. Selenium
8. Vitamin C and Vitamin E
9. Milk Thistle

If you are interested in supplementation please contact us to get started. We are connected with the leading supplier internationally to enhance glutathione production.

[Click here to learn more and read Glutathione Testimonials:](#)

To your heart health success,

Diamond Fernandes

About the Author:

Diamond Fernandes is the leading heart health expert with the [Heart Fit Clinic](#). For more information about how you can get help with your heart health and [What is Glutathione?](#) please visit their website to live happier, healthier and longer.