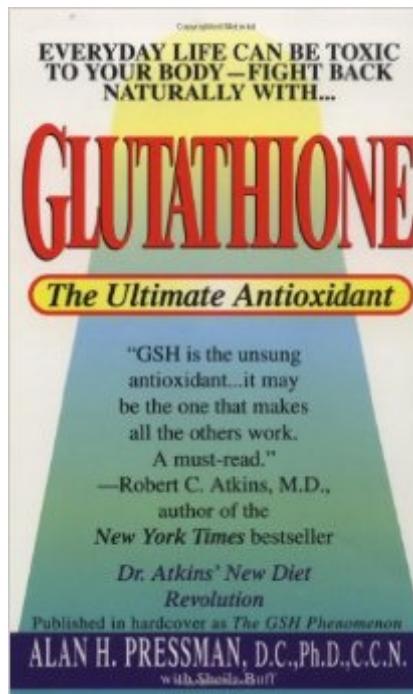


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# Glutathione: The Ultimate Antioxidant



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## **Synopsis**

Glutathione, pronounced "gloo-ta-thigh-on" and known as GSH, just might be one of the most extraordinary overall health-boosters of modern nutritional medicine. GSH may help with everything from heightened immune system functioning to overcoming addictions to anti-aging. It is a natural protein found in many fruits and vegetables that acts as "nature's policeman," rounding up and neutralizing the toxins that pollute our systems-- and cause countless chronic health problems-- to keep our cells, and selves, healthy and disease-free. 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! Detoxify your system with glutathione and watch the amazing results!

## **Book Information**

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Average Customer Review: 4.7 out of 5 stars See all reviews (7 customer reviews)

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## **Customer Reviews**

What a lovely little gem of a book! The title is almost misleading, because it by no means confines itself to a discussion of Glutathione. Rather, it's a comprehensive review of many different healthcare issues, complete with excellent nutritional and supplement recommendations. Medical conditions and biological information are explained in very clear language, and the book is blessedly free of exclamation points, those bane of the diet and health book industry. I would recommend this book as an excellent all-around reference on the subject of nutritional healing.

Just as the previous reviews claim, this book is great. As Pressman does so well in all of his books, the information is explained clearly - for all readerships. Antioxidants in general and Glutathione in particular are our bodies' buffers to the deteriorating effects of "life". Taken as blends or individually, our bodies need them. iHerb is a site where I have found Glutathione as well as other antioxidants. My doctor recommended I add them to my daily regimen. You can find additional documentation to support Pressman's book at iHerb as well as your choice of products.

Just happened to find this title in the library. Since reading it, both my wife and I have started taking NAC-Glutathione with excellent results. A very good explanation of why your body needs vitamins and amino acids to combat free radicals. A life altering revelation.

This is definitely a good read if you are interested in treating yourself or someone you care about using Glutathione. It goes into a lot of detail about how it works, and I found it to be worthwhile. It talks about some other aminos that are helpful to use in conjunction with the Glutathione.

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