Glutathione: A New Approach to Healing the Body

By Michelle Alpert, D.O.

The world we’re living in today is a toxic minefield—from vaccines to pesticides, to antibiotic-laden foods, to mercury-poisoned fish, to pollution both indoors and outdoors. It’s no wonder so many people are suffering from fatigue and chronic illness, as well as chronic infections with viruses, bacteria and fungi. In order to detoxify, I recommend a very effective detoxification “drip” to my patients with a special emphasis on glutathione.

THE DRIP

This specialized “detox” intravenous drip is one that has helped patients with chronic fatigue syndrome, Lyme disease, multiple sclerosis and Guillain-Barre syndrome. It contains typical vitamins and minerals like Vitamin C, calcium, magnesium, B5 and B6, but more importantly, it contains precursors to glutathione, as well as preservative-free glutathione itself. The precursors include two amino acids, glycine and cysteine. Together with glutathione, they pack a powerful punch that truly assists the body in meeting the demands of modern life.

There is a remarkable amount of evidence that glutathione is hugely important in detoxification, and has so many benefits that it can help patients with a range of conditions. Glutathione is found in every cell in your body. Glutathione scavenges free radicals, detoxifies heavy metals, helps ferry amino acids into the cells, helps in bile production, and much more. Because of all its capacities, glutathione is crucial in maintaining immunity. We don’t get a lot of glutathione in our diet and even then, not much is absorbed directly into the blood. Glutathione is synthesized by our bodies from amino acids. If our bodies cannot make enough glutathione to keep up with the chronic toxic load from infections and poisons, we may end up with immune dysfunction. Stress can also deplete glutathione, because increased adrenaline suppresses glutathione production.

In animal studies, glutathione has been shown to protect against liver cancer; it has also been used in humans to protect them from kidney damage from chemotherapy drugs. It protects kidney function in patients undergoing bypass surgery. In aerosol form, glutathione quenches inflammation in cystic fibrosis patients. This wonderful substance has even been shown to increase insulin production in older individuals who have impaired sugar metabolism. Glutathione also seems to inhibit herpes viruses and has been shown to help reduce viral load in hepatitis C patients.

There is a remarkable amount of evidence that glutathione is hugely important in detoxification.

I myself take a detox drip with glutathione weekly.

Because oral glutathione is not normally well absorbed orally, I have also begun to experiment with nebulized glutathione, which requires a prescription. Patients can then take glutathione at home under professional guidance, between detox drips. According to a study in Alternative Medicine Review in 2000, nebulized glutathione has had remarkable success in emphysema and other lung disorders as well as asthma and bronchitis. It appears that inhalation may have a systemic effect. Some patients are having even greater success with this combination.

For those who do not have access to treatment with intravenous glutathione at their doctor’s, whey protein has been found to increase cellular glutathione. Two popular whey proteins are ImmunePro and Immunocal. In addition, a supplement is now available from Wellness Pharmacy, a compounding pharmacy in Alabama, in a liposomal form for efficient oral absorption. I have begun recommending this to my patients for daily use.

Michelle Alpert, D.O., is Director of The Alpert Center for Holistic Medicine and can be reached at her office at 212-675-9343. Dr. Alpert will be lecturing at the NEWLIFE EXPO in March.