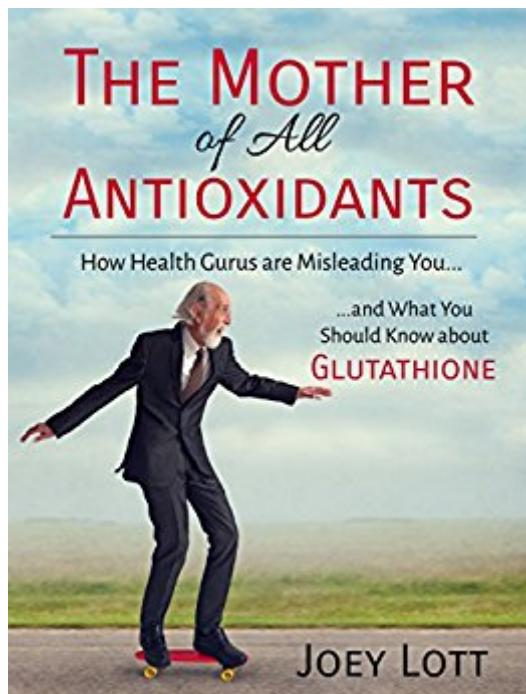


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# The Mother Of All Antioxidants: How Health Gurus Are Misleading You And What You Should Know About Glutathione



## Synopsis

The Antioxidant You've Probably Never Heard Of A deficiency in this one nutrient is known to contribute to cancer, heart attack, stroke, diabetes, Alzheimer's, liver disease, and chronic fatigue, among other conditions. On the other hand, adequate amounts reduce inflammation, improve sleep, improve recovery from exercise, improve heavy metal detoxification, and protect the liver and brain. So what is this mystery nutrient? Is it some obscure superfood or expensive supplement? No! It's glutathione, which is a naturally occurring substance produced by the body. The Problem is That Most of Us Are Deficient Without glutathione, cellular functioning would grind to a halt and the body would become burdened by toxicity. Unfortunately, deficiency is caused by common things that many of us are doing on a daily basis, like over-exercising, dieting, taking Tylenol, and being exposed to many of the toxins that infiltrate our world, like benzene, formaldehyde, and pesticides. Stress is also a culprit. Oh yeah, and alcohol consumption and lack of sleep, too. Yikes! So What Can We Do? Luckily, there is a solution. In *The Mother of All Antioxidants*, author Joey Lott lays out an easy to follow protocol that doesn't involve weird foods, expensive supplements, or anything that would seriously disrupt your life. Instead, you get to eat delicious food "like butter!" and reap all the benefits of this amazing nutrient. You'll learn about all the nutrients that help the body produce glutathione, including vitamin D, magnesium, and Omega-3s, and also pick up some tips on healthy lifestyle practices that will allow you to feel more well rested and to enjoy life more. What you don't know can harm you. Available on Kindle and paperback.

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## **Customer Reviews**

I haven't heard any of this stuff and I'm shocked because I've been reading health books for 25 years. I'm giving it 5 stars because its RARE INFORMATION. We all think antioxidants are the cure for everything but we don't know the dangers of megadoses and we might want to look closer at our supplements before wasting more money on something that may be taxing our kidney and liver while paying for it :( Before you put another vitamin pill in your mouth READ THIS BOOK.

I found this book to be very informative. I previously studied this topic in detail and still learned many things. The most important thing I learned is the need for additional glycine in our diet. The best source is by eating bone broth. The material was presented in a very easy to understand manner.

Liked the book! Bottom line is it was worth the 3.99 or whatever I paid for Kindle version. Some very good viewpoints in this book and nicely written linking ideas and concepts in understandable way. I hope readers don't take the books message to be that higher glutathione levels are necessarily bad! I think the point of the book is to not go crazy and best message is Joey Lott's message on Glycine as an overlooked nutrient in the methylation etc. processes. After reading I was motivated to join his newsletter and will definitely research his other stuff! Recommend the read! THANX

The supplements and superfood industry is a mega-billion business, catering to those who mistrust regular drugs and health care. Every health guru worth his salt markets his own brand of super supplement that will cure, rejuvenate or improve you. But supplements, vitamins and herbal remedies are not food, they are isolated substances that are meant to modify biochemical processes in your body. Yes, just like drugs, including side effects and health risks. Everybody with a basic understanding of physiology knows, that a body is not a machine, where you can just push a button and get an automated response. Lots of substances with biochemical activity serve more than one goal for starters. So, in addition to intended effects, there will be unintended effects. Next,

if you start supplying supplements, the body's reactions will change over time. The body will downregulate its receptors, or upregulate the supplement's antagonists. The criteria for labeling a supplement as such are not as strict as for real drugs. So, there is a jungle of 'nutritional supplements' and a chorus of voices singing their praise. In this chorus, there are few voices of reason, and Joey Lott certainly is one of them. He researches exaggerated claims and gives much needed information, that will make you think twice about supplements. Wish there were more Joey Lotts around.

A very good reading if you want a fairly clear, comprehensive and coherent overall view of the stuff about this famous antioxidant. You'll discover why the advice of the so-called experts can be plainly wrong, and what to do instead. However, although I think the author's intention was to write an easy to understand and practical book, which is good, I do personally miss some answers to a list of questions that have come to my mind when reading the book, so I really would rate it 4.5. I think it would be perfect with such additions.

Reading this book was like having a nice and very interesting conversation with a beloved friend. Lott never makes you feel like an absolute idiot for all the stupid dietary mistakes you've made in your life and puts information in an user friendly form. I was hoping to find something about MAXGXL, but was encouraged to read about the dietary addition of glycine being beneficial. Thank you Joey Lott, Matt Stone and Dr. Brind

I found this shot book written by Joey Lott, a self proclaimed wellness guru, to be informative, provocative, and compelling. Even though Joey lacks the credibility that comes with a formal or advanced degree, I find his work to be intelligent and well researched. As a physician treating both the body and brain I've known about the importance of glutathione for many years. I've used IV N-acetyl-cysteine (NAC) to save patients who have taken an overdose of acetaminophen (Tylenol). I have also used oral NAC on occasion for brain disordered, such as bipolar disorder and Alzheimer's disease with modest results. However, I would have to agree with Joey that a more holistic approach to improving glutathione levels is better, especially when you consider that too much of a good thing can be harmful. In other words, overuse of designer antioxidants may do the opposite of it's intended purpose. I like the idea of introducing glycine into the diet to boost glutathione levels. However, it would have been nice if this book explored glycine a bit more and it's other benefits. It would have been nice if the author mentioned the role that alpha lipoic acid plays in

glutathione production. Overall, a good read. If anything, this should compel you to learn more about glutathione and perhaps glycine.

I have to admit as a layperson who hasn't studied enough human biology/metabolism, I was a little overwhelmed at times in the book. But, that's how it goes I guess, if you want to understand the human body you need to study a little human biology. My take away is that Glutathione generally shouldn't be supplemented because our body can produce it on its own. Problems with low Glutathione in the body is typically a result of inadequate sleep, overexercise, and possibly not enough Glycine in the diet. Anyways, it's a good informative read with many publications cited to check into. Thanks!

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