Unlock the Secret to Longevity: How Glutathione Can Transform Your Health! Transcript

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Podcast Intro and Show Openers

Two and a half. Three years later, I was visiting, him. One of these days, I was observing that he was enjoying his sweets and carbs and I've never seen that part of his before.

This, I said, was, what's going on? I talked to my brother's wife. He was with my brother. I said, what's going on? I said, well, he's enjoying life because his sugar levels are normal.

I said, what? I said, sugar has been normal for almost two years. Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hi everyone! Welcome to Rad Cast, where science and soul converge to shape the future of human potential. I'm your host, doctor Melissa Girl Peterson, and today we are diving deep into the power of cellular health and longevity with a true pioneer in the field.

Joining us is Doctor Nyan Patel, a globally recognized expert in glutathione, cellular health, and anti-aging longevity medicine. He's a sought after speaker researcher in pharmacies and has pioneered innovative delivery systems for glutathione optimization and is the author of the bestselling book The Glutathione Revolution.

In today's conversation, we'll explore the ground breaking science behind glutathione. It can be a game changer for extending healthspan and enhancing longevity.

So get ready for an inspiring discussion packed with actionable strategies to help you live better, longer.

Glutathione Research Origins

Doctor Patel, welcome to the show. Well, thank you for having me to this morning. I appreciate the time today. I am so looking forward to this conversation.

You know, you just if anybody's watching the video, if you can see him right now, you see what a ray of light he is. You are just emitting so much light.

So many good vibes. I'm just so excited to have a really just energized conversation that I know is going to impact, inspire and engage everyone listening today.

So let's kind of dive right into your area of expertise. You have been doing research for a very long time. And glutathione, what kind of sparked your love of this particular molecule?

You know, well, I was idealistic when I first graduate from pharmacy school that, hey, medication is going to save people's lives. And in reality, what I quickly found out is the medications are not going to save anything.

All they can do is manage people's problems. And that even holds today. There is no medication in the world that is solving any problem unless you have infections. It's a whole different story.

But other than that, if you have organ damage, if you have cancer with your body, medications is not going to solve the problem. And so we all the things that we have is we enhancing our own bodies capabilities to basically fight with the problems.

Yeah. And so I look back, I said, hey, if that's true, if that is true, what is the number one thing the body produces that we have to enhance it. And of course that was easy answer.

The answer was glutathione. And I to look back, I said, hey, I'm a young kid fresh out of pharmacy school. I'm sure we would know this for about 100 plus years.

People have already done the research to figure this things out. And guess what the answer was? Big fat no. Nobody knew how to actually enhance glow without levels about beyond what your body can produce.

And so that's what my research basically says. Back in 1999, I started my work on, trying to figure out how to basically, get to it. Right. And again, the best researchers are not the one.

They're actually doing something what the best researchers are actually the one. They're observing everything. And it's all about observations. It's all about observations in my lab and long story short, we observed a pattern of how glue with that is actually getting into the system.

We it has that that technology and Ted several years, eight years later, we had a product ready my lab to be tested. So anyways, but today's exciting, in a relatively short time frame.

Well, and you know, you've just brought up a couple of great points that I want to highlight. And because this is really important for everybody listening, you said something a great researcher is an observer.

And I find that too often in health care, both as practitioners, even and even as the patient, we forget to ask ourselves the question, you know, for not only for what reason, but like, for what reason would we give a medication?

So what is it supposed to do? But how did we actually get here? So like you said, most medications don't actually correct anything. They manage things but they don't actually correct.

And we forget in the field of medicine we forget as individuals somehow something has occurred. And oftentimes it's many things that have just been a cumulative effect that have compromised the system.

And so I like that you got really curious to say, okay, well, when the system is compromised, what's the go to process at play to help the system recover and kind of ward this off.

And you found that it was glutathione on. And so then you discovered a delivery system. So for everybody listening of course the obvious question is what is Bluetooth I own of course.

Yeah. I mean it's it's a three amino acid, coming together. It's a tri peptide. It's it's too much technical jargon. So too much chemistry behind that one.

Nobody wants to know what it is, what they really do want to know is what does it do. Right. So, you know, I don't even need to be here today, gang. Like he knows he doesn't like. Yes, yes, yes.

Keep going. Doc. Yeah, exactly what does it do? The gluten is known for two of his properties because again, keep in mind 140 plus years that we have known glue diode.

If you don't have the proper delivery system we had, we haven't even the hardest all the benefits of clothing yet.

And so the two things that we do know is it's the most powerful antioxidant produced by human body.

It quenches all the free radicals. If you don't know about free radicals, free radicals basically dampens your whole organs, all your body systems, it blocks the receptors from healing and and basically rejuvenating.

What Glutathione Does in the Body

So, free radicals are actually the word crazy, okay? It's a whole body. And we do not absolutely not need any of those excess of this. So that's one property.

The second property that we do know is it's a master conjugated with basically combines, with no toxic chemicals and heavy metals. And absolutely help you eliminate through your liver or through your kidneys or through your intestines.

Either way, we have we have to eliminate all this, all this chemicals, either we consume with the food sources comes it comes in our, clean beauty, from environmental sources.

You would kill something, you drink something, everything comes inside instead of body. And our body has to eliminate that part. So the gluten is is actually very helpful in helping those.

So those are the two things that we do know for, for fact. But the ramification of those two things alone are endless. Well, when we think about it, you know, it's often been referred to as the master detoxify or.

Right. And so and that really speaks to for a moment the reality that so like you said, hey, most medications don't correct anything. And glutathione is the thing that does.

But and let's talk about why like what's happening in the body. We are living in a time where there are so many demands coming into the system, so many inputs, specifically burdens.

Whoo! Much so. We know there's toxins, right? We know there's a variety of toxins causing these toxicant burdens. Even with aging, we know the process of senescent cells creates an inflammatory burden.

So there's let's talk for a few minutes about some of the things that the body would need. So there's explain natural detoxification and then some of these exogenous additional loads that make us need more glutathione production because you kind of said, hey, how do we make more of it?

But why would we even need to make more of it? Absolutely. And that's again, that's that's a very simple answer to me because I just show that analogy.

So for millions of years, right. If you're an animal, you live in a jungle. The jungle is still the same. Even today's date hasn't changed. Humans comes around.

We were at 1 billion population and then we were the 3 billion population. Now we had 8 or 9 billion population. And we are the biggest polluter of this world.

We are building things, we are driving things, we are flying things. We are creating. We are excavating the earth and trying to get some products out of the earth.

And making some things out of it. And it's every single thing that we do is creating more and more pollution in a body, in the environment that eventually we are the one consuming it in the first place.

Yeah, it's so if you think that that's going to change, go back 100 hundred years ago and they will tell you that, oh yeah, things are going to change.

Yes. It has change is a got worse. And 100 years from today, it's not going to be any different than what today it's

probably going to get worse. It would be at today.

Yeah. So knowing and had saying our old defense system is the cornerstone for anybody who is willing to or who wants to at least stay healthy and have a potential to live a long life, you're not going to live a long life if you're not healthy anyways, right?

So the key is not about living longer. The key is can I stay healthy enough? Yeah, so that I can enjoy my life or whatever time I have. And because I'm still healthy, can I just live a few extra years?

Absolutely you can. Right. But going after a health spend is much more, beneficial than going after a lifespan. To me, the longevity revolution is about more than just searching online for a few habits, or any one of us moving our biomarkers in the right direction.

It's about coming together to learn, share, to connect and create the unlimited future we want. That's why you need to be at Rad Fest 2025, in Las Vegas from July 10th to the 13th.

Rad Fest the Revolution Against Aging and Death is proud to be partnering for the first time with Doctor Aubrey de Gray and Longevity Escape Velocity Foundation.

The from the single most comprehensive, advanced, informative and inspiring event on age reversal for a general audience. Meet the people you want to make forever with Rad Fest 2025.

Take advantage of lower advanced pricing now at Radford. Scott. Correct. I agree we have to be healthy first, right? It's like about living better today for longer tomorrows because I think we can all agree if we're not feeling great today, we're really thinking about 20, 40, 50 years from now.

We're like, how do I make it through the day? So I'm curious because this has been your area of focus and expertise for so long. You've, you've created, you know, delivery systems, your research.

And we'll dive into more your research. I want to know about some of the findings. So let's talk about practicality. What are some things when. Yes. So the demand is getting more and more and more year over year, decade after decade.

So we need as humans some better defense system, some better protection, some better inner support. And what you're telling us is glutathione is that first line defense.

So from people let's jump ahead in the story a little bit. For people that have been increasing their glutathione, whether they're taking it in an exogenous supplemental form.

And I'll ask your opinion in a minute of the best ways, or they're doing lifestyle things. What are some of the amazing outcomes or benefits or results you've seen from increased glutathione intake?

All right. So I'm going to give an analogy for that one.

Oxidative Stress and Why Levels Matter

And I want people to viewers to understand what I'm talking first because then they'll understand what the next answer is going to be for you. So let's say you come home.

Of course. You come, you in a hurry, you open the door, you leave the door open and there's a wind coming out, and then boom, all the dust comes in, the leaves comes in, the snow comes in.

If you're in the snow area anyways, the house is a mess. So what you do is you take the broom and the vacuum and start cleaning the house. But the house doesn't get cleaned up because guess what?

What you forgot to do was close the door, right? And the human body is similar to that one. We are always trying to clean the body from inside. All we forget to do is close the door.

You cannot. You cannot repair and restore your body from inside. If the inside are still coming in, you cannot say that, hey, I have liver issue and I'm going to fix my liver.

I take all this medication, but you don't stop drinking right? Right. So you have to stop the insults. And once this instance are stopped, then the body starts healing from inside.

And what are the insults? The number one insults to the body is oxidative stress. Also, stress is linked to literally every known diseases today. Forget the antibiotics of the infections, but even that has some roles in that one too.

If you look at the top ten cause of death in the world today, one of them is accidents. Let's take it out of the picture, right? The other nine every one of them is linked to oxidative stress.

It's so if that's a true ox, stress is not the cause of the disease, okay? The stress is what prevents the body to heal the from the diseases. And so if that's true that having gluten onboard it is, what it's going to do is close the door for you.

Is it going to do the vacuuming cleaning up your house? No, it's not going to do that. Well, it may eat a little bit, but that's for the purpose of it.

The purpose of glue with that is to close the door. So now you allow your body to heal from inside. And so unless you do that part it's not going to happen.

So the symptoms are just talking about I say what am I going to feel of. What am I going to see. What what what have I observed the observation is all depends on the body's own defense system.

So if you have a if you're young and you take glutathione, but I say young, I'm talking about 30s, 40s and 50s. Right. If you're young and taking glue with iron, you're going to see a change in the body relatively fast.

You can observe the benefits relatively fast because your body's is wants to heal from inside, but the doors are shut yet. Right? But you shut the door down.

And if you have, issues, I'm not sure what issues you have because there are thousands of issues that that link to of stress. Some people have fatigue issues, sleep issues.

Some have onset of some diseases or, or did struggling with something. They all have a chance to repair itself. Now, that does not mean that if you're 90 years old that you cannot heal yourself.

And I'll give you a simple example for that one to my dad, at the age of 78, who had a heart attack, had a, with Ed, you had to have was completely blocked arteries presented there.

And of course, a 78 year old who had a, heart attack, infarction stent put it there, had type two diabetes for almost 40 years, arthritis for almost 30 plus years.

He had blood pressure issues. He's surviving. He's not living his his golden years. Right. His surviving. Right. And, by the time we discovered the the delivery of glue, that's all the thing we added at that time.

Two and a half, three years later, I was visiting, him, one of these days, I was observing that he was enjoying his sweets and carbs, and I've never seen a part of his before.

This, I said, was, what's going on? I talked to my brother's wife. He was with my brother. I said, what's going on? I'm saying, well, he's enjoying life because his sugar level is adorable.

I said, what? I said, sugar has been normal for almost two years. I said, no way. So I said, I don't trust you. So I looked up all the, all the lab results and sure enough, his sugar level has been normalized.

And so because of that, he's enjoying life. So I don't want to tell him that all your your your out of the zone now. So I told him that's not all. You know what that that's good.

You enjoy food, make sure you have the proteins with it. But make sure you don't stop walking. You should at least walk 30 minutes a day, right? So then do the walk.

I said, son, what are you talking about? Here's my here's my health app. Check it out. He's been walking six miles a day, every single day. And it might just might just blew up.

I said, this guy has to walk for long time. Why was it walking with his arthritis? And now he's already 82, 83 years old. His walking is a joint life.

And of course, he had arthritis. So his deformed disease. So that comes to being said, hey, I need some new replacement because I can't walk properly.

I went to the doctor the age of 83. As a doctor. He needs the replacement data set that goes here. Well it is. These are really bad. I don't know, I can't even imagine how he's walking today.

Sure enough, he convinced him to do w replacement. The doctor says, oh my gosh. And they did the surgery at the at his age at the, at the at this age, at the age of 84, he was scheduled at the age of 80 for double D replacement, both at the same time.

And the doctor says that he'll be bedridden and he'll be doing the things for at least 4 to 6 months that the. Yeah, that not much bet recovery is going to be hard.

36 hours after the surgery, he was home walking on his own. Of course he had painful. It was just not that fun. Is he was he he he was so determined to to have perfect feet where he walks.

They started walking regularly with, with the pain. He struggled through that part. But he is ultimately three and a half months later packed up his bag and he was gone.

Traveling the world again, traveled the world again. And so the the last part of the story is that, he passed away last year. He was enjoying his life so much.

He was enjoying his life so much. He was out traveling. He was in India. He was at the beach. He loves eating some street foods. Got some stomach bug, you know, had some loose bowel movements, you know, for a couple of days.

And the next morning, bam, he fell down, broke his skull completely. You know, he had into the bleeding. He was fine. He was coherent. His target was completely okay.

I arrange arranged neurosurgeon to go see him immediately. Got to see him. Talk to him. Is. He's fine. Is coherent. Everything is fine. There's some bleeding going on.

But if he survives the next 3 or 4 days, he should be okay. Recovery as is again. The the that calls us, all of us is. Hey, you see, I told you I'm fine. Don't worry about it.

He facetimes us up to able to talk to the whole family. Oh, it's okay. It's. It's already midnight. I got to go to sleep now, so. Good bye. What's the phone down?

And then Will wakes up again. And makes me cry at that. At that age, he was 89 years old. He was 89. And I'm telling people is that. And for 78 to 89, was he surviving or living?

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If you're ready to join the longevity Revolution, visit Human Longevity institute.com to enroll and become a practitioner today. He was yeah, he was fully living.

And so first of all, I just want to take a moment and I want to honor your father and his legacy because, you know, like, I think you literally just brought me to tears.

And I'm sure that anybody listening. What what an inspiring story. What a reminder that, again, whether we know it or not, consciously, even if we don't mean to, we have this idea of aging and that it is inevitable.

It's a natural process. There's no escaping it. And the moment that any of us start to feel something different and oh, oh, this is aging. Ooh. And then this slow degradation of our mindset sets in.

And I watch this. You know, I watch this across multiple age categories. And it really starts around our 40s. Depending on what your practitioners or your zone of influence starts to tell you, depending on what your family history is and who you're surrounding yourself with and who you're seeing.

And so people just call it, it to me, I think about the frog that's put into the warm water and slowly cooked as the heat is turned up.

Personal Story of Healing and Longevity

We just kind of lull ourselves into an acceptance and a tolerating and we think like, yeah, my best years are behind me. So I really want to thank you.

I really want to thank your father and his and his legacy of just leaving that, for all of us to know that it doesn't matter what you think, anything is possible.

So what do you want? Right? What are you willing to do? How are you willing to show up for yourself? And, what a beautiful way you got to say goodbye to all of you.

He got to tell you how he loved you. Like how perfect he was at such peace. Like, could it be any better to have a transition like that? That's amazing.

And I can talk about this today, because guess what? We still feel like he's in India right now, traveling and enjoying life. Because in my mind, at the age of 89, he never suffered even one day.

He never suffered. He was living the life he was. And by the way, he was single like my mom. My mom passed away 25 plus years ago, so he was single and he always is packed with bags and leaves.

He just goes to India, he goes to Africa. I'm from Africa personally, myself. So we have properties in Africa. So he became a we have a house in Africa.

So he goes there, he goes to India. We have a house over there too. And he just he just goes anywhere and everywhere he wants to go. Only thing I have to do is buy a ticket and then he, oh my gosh, you know, just this is food. Everything.

He does everything on his own. I never do anything for him. And so I want to give people the hope that. Yes, healing happens fast. So what are you, 30, 40, 50 years old?

But healing never stops until the day you are dead. Yes, yes. The body is a self-healing organism. You don't need

a medication or a surgery, though. Everything can be a tool.

But the body is a self-healing organism. It just depends on what state it's in. And so let's talk for a moment about how we might know that we need to increase glutathione levels, because if we're not healing, right, like if we're in a place, what would be some cues that people could all of a sudden go, I might need to think about this.

Unfortunately, some of the things that you that you find out that you have low glue, high levels is after you have some diseases. And that's an unfortunate part because also stress increases and it takes ten, 15 years.

Sometimes to basically find out that, oh my God, now I have autoimmune conditions or I have metabolic disorders, I have heart disease, I have diabetes, whatever that cause is.

Right? It's like, how do you know you have cancer? I said, well, the cancer was growing at least 10 to 15 years before you found out. Yeah, it was it was not growing. Right.

And even after that, if it's early on, you can do something about it. But if it's later stage, then you cannot. And so the the better question is for me is that, if I were the researcher, I wanted to find out at what age do you think is the levels groups are dropping and what age do you think that I should really think about enhancing those levels?

And to me, it is is very early on in very young, very young. Your body has all the tools it needs to make the glue without all the traits. Right, right.

So there's no need for supplements. But you're young unless you have some metabolic disorder or metabolic. You have some genetic disorder that you cannot conjugate so tired that you have the spectrum.

Some of them people say, oh, everybody on the spectrum nowadays. But that's not the that's the truth. These people do have a detoxification pathways, shunted.

And they all show up on the spectrum. But those can help with gluten. Besides those patients, nobody else is to supplement that at all. Fix your diet.

Make sure you have those three amino acids, rich foods. We just need a little bit at glycine, and you're fine. Now let's see. Let's progress further. Society has said that at the age of 21, you can start drinking well in it to be.

It's not a good at drinking yet because alcohol depresses glue at that level. And, and I'm hoping that the, the kids are listening to this, they and deciding, hey, you know what?

I don't have to drink. It doesn't give me anything. I don't have to drink. And if we can reframe or, hold them from drinking at all, that they can go to the 30, 35, 40 years of age without having supply of glue, without.

But even with the alcohol that most people are able to still produce enough cloth iron, you know, those 25 year old is completely invincible. Yeah. Right. Right.

That's that's the secret weapon in high production, including iron. Yeah. So until the age of 30, I have never seen anybody with low glue. Tyler. So that's a good sign.

Right now, at the age of 30 ish, people do such seeing low glutathione levels, especially if you have multiple pregnancies. If we have a lot of horrible issues.

I have people with extreme fatigue, people that have high stress jobs, or high stress environments, people, they have exposure to a lot of chemicals, pollutions, things like that.

Living in a, living in a place where they have in a sea of pollution. Those people may need to supplement that at the at the start of the age of 30. Otherwise, most people can go without gluten up until 35 ish, right?

Okay. By 40. I've never seen anybody with double gluten levels. And that's the thing. So ultimate 40 and above for sure, 35 and above. If you're extremely healthy, which which is kind of hard to find holidays, but you should be okay.

I'm from California right now, and the fires have really destroyed our environment right now. And so anybody living in California right now, unfortunately, I don't care what age you are.

You probably need to take a out right now just to detoxify yourself from all the progressive combustion. But regardless if you're California or not, there's always, there's always chemicals in the environment.

So 30 to 35 is a gray zone, 35 to 40 is a different shade of gray. At 40, Debo is for sure. You need to have a close eye on the side. The symptoms are notice are, creeping forgetfulness kicks in, fatigue kicks in, sleep disturbs and kicks in.

And your ability to heal faster kicks in. That's what the it's your ability to your your ability to heal faster would be impaired if those levels are low.

Correct. Is what you were I'm sorry. Yes. Yeah. Yeah. Because. Yeah. So. All right. So then let's talk for a moment. Best delivery system. So since we're at the point and we're also going to come back, I want to kind of stay in this area for a few moments and unpack it because I know that, there's we need to talk about bioavailability and again, best ways to get it in and best, best ways that we are seeing that it's most effective at a cellular level.

Absolutely. So I always go back to what's approved by FDA, what's not approved by the FDA, what's what's good around the world. So let's start with that one first, FDA has approved medication called Adac and a cell assisted.

It's an approved medication is a it's an amino acid. But they approved as a medication should and even today state it's still using the hospital settings, to revive people from title toxicities.

Acetaminophen which is a painkiller toxicities of that one or people are just basically needs a, increased glutathione because they have filled, in the lungs.

So they use a medication that would today's to improve the globe and even today's date only medication ever approved if ever. Right. So this was in the 60s.

So now we're 60 years plus. We still talk about the same medication, which is 60 plus years ago. Right. Since that nothing has been approved yet. That doesn't mean the the people have not submitted applications for glyphosate itself to be delivered, but what they found out was clear that actually does not ever get absorbed in you would body's ever.

Right. So let me unpack that one first, 1991, 1981 they started doing intravenous. They will say that on intravenous form of glow thyroid. And what they found that was even if you inject into your bloodstream straight up right, it's going straight to the liver.

You should be okay. You'll find it's got there right now. Guess what they found out within 5 to 15 minutes, all the gluten was in the urine. 100%. The gluten was in the plasma, which is the water part of the blood, and nothing. The red blood cells, nothing.

And what happened was. And then the researchers, of course, they didn't stop the study. They were observing what was happening with the spaces. And what they found out was about about around half or three hours later, they saw a rise in the blood of cysteine, one of the amino acids and the stuff.

Could the scratching the head. What happened here? What how did the cysteine get that? We didn't inject cysteine. We inject glutathione on. The conclusion was the body was actually breaking down the glutathione to various amino acids.

Cysteine was reabsorbed. Sisters was delivered intracellular early and later use to make glue off on its own. And so that was a big moment. Of course I get it.

You know. So I didn't get that part. I was still a young kid. I was still in my infancy of, of of researching. So I did not get that part about this whole concept.

And so of course, when I was, I said, doing my own work on glue, that the first technology that came into my mind at that time was what was liposome technology?

I'm talking 1999. Yeah. Okay. 25 plus years ago, life was object. I was the hottest thing because it's only available to buy prescriptions or the pharmaceutical drugs, but nothing was in the nutraceutical.

The vitamin world ever so we actually made the first, very first liposome products was vitamin C, CoQ10, a glow with Iron Peak Z. Then all these products.

And I was so proud of myself, said, oh my God, we're going to save the world, right? Yeah. Two years later, no. So the products worked by blood. I did not work on B, and I couldn't figure out why was I working.

It helps some people. Does it help everybody? Yeah. As a pharmacist, I've got to give medications that I want to guarantee the absorption rates. It may not work for you. That's a whole different story.

But at least if I give you something, it's going to get to where it's supposed to go. If it doesn't do any work, that's that. But it never got to where it's supposed to go, which is that intracellular levels of growth that there were rows and everybody, I said, what's going on?

I couldn't figure that portion out. So you know what? Since that was not going to work for long term, I refer back to the intravenous glue that I said, hey, at least I know that's going to work for 5 to 15 minutes.

When to Support Glutathione

Yeah, yeah, that I knew that part. Right. So I said, okay, let's, let's, let's make that was I made for 20 years. I make intravenous form of glue. Thought I was making that because I had no other better options.

Even though I knew it was not going to work. 2011 comes around. This was after five years of what I discovered the glue with I that I was making that some researcher up in, Texas at the, at the University of Texas in Austin, did a study with liposomal technology products.

And what they found was that exact same thing is what they found in the IVs. What the take the glitter by liposomes. There was a net increase of all the amino acids in the blood, but the glue failed.

And later on, two weeks later, the gluten levels were rising is because the amino acids were getting broken down, was used up to produce its own glue with iron.

So okay, if you're a consumer, you said, so what if I could make the glue that I don't care how it's come there, as long as the level gets up higher? Yeah, I'll tell you that.

Melissa, so you are a very fancy girl. I know that, so your needs are about a million bucks a year to survive, right? So you work really hard. You work really, really hard.

You do this podcast, you do the C pages, all those things. At the best you could do is make up $100,000 a year. But your needs are what it take to what you do.

There's a deficit, there's a huge deficit. There's a side gig. You picked up all those things that you have two arms and two legs, and you said that either what God gave you everything you did, why couldn't you work harder?

And so you work harder, you do extra work and somehow, somehow when you in your 20s, you make up a million bucks and hooray! Okay, I got this thing. But now that you are 30, you can only I don't care how hard you work, you only make it $1,000.

But you need a 1 billion. The needs never change. If you're depending on your body's ability to produce a thyroid. And if you know that it's going to decrease as you age because it needs three at least two enzymes, two molecules of ATP and one molecule of energy to produce one molecule of glue. The thyroid in its.

So it's up to produce one ball of glue fired. And if your energy is reducing and you expect the boy to produce enough glue, that ain't going to happen.

Yeah, it's so all the medications in the world were never, ever going to enhance your liver more than your body's ability to convert from cysteine to glue violent.

And to me, that was the biggest moment I ever got in my life. I said there has to be a way to deliver gluten internationally, and get to the chemical barrier because cell is a chemical barrier lock and key.

Getting to the cell is a physical barrier. So I have to figure out a physical barrier and a chemical barrier both into one body said to get through the system.

Right. Yeah. And so that's what technology we, we developed. What we did was we took the gluten molecule. We we basically did it with a big method. Maybe you just twist the protein around it makes and swallowed small.

But you did the part, but you twisted it because smaller and smaller and smaller. But you do the part. It gets through your skin. Yeah a barrier, your skin's a physical barrier, right?

It got to the skin. Okay. What what job done. The second part was a bigger problem because now we have a chemical barrier. The snail does not accept anything other than what it needs.

So what is a cell? These carbohydrates and sugars. Yeah. Okay. What if I can give sugar to those of you to give diabetes? What if I can take some inert polysaccharide molecules and stuff it inside with glue, a thyroid?

So the cell thinks this is polysaccharides. Oh, I can take that. Sucks it up. But inside is glue with iron. And so that's my second piece of technology.

That's what we did. And when we did that part, of course the body can spit it out if they want to, but hey, oh my God, I like this glue that I can use it up.

And instantaneously. Gluten has been absorbed, delivered and ready to use. It's like you getting money in your wallet like that. Okay, so first of all wow, I love it.

I so appreciate how your brain works. It's it's fantastic. You know, because you just have such an appreciation of really what is needed. And so I do want to back up for a moment. Yeah.

You've just given us the easy button, so why would we not want to do that. And I want to talk about your delivery system more and understand like what that is, your product, etc..

However, if we back up, are we able to bring in what the body needs? Are we able by way of end to fork, you know the precursors. So it's amino acids, amino acid gang those you know those are in proteins.

Are you getting enough protein often people or not. So it's it's some of those questions. Can we bring in the right proteins. The right. So really those macro micronutrients, those polysaccharides, those essential fatty acids that would in theory provide the right building blocks to the system that it would kind of have everything.

So when it needs it brings it in, or are you still finding deficits even when people are getting the right precursors,

you know, with with what they're bringing in their nutrition?

So the deficit doesn't happen until until like age 40 for sure. But until that time deficit could happen even in a 20 year old, if you don't have a proper diet. Right.

So the two things you have to do, no matter what at any age, is avoid expenses. What expenses do you have that is depleted at our level? So exposure to excessive sunlight, exposure to chemicals, pollution, or by the way, even a one drink of alcohol can deplete the glue that leads to zero 100.

So if they say that hey, I only drink one water on every Friday and Saturday, well, those two days, you might as well, invite everybody in in the in the universe to come attack your body.

Well, that's only one day a week. If that's okay with you, go for it. If not, like what I did, I stopped really completely. Right. But you could do the same thing.

So that's one thing. Avoid it. Avoid expenses of growth Island. Right. The second thing you could do is ingest those three amino acid rich foods. If you could ingest those three foods, your body can produce enough clear diet until the day you die.

So until the last breath, you can still produce up to five. And so at this way, we know acids are not essential amino acids, right? Cysteine, glutamine and glycine.

Other part of the eight essential amino acids. That's to build up your muscles and the proteins that every single thing in your body. So these are not even the essentially I said.

So it's not it's not very easy to find your diet cysteine in your diet. So what I would suggest again, I'm not going to give you nutrition advice, but I'm going to tell you that putting you through a search engine or call your AI robot to say, hey, find me cysteine rich foods.

And they're all going to give you a list of foods you have a choice of vegan, vegetarian. Carnivore, omnivore. Paleo. Adkins I don't care what diet you're on is going to give you all these choices.

Please, make sure that you have those, foods on a daily basis because you body produces gluten every single day. It needs it. And you have to consume those foods on a daily basis.

My, in my book, I have a 40 day plan to boost gluten levels.

Delivery Systems and Bioavailability

Please don't fall for the gimmick. It's a marketing plot by the publisher. Hey, no, I'm not here to put the publisher down, but I'm just telling you, it's a marketing plot.

That's my lifelong plan. It's not a 40 day plan. That's the my diet every single day. Nice. Good good good good. Yes. I'm so appreciative that you just said that.

Simply because we all do look for just the quick start. Like, I just have to go do this thing for a week or two weeks, a couple a month, whatever. And we think of the word diet, I got to do the diet a thing and you're like, no, this is a life plan.

And so I would invite everybody. When you think about that, it's it doesn't have to be a hard it's kind of going, what are the things I want to do more of?

What are the things I want to do less of? You are in control of mastering your own destiny. So it's little bits. Like, what little thing do I want to add today?

Let me be conscious. How can I bring more of these foods in? What of these? Do I like you don't have to eat them all. What I want to do more of. And so food is one part, and I'm assuming there's definitely other lifestyle variables.

You know, some of the things that you do in your life plan. Talk to us more about that. Okay. So I always want to stimulate my body to work for us. Right.

It's like everybody wants to do the work, but unless you tell the body said, hey buddy, can you work a little harder for me? So what we call those, what we call them a micro stressors, right, a micro stressors.

So for example, I will get I'll get a hyperbaric chamber at least 3 or 4 times a week. Right. Of course, is pumping oxygen out of the body and oxygen, if you do not know that part.

Oxygen is the healing gas in our body. It heals everything inside, right? But excess oxygen can also cause oxidative stress. So I'm not saying stop breathing because you'll die a second.

Right. So but oxygen is good for you. It's the age of life and age of death right. You need it a lot of it to get everywhere in the body. It produces enough stress to to basically activate your body's defense system and start healing the body from inside out.

And as soon as I come out of chamber, I'll spray the glue with that on me. So any excess oxygen that has not been used up just gets depleted, it gets neutralized, and I'm done.

So that's one of my regimen I do I, I do use sort of once in a while I don't have I started my house yet. I do want to get us of my house soon. So hopefully, next day, if you talk. Good.

I probably have a solid my house already. Okay. That's my other goal. I do also do some lymphatic drainage. So I have a lymphatic system in my house. Plus, I also go to a masseuse at least once or twice a week.

Because I really want to activate my body's, cleaning, power. I want to actually do anything that cleans my body. I want to make sure that it's doing on a regular basis as well.

So I'll do physically. I'll go to bosses that have them do the lymphatic drainage for me at least once or twice a week sometimes, but not I had a not only has a privilege to do, I can do that part all the time.

Money, everything else. But if you don't have that, they sell those chairs. Now they have all these different modalities. We can squeeze your body to kind of pump up the lymphatic system, do whatever it takes. Right.

So that's my second thing that I do. I, you know, I do a lot of things. I exercise only what I can tolerate. I don't I don't, I never will over exercise ever.

Because if you think about it, the strongest beast in the jungle is gorilla. He is vegetables. And, that's around. But but guess what? He's a strongest guy.

Yeah. How the heck does he get there? Right? Is that pumping iron over there? Just. Oh, what a running down up, down the mountains. No, he's walking and just doing what it's supposed to do.

So if you get the right nutrients to your body, I truly believe that your body will enhance your muscle growth. Your, and your proteins gets into your body.

So diet is the most important part to be. I love it. So you just really kind of gave us your roadmap. And so I just want to counter check. So from a clinical standpoint, you know, again, you're you're a leader in anti-aging longevity medicine.

If you were to build the optimal super longevity stat, what would that be? So I'm already hearing hyperbaric so h bar obviously glutathione alone. So I'm thinking more through a clinical lens.

Obviously we as individuals want to go out. We want to keep moving. We want to rest to recover. He absolutely. So those were great lifestyle things. So clinically, what would that stack look like for you.

So for me there's only two things we can do right? One is to close the door off oxidative stress, buy glow thyroid and then figure out everything that repairs your body from inside that enhances your stem cells, enhancing your, enhancing your your your gene, reducing the mutation of of your genes.

And so those are the two things that, that, that I would suggest for everybody to look into it. Right. To, to stop the oxygen stress is really one product.

Actually. Let me back up one thing. There's three things the body can do to resolve so stressed out one. And I put it in three different categories. Category number one is you take exogenous from outside the body parts like vitamin C, vitamin E, CoQ10, algae extract, C60, methylene blue I mean there's a slew of the market is it.

We are so-called antioxidants. Yeah. That's all category one to me okay. Category number two is a body produces enzymes called catalase or superoxide dismutase.

Sorry for short or gluten peroxidase which is GGT for short. These are enzymes I call this category two because they also quench all free radicals. Category number three is only one product, which is the thyroid.

And by the way, if you combine category one and category two together, gluten is more powerful, more stronger in antioxidant packed than those two combined. Wow.

So you can say we can save ourselves a lot of money and all those extra supplements by just going to the master, to the master? Yeah. Antioxidant. So what?

So talk to us then about like, okay, there's only one and yes, we can. So thank you for telling us the foods rich in the amino acids so that we can do our part by looking at what's on the end of our fork.

Then what's the product like? Where do we what's it? Because there's different ones out in the marketplace. So that's everything that's liposomal. Is your technology patented only to you?

Is it in other places now? Is it a is it a shared technology delivery system? Where do we find all the technology is patented. And as, as as I said earlier, the technology has not been used widely at this point.

There are few pharmaceutical products in the marketplace today, I get that said, I've been working this for over 20 plus years now. There's a there are a couple of pharmacies in the marketplace today, but there's nothing to just surgical side at this point.

And because of that, I had to bring the everything in-house, the manufacturing of the product, the sourcing of the chemicals, the marketing of the products, everything I brought in-house because I had to control the whole process.

I'm fortunate because nobody knew how to do make this part right. So at this point, it is not liposome technology at all. It's completely different. It's a texture and technology that we using, which is the first in the world for this delivery system.

At a at a people would assume that, hey, it's this pattern. It's going to be expensive. Yes, the price is higher. But to control the cost down, I as I said, I had to bring the manufacturer in-house because if I go to contract manufacturing for this product, it will be less so to control the costs I do.

I got everything and so, the technology is detection technology. It's available through our website. Or we do have, quite a few doctors office. Any healthcare providers can buy from us and basically give it to the patients.

So the only distributors we have are all healthcare providers at this point. Okay. Or as they go to about to to our

website, everybody just got really excited.

And then they got really the, the, our listeners that are we do have a lot of practitioners that listen. But for all of our audience, it's like customer and I'm not a practitioner.

Where do I go get glutathione on? So is there anything on the and I'm not asking you to endorse a brand. But again, when we're out there just kind of searching, do we look at precursors.

Is there something if we're not. Yeah okay. What what should we look for. So the first to by all means, if you're looking for precursors to gluten levels, there's only one thing is NSC glycine.

The glutamate. There's plenty the body part in your diet. You don't have to worry about that part. Cysteine is the one that's not available. Again, if we just, you know, eat every day anyways.

Basil might as well eat cysteine rich foods that we avoid the supplements. Again, I make a living by selling supplements. I'm telling you, I by simply take one supplement.

What's your one supplement? I think it's the one you make. It's the one you're manufacturing. I do not, do you? I don't consider as good as a supplement.

I don't either positive that a supplement. Because that to me is, it's not a it's like a the base I it would it should be on it anyways. But something that I do take is, magnesium.

That's what the because I did, I did my, my electron transfers electric drive for my muscles the whole time. I'm always stimulated by, by muscles. So for that, I need a lot of magnesium.

I did, I eat a lot of amino acids, in my diet.

Lifestyle Stack for Longevity

So I want to make sure that I have enough magnesium to have the that that electrical charge or at work at all times. So that's what I take. All right, I love it, I love it.

Well, you've gotten us all excited. And you know, what I do appreciate is that there is so much that we can do in lifestyle. And so as we get ready to round out our conversation today, Doctor Patel, which I could just keep chatting with you for such a long time.

You're just such a lovely human. I appreciate how you're informing and educating us today, and I'm keeping things like I feel that everything you've shared with us, it's deeply science back.

It's how the body works, but yet it feels so accessible. So I personally want to thank you. You've just been a joy. But let's go back for a moment and just kind of talk about your vision.

So you got to witness your father basically come back to life and and really spend his last decade plus thriving, just going out and having adventures of aliveness.

What is what is your vision, your longevity vision for you? Like, how has he inspired you to kind of reframe what you think is possible for yourself and how you want to be living?

Oh my God, that's a great question because this is what I visualized every single day. I spend about 14 50 minutes every morning. I close my eyes, I'll do some, I'll do some, exercise to increase my heart rate.

Not a heart rate, but to pump up the blood in my in my body, to get some tingly feeling in my body, and then sit back and just have my mind opened up.

And the first thing I want to do is, is, learn, learn how to, be grateful for every single thing that has come into my life. But, gratitude to me is the most important thing.

If you have a private jets and big house by the beach hours is going to get really, really old. Pretty fast. But what you. What's not going to get old is, is how how you make people feel, how you enjoy things in life.

How do you, how do you, help other people get the best out of their life? And so to me, my vision of longevity is going to be is that I'll be happy with every single human being on this planet.

Had the chance to improve the health of the glue that I had. Wow. That's that's my vision. And I completely understand that more than 90% of people cannot afford my product.

I completely understand that point. At this point, but I'm trying. I'm working really hard to try to figure out how can I make this accessible to every human being on this planet because, every human being needs a little tired.

I just need to figure out how do I get to them. Right. And so that's my that's my vision personally. And if my vision is correct, if my thoughts are pure, I'm going to be given the life, to make sure that, that longevity is going to come because I have a purpose in life.

Longevity is going to come because I'm doing whatever it takes for me to stay alive so I can serve more. I can serve more people. So that's my plan. I will do whatever it takes.

I keep dipping my bad habits. One by one. As I said, I don't I don't I don't drink alcohol, I don't I don't try not to eat any junk food. I don't eat too much, sweets and things like that.

I try to stay healthy as much as possible. And I just hope that one day people look at, hey, I remember this guy from 25, 30 years ago, he was bragging about this day is still alive and and still pedaling and still helping other people.

That's my plan for longevity. Serve and serve and celebrate. I love it. And so when we all start taking glutathione and we get it in and we keep those levels supported, this last question for you, what what do you believe that could what kind of impact could that make on extending healthspan and lifespan.

So we're thinking super longevity. Like could it potentially give us and I know this might be hypothetical, you might not have the data, but I'm just thinking, what do you believe becomes possible when everybody is actually getting that super molecule.

They have accessibility to it. Our bodies are able, the door stays close. We're able to, you know, really support those self-healing mechanisms. How much how much more, how much longer, how much better could we be living so again, my goal is to live to 120.

So excuse me I'm sorry. Goal going to live to 120. And my dad's goal was to live to 120. He would have lived to 120. But as I said, the top ten cause of death was accidents. Yep.

I cannot prevent that. Well, I can if I can, I if I increase my awareness. But other die causes of live toxins stress. So if I can stop oxygen stress in my body I can I can possibly live to 120 and it's not living to 120 is what I'm shooting for is thriving, to 120 is what I'm shooting for.

And only way I can thrive, only way I can succeed is is basically if I have a purpose in life. So everybody wants to live longer, but they have no purpose in life.

There's no joy, there's no fun. And with the purpose where the video purpose in mind when you do things right, that you listen, they will listen to you.

I say, okay, what is Melissa breaking today? I want to listen to her because I would I would do all these modalities. I

want to eat healthier exercise.

I want to do micro stressors in my body on a daily basis. I would have all these plans coming to me because everything has a small, small role in it. Even glue thought it has a small role it.

I don't expect you to take time for rest of your life. I do expect you to keep the levels of high enough and one more secret.

Vision for Thriving Healthspan

I'll tell you that if you did that on a daily basis, after a while your body recycles glue, retired, and if you release or stresses that that exposes your body, to excessive oxidative stress, guess what?

Your need for glue to actually stabilize or reduce. So instead of spraying every single day, twice a day, you maybe get it over with once a day. And if you forget a few days it's no big deal.

Yeah. Right. And that's the place I want to for everybody be there at. So I love it. Where can people learn more about you and your exciting research?

Oh my website is Oro valdez.com AEW. Oh well this.com. And for those ladies I hear you because glitter is so powerful, that I've used the same technology to deliver all the antioxidants for your skin.

So we have a skincare line as well for those ladies as well. Again, that was my that was my thing for my friends and family only. And they loved it. So they said, can you just make this available for the rest of the people?

Somebody few years ago I said selling to the skin cleanser. So anyways, so for those ladies tri, enjoy that part too. All I can tell you is one thing.

If my dad had no hope to thrive and he was living his best time of his life in the last ten years, there's not enough money in the world that he would have had to to repeat the same thing again.

Yeah. And so I wanted people to give people hope that, you know what? It's not about the glitter. It's the hope. It's the hope that that you're getting that.

Hey, I'm closing the door. I'll bring you started. My body. And I'm allowing my body to heal. And when you when you put a mindset that it's not about the product, it's about the product and your personal habits that you got to change.

Yes, you start to heal your body from inside. I wish I can be the catalyst. I, I can be the catalyst for you. So please try the product. Please embrace all the good habits and.

And the last thing you said. Doctor Peterson, I know you've been to this form of a lot of podcast. This things. Listen to her. Please listen to her, share her share share share this information, share it.

At least ten different threads. Because this message to get out to everybody saying that, hey, it's not about a product, it's about the lifestyle that you that you're about to make a change.

Yes. May we all remember we are the custodians of our own health, the masters of our own destiny. Doctor Patel, I am, so I want to just reflect to you.

I am so grateful to you. I am so happy that you joined us today, that you shared your heart, your your brain, your wisdom, your knowledge and and your stories and your laughter.

So you've definitely made an impact and a difference in my life. And I'm sure everybody who has listened today. So thank you truly for being a guest today.

It's been such a joy and an honor. Thank you very much. Yes. Thank you. All right everyone. Man, I know we could keep going, but we're going to bring today's episode to a conclusion.

As always, continue to go out and stay bold and curious to enjoy greater and greater states of aliveness. Until next time, I'm your host, doctor Melissa Go Peterson.

Be well. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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