STOP Making These 5 Glutathione Mistakes (Do This Instead) Transcript

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What Glutathione Actually Does

Glutathione requires a whole host of Glutathione requires a whole host of other cofactors and what we found in other cofactors and what we found in working with people in a experimental working with people in a experimental model of radiation burns, which nobody model of radiation burns, which nobody Hello and welcome to YouTube channel.

Hello and welcome to YouTube channel. I'm Dr. A and on this channel we talk I'm Dr. A and on this channel we talk about all things integrative health, about all things integrative health, holistic health care, many many other holistic health care, many many other things around medicine. But today we things around medicine. But today we want to jump into a question combo want to jump into a question combo questions that so I kind of put them all questions that so I kind of put them all together together together and it's what kind of mistakes might and it's what kind of mistakes might somebody make taking or using somebody make taking or using glutathione. But you might wonder well, glutathione. But you might wonder well, you talk a lot about glutathione on the you talk a lot about glutathione on the channel. Remind me what it does. Well, channel. Remind me what it does. Well, it's one of the core antioxidants in it's one of the core antioxidants in your body. So there are two core your body. So there are two core water-soluble antioxidants that work water-soluble antioxidants that work with one core fat-soluble antioxidant with one core fat-soluble antioxidant and then all the other antioxidants are and then all the other antioxidants are built around that. The two water-soluble built around that. The two water-soluble are glutathione and vitamin C and then are glutathione and vitamin C and then vitamin E is in fat-soluble membranes.

vitamin E is in fat-soluble membranes. They all help each other out. They help They all help each other out. They help each other recycle. Because glutathione each other recycle. Because glutathione can get used up in inflammatory can get used up in inflammatory conditions, other diseases, we might conditions, other diseases, we might find ourselves in a place where we're find ourselves in a place where we're recovering from something or we need recovering from something or we need extra etc. and so we might find ways to extra etc. and so we might find ways to supplement. So what are ways that that supplement. So what are ways that that can maybe not go as well as we wanted it can maybe not go as well as we wanted it to. And of course these are all to.

Mistake 1: Ignoring the Antioxidant Trio

And of course these are all individual, but these are just some individual, but these are just some ideas that came up through some ideas that came up through some questions that we got. So the first one questions that we got. So the first one is not remembering the three that we is not remembering the three that we just talked about. And that of course is just talked about. And that of course is the synergy between vitamin C and the synergy between vitamin C and glutathione and vitamin E, E like glutathione and vitamin E, E like Edward. Now vitamin C we don't make in Edward. Now vitamin C we don't make in our body. Humans don't make it. Other our body. Humans don't make it. Other animals do. So we have to get it in our animals do. So we have to get it in our diet or through supplements and it's diet or through supplements and it's water-soluble so pretty much what comes water-soluble so pretty much what comes in goes out within a 24-hour period with in goes out within a 24-hour period with a little bit of storage in a couple of a little bit of storage in a couple of places. Vitamin E is fat-soluble. We places. Vitamin E is fat-soluble. We tend to get that in food as well and tend to get that in food as well and then glutathione is made by the human then glutathione is made by the human body from three amino acids being body from three amino acids being glutamine, cysteine, and glycine. So our glutamine, cysteine, and glycine. So our liver primarily synthesizes this liver primarily synthesizes this tripeptide glutathione. So we want to tripeptide glutathione. So we want to keep the family together and so we keep the family together and so we always want to remember if we're always want to remember if we're going to be supporting glutathione, we want to to be supporting glutathione, we want to make sure we're getting enough either make sure we're getting enough either dietary, supplemental, or some combo of dietary, supplemental, or some combo of the above of its helpers vitamin C and the above of its helpers vitamin C and vitamin E.

vitamin E. We also want to remember that when we're We also want to remember that when we're sick and inflamed, which should be times sick and inflamed, which should be times we might need more glutathione, vitamin we might need more glutathione, vitamin C and vitamin E might be taxed more as C and vitamin E might be taxed more as well. So that's the first thing is well. So that's the first thing is remember to keep the family together.

remember to keep the family together. Now people will often comment well Now people will often comment well there's other antioxidants, there's ones there's other antioxidants, there's ones that are stronger etc. True, Paul true.

that are stronger etc. True, Paul true. But your body is set up to operate with But your body is set up to operate with these three, vitamin C, vitamin E, these three, vitamin C, vitamin E, glutathione as its base. And so after glutathione as its base.

Mistake 2: Using the Wrong Form

And so after the base then you can add on all the the base then you can add on all the other antioxidants that you want. The other antioxidants that you want. The next mistake might be using or taking next mistake might be using or taking the wrong form. Now in the past it was the wrong form. Now in the past it was considered that oral glutathione didn't considered that oral glutathione didn't absorb very well. And if you just take absorb very well. And if you just take glutathione glutathione glutathione as an unchanged molecule, the tripeptide as an unchanged molecule, the tripeptide glutathione, like in a powder, that does glutathione, like in a powder, that does not absorb orally if you eat it very not absorb orally if you eat it very well. A little bit absorb but not too well. A little bit absorb but not too much. But in the last few decades we much. But in the last few decades we have developed delivery methods that have developed delivery methods that increase glutathione absorption and the increase glutathione absorption and the two that have research for oral use are two that have research for oral use are either acetyl glutathione, a c e t y l either acetyl glutathione, a c e t y l acetyl glutathione, or liposomal acetyl glutathione, or liposomal glutathione. And there's some liposomal glutathione. And there's some liposomal glutathione that are actually acetyl glutathione that are actually acetyl glutathione in a liposomal form. Either glutathione in a liposomal form. Either of those will absorb of those will absorb and they will absorb much much better and they will absorb much much better than a dry powder. So if you have a than a dry powder. So if you have a sometimes you get like a very sometimes you get like a very inexpensive glutathione supplement, it inexpensive glutathione supplement, it will be not acetyl glutathione, not will be not acetyl glutathione, not liposomal glutathione, it's just dry liposomal glutathione, it's just dry powder. You're not going to absorb very powder. You're not going to absorb very much of that. So that's that's one much of that. So that's that's one thing. The other is that sometimes thing. The other is that sometimes people want a non-oral version and there people want a non-oral version and there there's other ways to get it, but there's other ways to get it, but sometimes they'll go to a doctor who sometimes they'll go to a doctor who injects it into them, right? Now this is injects it into them, right? Now this is not a mistake. It's often when you get not a mistake. It's often when you get really low or super inflamed or you have really low or super inflamed or you have to heal after, you know, some traumatic to heal after, you know, some traumatic event or something and your health care event or something and your health care provider wants to increase the level in provider wants to increase the level in your body. And so in order to do that your body. And so in order to do that beyond what you can take orally, there beyond what you can take orally, there are injectable forms. So glutathione can are injectable forms. So glutathione can be injected depending on the type into be injected depending on the type into the muscle. It can be injected the muscle. It can be injected subcutaneously and it can be injected subcutaneously and it can be injected intravenously. But you have to make sure intravenously. But you have to make sure that obviously it is an injectable form.

that obviously it is an injectable form. The health care provider is getting it The health care provider is getting it from a pharmacy that's licensed to make from a pharmacy that's licensed to make such things and they're using it within such things and they're using it within the proper bounds of the type of the proper bounds of the type of glutathione that it is. So for example, glutathione that it is. So for example, sometimes there's another prescribed sometimes there's another prescribed glutathione used in a nebulizer, you glutathione used in a nebulizer, you know, like you might use for your asthma know, like you might use for your asthma or something. You can put glutathione in or something. You can put glutathione in there, but some of the forms that are there, but some of the forms that are made sterile for injection are not made sterile for injection are not appropriate in the nebulized form. So appropriate

in the nebulized form. So your health care provider has to make your health care provider has to make sure you're getting the right form for sure you're getting the right form for the right application. Now a lot of the right application. Now a lot of people will say well, why would I get it people will say well, why would I get it injected when I can take it orally? And injected when I can take it orally? And the answer is you may not need to. But the answer is you may not need to. But think of an injectable, a parenteral think of an injectable, a parenteral application as say filling the tank. You application as say filling the tank. You get really behind because you're got a get really behind because you're got a lot of stressors or you're healing etc.

lot of stressors or you're healing etc. This is a way to get your levels up and This is a way to get your levels up and then the oral supplementation that then the oral supplementation that you're doing, you're doing, acetyl glutathione, liposomal, or or acetyl glutathione, liposomal, or or precursors, precursors, precursors, that will work better generally for you.

that will work better generally for you.

Mistake 3: Neglecting Key Cofactors

So it is not right or wrong answer, it's So it is not right or wrong answer, it's just get the right form for what you're just get the right form for what you're trying to do. The third thing is really trying to do. The third thing is really neglecting the cofactors. So for neglecting the cofactors. So for example, with vitamin C and vitamin E, example, with vitamin C and vitamin E, they don't require a lot of cofactors to they don't require a lot of cofactors to cycle between their oxidized and reduced cycle between their oxidized and reduced form. Glutathione uses a ton of form. Glutathione uses a ton of cofactors. And so where vitamin C just cofactors. And so where vitamin C just needs glutathione to work for example, needs glutathione to work for example, glutathione requires a whole host of glutathione requires a whole host of other cofactors and what we found in other cofactors and what we found in working with people in a experimental working with people in a experimental model model model of radiation burns, which nobody wants, of radiation burns, which nobody wants, we found that we got better outcome by we found that we got better outcome by supporting the glutathione with its supporting the glutathione with its cofactors. So what are the cofactors for cofactors. So what are the cofactors for glutathione? Well, they include a number glutathione? Well, they include a number of B vitamins, primarily B2, B3, and of B vitamins, primarily B2, B3, and vitamin B5 actually is a lesser known vitamin B5 actually is a lesser known one. They include a number of minerals one. They include a number of minerals for cofactors. Magnesium is sort of a for cofactors. Magnesium is sort of a big macro one. Selenium and zinc are big macro one. Selenium and zinc are very involved. And then also vitamin C very involved. And then also vitamin C is supportive as well. So making sure is supportive as well. So making sure you have your cofactors. Now a lot of you have your cofactors. Now a lot of people will say well, let's say I didn't people will say well, let's say I didn't just have surgery, I'm not recovering just have surgery, I'm not recovering from that. I just want to kind of keep from that. I just want to kind of keep my glutathione cofactors going. Number my glutathione cofactors going. Number one, diet. Make sure you have all these one, diet. Make sure you have all these trace elements, the minerals and trace elements, the minerals and vitamins and stuff in your diet. Number vitamins and stuff in your diet. Number two, if you're going to supplement them, two, if you're going to supplement them, a lot of people in their multivitamin, a lot of people in their multivitamin, the B vitamins aren't that strong in a the B vitamins aren't that strong in a multivitamin so they might take a B multivitamin so they might take a B complex. That can be helpful.

complex. That can be helpful. And then what I will usually do with And then what I will usually do with patients is have them take a patients is have them take a multi-mineral instead of just separate multi-mineral instead of just separate minerals if it's for maintenance. That minerals if it's for maintenance. That way it's just in one pill. You can get a way it's just in one pill. You can get a multi-mineral that has a number of trace multi-mineral that has a number of trace minerals including zinc and selenium.

minerals including zinc and selenium. And then it'll have some magnesium etc. And then it'll have some magnesium etc.

Mistake 4: Missing the Building Blocks

And of course you should be getting this And of course you should be getting this also from your diet. The [clears throat] also from your diet. The [clears throat] next thing would be not having enough next thing would be not having enough building blocks. We said earlier that building blocks. We said earlier that the liver can make glutathione. It's a the liver can make glutathione. It's a tripeptide. So I have to put these three tripeptide. So I have to put these three amino acids together. And if we amino acids together. And if we supplement the constituent amino acids supplement the constituent amino acids or even pre-precursors, we'll talk about or even pre-precursors, we'll talk about that, then that can help us to improve that, then that can help us to improve the liver's ability to create the liver's ability to create glutathione. Now in some other videos glutathione. Now in some other videos we've talked about problems with the we've talked about problems with the liver in generally in the body having liver in generally in the body having single nucleotide polymorphisms, some single nucleotide polymorphisms, some genetic issues in the formation of genetic issues in the formation of glutathione. For those people precursors glutathione. For those people precursors don't work quite as well.

don't work quite as well. But generally speaking you would think But generally speaking you would think of precursors either as primary, so of precursors either as primary, so that's the three constituents of the that's the three constituents of the tripeptide. And so that's glutamine, tripeptide. And so that's glutamine, cysteine, often found as cysteine, often found as N-acetylcysteine NAC, N-acetylcysteine NAC, and then glycine, the amino acid. So you and then glycine, the amino acid. So you could take that. Now there's a could take that. Now there's a information on we've got a video on information on we've got a video on GlyNAC, which is just glycine and GlyNAC, which is just glycine and N-acetylcysteine N-acetylcysteine N-acetylcysteine and that's just two out of the three and and that's just two out of the three and so that's a another way that you can go.

so that's a another way that you can go. You can take them separate. You can take You can take them separate. You can take them together. It really doesn't matter them together. It really doesn't matter there. And then there's sort of a there. And then there's sort of a pre-precursor, which is another pre-precursor, which is another sulfur-bearing molecule or a thiol. So sulfur-bearing molecule or a thiol. So N-acetylcysteine, if you ever open a N-acetylcysteine, if you ever open a bottle of N-acetylcysteine, it might bottle of N-acetylcysteine, it might smell sulfury like maybe eggs or smell sulfury like maybe eggs or something like that. It has kind of a something like that. It has kind of a cousin in the thiol world called cousin in the thiol world called alpha-lipoic acid or thioctic acid, but alpha-lipoic acid or thioctic acid, but usually it's alpha-lipoic acid in the usually it's alpha-lipoic acid in the supplement store. And alpha-lipoic acid supplement store. And alpha-lipoic acid is what we call pre-precursor. So it is what we call pre-precursor. So it doesn't feed right in like doesn't feed right in like N-acetylcysteine does, but it raises the N-acetylcysteine does, but it raises the thiol pool in the liver and the rest of thiol pool in the liver and the rest of the body, meaning the sulfur the body, meaning the sulfur constituent pool. And by alpha-lipoic constituent pool. And by alpha-lipoic raising the file pool it makes it easier raising the file pool it makes it easier for the body to make its own for the body to make its own glutathione. So cysteine, glycine, glutathione.

Mistake 5: Not Thinking Long Term

So cysteine, glycine, glutamine, glynac primary sort of glutamine, glynac primary sort of precursors and then alpha lipoic acid as precursors and then alpha lipoic acid as a secondary.

a secondary. And then the fifth thing that I see And then the fifth thing that I see clinically with folks is just the sort clinically with folks is just the sort of perspective and that's not looking at of perspective and that's not looking at it as a this is a long-term process. So it as a this is a long-term process. So by that we have kind of two primary by that we have kind of two primary meanings. One is if you've gotten sick meanings. One is if you've gotten sick or you're in recovery from a trauma, a or you're in recovery from a trauma, a surgery, a long-term illness, a long surgery, a long-term illness, a long COVID or chronic illness or something, COVID or chronic illness or something, may take a while to build your levels may take a while to build your levels back up. So you want to remember the the back up. So you want to remember the basics. You need vitamin E and vitamin C basics. You need vitamin E and vitamin C to go with your glutathione. You need to go with your glutathione. You need the cofactor support being the B the cofactor support being the B vitamins and the trace elements that we vitamins and the trace elements that we mentioned. And then you also mentioned. And then you also [clears throat] want to remember whether [clears throat] want to remember whether you're going to direct support it with you're going to direct support it with acetyl glutathione or liposomal or acetyl glutathione or liposomal or you're going to indirect support it

with you're going to indirect support it with glynac, NAC, cysteine, glutamine glynac, NAC, cysteine, glutamine separately, alpha lipoic acid, whatever separately, alpha lipoic acid, whatever you're going to do, it may take a while you're going to do, it may take a while to get built back up. Then on the other to get built back up. Then on the other end what we mean about thinking end what we mean about thinking long-term is because your body does make long-term is because your body does make glutathione, long-term with people often glutathione, long-term with people often we don't need because it's it's not we don't need because it's it's not inexpensive to supplement all those inexpensive to supplement all those things. Long-term we see often with things.

Acute vs Maintenance Supplementation

Long-term we see often with people once they're recovered they can people once they're recovered they can get from their diet and maybe some get from their diet and maybe some supplements their basic the B complex of supplements their basic the B complex of vitamins, the minerals and potentially vitamins, the minerals and potentially take a precursor or take a low dose of take a precursor or take a low dose of acetyl glutathione, liposomal acetyl glutathione, liposomal glutathione, but they may only need the glutathione, but they may only need the glutathione that they're taking or glutathione that they're taking or precursor a few days a week because precursor a few days a week because they've got all the cofactors and they've got all the cofactors and they've rebuilt themselves. So a lot of they've rebuilt themselves. So a lot of it has to do with are you acute or in it has to do with are you acute or in you know some sort of acute need then you know some sort of acute need then you need to fill the tank faster. Are you need to fill the tank faster. Are you in more of a chronic state where you in more of a chronic state where you've been supplementing a long time, you've been supplementing a long time, things are going pretty well, you're things are going pretty well, you're going to be just fine going to be just fine doing cofactors and the support doing cofactors and the support nutrients and then maybe a little bit of nutrients and then maybe a little bit of a precursor or a liposomal or acetyl a precursor or a liposomal or acetyl glutathione. All right, I'm Dr. A. I'll glutathione. All right, I'm Dr. A. I'll see you all in the next video. I hope see you all in the next video. I hope this answered all those questions. We'll this answered all those questions. We'll