The Antioxidant Your Brain Needs: Glutathione, Aging & Brain Fog Transcript

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Intro and Guest Introduction

One of the fragments is called GHK. The GH K combines with the body's own copper element inside your body and it gets lodged into your skin, into joints and all the places.

GHk copper is the ultimate beauty peptide there is out there. Right. So guess what? We have it now too. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain.

I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm. Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Hello, everyone. Welcome back to Take Back My Brain. I'm your host, Lori Hammer, and I am really excited today because I have chatting with Dr. Nayan Patel, who is a pharmacist and wellness innovator who's actually shaking up how we think about antioxidants and aging.

He is the author of The Glutathione Revolution. and the brilliant mind behind the patented topical glutathione delivery system that will change your skin, your energy, and your longevity.

I am so excited to have you on here today, Dr. Patel. Thank you for joining us. Ah, thank you. It's a pleasure of mine. Thanks for having me here. Absolutely.

How did you get into the glutothione world? Because it's very niche. Well, you know what, as a pharmacist, when you first started doing, trying to help patients to achieve the wellness, just purely health, right?

Yeah. And we have 3,000 plus medications in my pharmacy, and I found out there's nothing that's going to actually solve anybody's problems. You're buying a subscription from me for rest of your life that you're gonna pay somebody some money and it's not gonna get better It's gonna Get worse and worse And worse, and your medication name was gonna go from one medication to two to five to ten to now 13 plus medications a day It is an average people whether the how much people take with them in the 60s and so I said, there has to be a better system.

What Glutathione Is and Why It Matters

There has been a system, hence the glutathione came into my arena of research. I say, hey, if I can master this one molecule and figure everything about this molecule, I think there's a possibility of having the wellness journey or the longevity journey without deterring your health.

And that's why I started my research back. This was back in 1999, from when I first tried doing this work. Wow, that's amazing journey. So kind of tell us, what is glutathione?

Because I know some people kind know what it is, but I don't think everybody really knows what glutathiol is. Which is absolutely a fair statement, because I talked to doctors a long time, and they goes, I do glutathy.

I said, well, you know, know you what, it, is but you really do not know. What is what? It really is right. And so let me just break it down. As terms of molecular chemistry, it's three amino acids coming together.

That's it. It's the smallest form of peptide in a body. There's 3 amino acid, there's a tripeptide, is not a protein, this is a tripeptide. But we know about peptides today because of the number of peptides sold in the world today is the GRP for weight loss.

So people know by what peptids are, but what they do not know is there are two different types of Peptides. One that actually does the work for your body and the one that tells your body what to do.

Now, I'm not sure about what kind of place you're going to be in there, but in my house, telling me what to do, right? Exactly. Yes. And so the glutathione is the first one.

It does the work for us. So chemically, tripeptide, three medicines coming together. But in terms of the medicine, the science side, it is actually the most abundant peptide produced in the human body.

It is because it has two main functions. Without this, your body literally gets toxic and it just dies really fast, which is it removes all the oxidative stress out of your mind, you breathe oxygen, oxygen is the lifeline for us, but the excess oxygen can also become reactive oxygen species called ROS.

And those oxygen's species are actually very toxic to human body. causes oxidation, it's like visually causes rust, right? It's just rusting your body from inside out.

So that's one function it does. And the second function does is that your liver is full of chemicals that are ready to be neutralized and get rid of it from your bodies.

Because by the time you wake up, your ex, you're body's exposed to at least 70 different chemicals the minute you woke up within the first hour. Well, that is encouraging.

But the thing is at the same time some of them are healthy some with them or not. Well, so they were I Should say healthy. Some of the my inert doesn't cause much harm and some Of them our harmful that your body's to get rid of it as fast as possible like for example toothpaste the fluorides is is actually Not good for you, but the small amount that you need for the brush your teeth to prevent the plaques is absolutely necessary But your buddy has to got rid off it.

So all this can because if your party gets exposed to Those have to be conjugated inside your liver and get rid of it. That's what glutide does for us.

So it's like everybody has some unsung hero behind the scenes doing all the hard work. Yes, the president or the CEO of the company or somebody gets all of that credit for doing the thinking the right thing, but the actual work is done by somebody else behind-the-scenes.

That's what glutathione is. It's actually doing ALL the work for your human body, thereby releasing the potential of human physiology and the human capabilities to heal itself, diagnose what the problems are, and fix it.

Right? That's exciting. Yeah. Without that, you cannot do it, so that's why I want to basically break it down as to what glutathione is and what is it allowing the body to do.

And you developed a delivery system for glutathiol. So we know what glutathion is, So, I know a lot of my listeners will be like, oh, take glutathione, especially, you know, during the pandemic and stuff, You know.

Take glutothione. Like, dive into that for us. How do we know what we're using is actually working? Absolutely. So this is something I get every single day.

And everybody has their favorite product that they take for, and they've been taking for years, And they don't want to be admitted they're wrong. Right?

Right. Nobody's telling you that you're Wrong, but you did that because that was the best information you had until you saw this podcast today.

Why Most Glutathione Products Fail

You cannot blame yourself for not knowing. So here's the thing, right? I have people that are taking capsules, liposome technology products and suppositories, inhaled solutions, and there are all these different amino acids that you can buy like, like cysteines and glycines, which your body can use them to make your own products.

Then you go to the IV bars, the doctors will inject you some gliothiol. I mean, you have literally a thousand plus choices to get your gluten into your bodies.

Let me just tell you. Not a single product, not even one, actually gets absorbed into your system. They all work. Sometimes it's scary because, hey, I don't care how it does it.

I know it works. So I said I get that it work, but you should know how. The reason is because if you do not know, how then you're basically taking something blindly.

Today I'm going to unpack this, How it Works. And that way you can make a decision based on where you are in your life and your health and wellness journey and make the right choice for yourself.

Yeah. every peptides that your body takes from outside sources, human body will break it down into amino acids. It's like when you eat a piece of steak, the steak doesn't get to stick to your muscle mass, does it?

No, it gets broken down. The body absorbs all the amino assets and try to rebuild all those amino acid back together. For example, for one muscle fiber, you need 3,000 amino-acids coming together in one chain.

So that's what you do, right? So, that what happens with glutathione. absorbs amino acids and uses the amino acid to make the glutine again. And so you are actually depending on your body's ability to produce glutathione.

To make glutatine, you need three amino assets, which is what you're getting from the pills and injections and all those things. You need two molecules of ATP, You also need something like two enzymes to put these reactions together.

And you also did something called NAD for electron transfers to make the chemical reaction happens faster. So if any one of those things is missing, the body cannot periscope with iron.

The only thing that we can do is provide the nutrients, amino acids. The body has to produce enzymes, the body is to make the ATP, and the has body to have NAD.

And now today, what people are doing, there's a craze for NADA because why? Hey, if I give you NDA, your body will make its own glutathione. If I can give you some mitochondrial support, the body will make some ATP, I give it some cysteine, and the money will be your own glutathione.

And so we have all these vitamin supplementations in the world today to basically help each other because there's no one product that can actually get inside your system.

Now, there was my technology kicked in, right? If you are at the stage of your life, typically around about 55, 60, where your body's ATP is dropping, NAD is drop, everything else is droppin', you're at mercy of some person that has invented something that can actually deliver the gluten into your cells.

When you can do that part, instantaneously, your gluten levels in your bodies rises to high normal. It's like you were basically back in teenagers years, I have enough gluten like I was in teenager years.

When you have this glutathione, all of a sudden the body says, oh my goodness, I can start cleaning this body up. And so that's the reality of this whole thing is that when you're taking some glutamine products out there, i want you to make sure that which we are taking makes and how they're working.

If you're taking a product and if it's working fine for you, I mean, all means you can continue doing that part. But I can tell you as you start aging, your levels will never go high enough ever.

Doesn't matter what product you take. The topic of glutine that we create actually replaces 100% of the glutite, about 100%, 95% percent of that glutate instantaneously inside your body.

It doesn't matter how old you are, you can be 30 years old or you could be 100 years. Your levels of gluten will be going back to normal instantaniously for the next four to six hours based on your usage.

You'll go down again and you replace again, and again. And again so and so forth. So that's what we have done in terms of creation of this product. Wow.

Can you get too much glutathione? The answer is yes. You can get to much of glutothione and so hence my first, this was discovered and it took me 14 years to release this product.

And the reason is because the same question you asked me right now, can you too get much up glutthione, and what would happen if you got too many of them, right?

And so I started experimenting right away. right? I gave somebody so much glutine that it's like, this is how much some nobody would take if you take some of the product, let's say 500 milligrams.

Okay. It's not a whole lot, but I give 500 grams of topical form of glutide and this person I kid you not, was having so much reactions, right? The body was just detoxing so fast, having rashes, diarrhea, and having headaches.

I said, oh my God, this girl that was working with me, I can't believe how bad those reactions are.

Glutathione, Brain Health, and Oxidative Stress

And then I found out that there was too much of a dose. So the first thing I did was to find out how much to give you, how often to gave you? How long can I give it to you for?

And so and so forth. So, the dose, if you get too much of glutathione, your body can go from oxidative stress state to reduction state. That can cause rashes, cause stomach cramps, because headaches, caused fatigue.

And if that happens, just come back, kick back a little bit, allow your mind to reset and then slowly go up again. Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. That makes sense. You were talking about Oxidative stress, right?

And how glutathione helps with that. And then, but when we're thinking about the brain and stuff, I work a lot with anxiety and depression. So oxidative, stress can drive anxiety, depression, cognitive decline, and those kinds of things.

Could you talk about that mechanism, how gluteothione protects the So your brain is about 2% of your whole body, and yet it consumes 20% percent of all the oxygen that you breathe in.

And this is in otherwise healthy human subjects. Most people are shallow-breather. They only breathe from the upper part of the lungs. They don't breathe all of it deep down.

So the oxidant is already less to begin with. And so, instead of 20%, the brain gets the first dips of all the oxygen that you breathe, right? So all of a sudden, guess what's going to happen?

Your brain is going get all this oxygen, and all a of sudden the body's not going getting enough of oxygen. So the stress in the brains is probably going be the highest.

Probably going the be highest, The highest amount of stress in your body is in you brain to begin with. And

glutathione in the brain does not get fast enough.

It has to go through so many different channels to get to your brain. So the brains sort of accumulates glutamine. Cysteine, some of the amino acids, it's kind of bioaccumulates inside your brain.

And that's one of reasons why people have issues with the foggy brain early on to dementia. They cannot remember things. It's because the body has too much of glutamine.

Again, that is just one the hypothesis, of course. But this is one reason why the people too have too many glutamines in the brain and so if we can somehow get rid of that or improve the glutathione concentration inside of your All of a sudden, the oxygen stress will go down and your brain thinking capacity gets clearer, right?

Now, I've done this experiment with a lot of patients that have those gene mutations and they did not even know they have this fog in their brain for like, a couple of decades probably.

They have no idea. These are physicians themselves. And they've tried everything possible. There's a planet glitter on their arms right in front of me and I kid you not, 10 minutes later, It's like somebody just opened the curtain.

That's how they felt. Now, of course, this is one in a thousand. This is not everybody who's going to get that feeling. But when they feel that, the doctor will come to me.

I said, my God, I had no idea that I have a brain fog. And so it is absolutely necessary. that critical into how we can reduce oxygen stress in your brain down because people don't even know they have brain fog and they just live with it the whole time.

That is so true. You dont know it until it's gone. Exactly. And the thing is, if you think about ends and diseases like Alzheimer's or Parkinson's, or ALS, any of those diseases, the root cause of all these conditions has been there for 30, 40 years.

Poor diet, poor habits, all the things, accumulates over time and eventually you get a problem. The problem is, you can't remember, it's Alzheimer's. If you have movement disorders, your Parkinson's, if your whole body shuts off, ALS.

So the disease are labeled by the symptoms, not by their cause. Their cause is the same. Right, right. So what causes the decrease in glutathione? I mean, I know with age, but what other things will decrease glutothione in our body?

So it's your usage. I'd like to give an example of money, because finances, everybody can understand that part. Sure. If your expenses are $5,000 a month, and if I give you $5000 every single month how much money do you have left over?

Zero, because everything I give you is getting used up. If I gave you every single month $5,000 and every month you use up $5000, I don't care if it's one month, one year, 10 years, you have zero left over.

There's no point in measuring glutathione levels because if you're going to get what your body needs, the levels are going be zero all the time. But what you can do is you see what money can buy.

And so what do you do see is that, hey, how much stuff do I have that money cannot buy? I've a new car or a house or sofa set or furniture or computers and things like that.

Maybe I don't have money, but I do have all the stuff money could buy, right? And what happens is this is assuming that you're getting the money all of the time.

But you only get money if you work it. Now what happens is you start working in your 30s and then 40s, then 50s in the 60s. Your work outputs is constantly decreasing, right?

Your brain power, your experience is increasing, but your output is decreasing. And so what happened is that as you get older, you're ability to make money by physical labor decreases a lot.

Thank God when we get older, people don't count on us to do the hard labor. They just pay us for the brain power. But the body doesn't function that way.

The body has to to its work, otherwise it's useless, right? And so the glutathione's job is to all this work.

How Aging, Detox, and Lifestyle Deplete Glutathione

And if the bodies not able to produce the gluten as you age because of either the amino acids are wrong, Either that or the ATP is lower, NAD is slower.

But more importantly, even though everything is correct, our need for glutathione actually increases as we age. Because keep in mind what it does. It uses oxytocin stress, which is probably the same throughout your lifespan, so that doesn't change.

But the conjugation pathway to detoxify a liver is increasing as we age. Sure. Because everything that we do is accumulating. We have the body starting to build proteins and tissues.

And if it doesn't have all the resources, it gets halfway through and says, oh, I cannot finish this job. So just dump some project. Right. To get rid of it, the body will do something called senescent cells or try to kill all those death cells and zombie cells, and try and get it off it.

But all this takes energy. Everything takes the energy, so if your body's trying to clear up all these debris out, we need a glutathione to do all of this work for us.

As we age, our levels either stays the same or decreases. And so our needs are increasing. Our production is the the more decreasing, all the sudden there's a gap.

This gap is what we call oxidative stress. And as oxidant stress increases over time, it accumulates. The problem actually accumulates over the time. It doesn't go away.

Right? It's like a volcano. Its ready to get erupted one day. A volcano erupts, you have a disease. You get diagnosed with some sort of disease, that's a volcanic erupting in my dictionary.

Yes, the body, as we age, levels of gluten may stay the same or may reduce, but our needs are actually either staying constant or increasing. In most cases, it is increasing, so the gap gets doubled and doubled every single year.

And so that's what the issues are going to be. Plus, our behavior as such, there's so many things that it's like we call the bad habits, right? The bad habit of overexposing yourself to sunlight or to toxic chemicals or knowingly we'll drink alcohol assuming it is good for you, but it really is detrimental for our health.

Smoked cigarettes or cigars or things like that or smoked marijuana or any products of combustion, all these chemicals that you inhale will at one point needs to be detoxified and get rid of it, which the glutamate needs needs, to get the highest concentration.

And so our bad habits is also affecting us as well. Got it. That makes sense. All those bad habits, right? They affect everything. So we're going back to the brain, you know, the oxidative stress and how glutathione helps with that.

Can you speak specifically to how glutathion supports like the neurotransmitter production or neurotranmiter activity in the body and why that's important?

I'm not 100% sure if there's a direct correlation between the production of neurotransmitters and glutathione itself,

but the neurotrasmiters can definitely be affected by the oxidative stress markers.

Okay. And so if the oxygen stress is reduced, the neutrality is produced efficiently. Some of the neurotransmitters can also combine with excess cysteine because in the old days, what we used to, FDA has only approved one product called cystein to improve glutathione levels.

And so little is good for you, more is better is what the assumption is. So people take overdose on cystine and cystenine with combining with some sort of neurotrasmitter, especially dopamine, can cause dopaminergic cysteineal complexes, which actually can destroy your brain in a subsectional diagram for dopamine levels.

And when that happens, you have something called pseudo Parkinson's, or issues with movement disorders, and you think you're Parkinson. But in reality, what you had is toxicity of all these chemicals, so you should be getting rid of it.

So, glutide can aid in the process of making all this neutralizer efficient, But I don't think so is, is rated to direct production by any of the new transmitters.

Sure. But it does help them, them function better. Of course, of course. That makes sense. Yeah. I would love for you to talk about a little bit more about your delivery system and how that affects, and you have a whole skincare line.

So I will love to know more all of that. Haven't ordered it yet, but I'm like, I really want to order this. And I am so excited. So, yeah, again, when I see the benefits of what glutite can do to your health, and the daily system is through your skin, When I was in my lab, you know, a great scientist versus a good scientist, the only difference is that you don't put your feelings inside your product.

You just let the product come to you as it is and you embrace the spirituality of this whole product coming in front of you.

Glutathione, Neurotransmitters, and Brain Function

So the glutathione product that we have, it smells like rotten eggs. It is sticky as hell, right? But it thing work. It just absolutely works, and so I was not about to say, hey, no, I can do better.

No, you cannot. You cannot do it better, it does stink. And it is stinky, but I cannot any better about that one. So I embrace the technology the way it, is and I said, Hey, if this is the weight supposed to be inside your body, then so be it.

My job is to learn and see how I can tell the people. I said, hey, this is the best form it is. Don't try to change things. Just accept the way it it and use it the right way.

Like you accepted the banana the same way as I do. You know what it tastes like. Oh, no, but I wish a banana was round shaped. It was so easy to carry instead of a long shape, right?

No, you cannot change it, it is the way it it. That's what I thought about gluten. The way is just the wait is. So topical application is what we found out is a best route because it doesn't get broken down by any enzymes, any amino acids.

And the dual technology, the second technology is basically it's a sugar molecule, a sticky part that gets to your cell membranes and basically sucks it in inside your cells.

So when it does that, of course, the skin gets the first benefit. Yeah. So if your skin is an organ, if skin's an organs, it's the largest organ in your body.

The skin get's all the benefit first. It's completely reversed. Everything you do, you eat, your inject, anything you'd

do. Your body gets a benefit, first, and then the skid.

This product actually gets to your skids first and then to the body. That's exciting. But the skin is not a very selfish organ. It only takes what it needs and just releases the rest to rest of the bodies, right?

There's something called skin, the cell-to-cell transfer happening all the time. So even though you apply it on your skin you can literally feel the, you could feel it rushing up to other parts of your body including your brain.

Oh, okay. And so that's the best part. The skincare was just, I thought it was, you know what, for the heck of it. What if, what if I took the eight most popular product in the world at the full concentration, whatever they're selling it at, full consideration, use my technology, squeeze it in, and give it to you one set.

So that's what we did. It was a, it, was It's like there's young kids and I'm not a young kid, but a Young kid does those whippersnappers. They they just give up some ideas.

Hey, what if I combine all the things into one? Right or It is like Tesla did right and said hey What if i send you a card with them without a driver the car comes to picks you up and drops you wherever you want to be there is no human being and 20 years ago 30 years, ago is what are you talking about?

That will never happen. They'll never ever have exactly. That's exactly right. Until I said, you know, tax you just recently last week. Oh my god, this is crazy.

Right. And so crazy and so I it was to be was just a crazy project. I'll just do it.

Topical Delivery System and Skincare Innovation

And I'm not gonna sell this product. There was no intention to sell the product, I only give to my friends and family. My wife uses it, my sister-in-law, they're using it.

I said, oh my God, this is really good. So do you mean that you're gonna stop spending money on those other skincare brands that I was spending a lot of money?

I say, Oh yeah, absolutely. And then slowly, slowly years goes by and all the friends are asking me to buy this So I said, okay, fine, really. Now I have to release this product.

So that's what I did about three years ago. I put the package together. And I say, hey, I'll just make it available to the public now. That's awesome.

It was a pet project for my family. Instead, now it's something that a lot of people are able to use this park and get the benefit of it. All I've done is glutathione, vitamin C, carnosine, DMAA, CoQ10, resveratrol, cyclostrogenol, all these have a different function.

Some are antioxidants, some are boosters, of a caudate productions, telemeters, lengtheners. So they all have different functions, but if you put all them together, it's like the the best of the ingredients that your skin needs all the time.

And there's only one thing that was missing inside. Yeah. Which is your body's own GHK peptide. Your body produces GH K peptides is for part of your plasma.

So your plasm, which is a water part the blood, the plasma, when it gets old, it get's fragmented. One of the fragments is called GHK. The GH K combines with the body's own copper element inside your body and it gets lodged into your skin, into the joints and all the places.

GHk copper is the ultimate beauty peptide there is out there. Right. So guess what? We have it now too. Awesome. So that's something that we just… Everything is in there.

So this is my first product launch since the inception of the company, four or five years ago. I never thought there would be another product that I'll ever launch it again.

But they said, hey, this your own body's natural GHK. Of course I'm going to make it happen. And so using the same technology, it took us two to three years to develop this product, unfortunately, because The copper, which is an element, a metal, threw me some curve ball in there.

And so I said, I had to figure these things out. So it took me a little bit of time, extra time to figured that portion out, but now we have that ready.

We have been using it for doctors' offices for the last two years, and the results have really been fantastic. Time to let the public enjoy the product now.

That's super exciting. Yeah. Everybody wants better skin, right? Especially us ladies. We're like, oh, can we get rid of this? That would be great. I'll show you the results.

One lady they were using for like 30 days only, and all the tracks were lips. Literally gone. Nice. That means you want to get more. Yeah, yeah. Say goodbye to Botox.

it's a botulism drug, right? It's not something that human body produces that part. So yes, it can give a temporary lift, but can you tell if somebody has a Botox or not?

Yeah. Absolutely. You can. Yeah, absolutely. But you can never tell if somebody had GHK in the body or not, because guess what? It looks natural, completely natural.

Right. I've been using my GH on my face for the last, I would say, eight months, every single day. And I literally have not a single dot of sun damaged skin in my whole face.

My whole head. Your skin looks amazing. Like your head looks great. So many men that, you know, are bald. They have like, you know, spots, from the sun or you hit your head or whatever it might be, like my husband does.

So that's good to know I have to get him some because he definitely has sun damage. He's a farmer, so it just happens. Oh gosh, yes. And the thing is I get damaged too because I bump into something, I bumped into trees or something and you get dead.

It's all over the place, right? Guess what? All gone. Everything. When I saw that part, I said I couldn't beg my team faster. I was like, can you please work on to get this product released to the people because I can't wait for them to try it.

I've been allowed to get this to the people, so I feel so blessed and so spiritual at this point right now that, hey, somebody chose me to have this product to give to people.

So I appreciate this. I don't take this lightly. That's amazing. And I'm so excited for you. One last question for here. Is there anything we can do to Of course, we want to use your glutathione, you know, topical supplement and all those things.

Is there anything else we can do just naturally that will raise our glutothione? Like I've heard like coffee enemas raise glutethione by like 600% or there's like little patches you can wear.

Can you ground and raise your glutenothionine? Are there any things we could do naturally? There's literally three or four things you can do before you go to supplementation.

And this is where all adage comes from my grandpa. I said, if you want to be rich, reduce your expenses, right? That's what they told me. Yeah. You know, I didn't understand at that time, because I was a young kid and my, my dad, grandpa was.

How does this sound fun? Yeah, what does that mean? I say, do I need more money to get rich? No, no, you said to reduce expenses. And if you want to be rich of glutathione, the very first thing you're going to do is reduce expenses, reduce whatever that you are doing that depletes your glutatine level.

That means exposure to, overexposure to sun, toxic chemicals, cigarette smoking, or smoke inhalations in general, alcohol, anything that uses all these chemicals that are inside your body that is depleting your That has to stop as a note as the first thing.

Okay. If you do that, there will be a body can produce you have abundance of this anyways. Right. The second thing you can do is you could have a diet rich of those three amino acids glycine glutamine insisting other three.

Sistine is the stinky foods right the sulfur containing foods.

GHK Copper and Natural Ways to Support Glutathione

So those are something that most people don't have enough in the diet So if you just eat sistine rich foods, I think you're going to accomplish this goal, which is Again, i'm not here to give diet advisors to anybody because I learned my lesson long time ago so famous ai search part or your or you search engine, just type in cysteine rich foods and you get your vegan choices, your vegetarian choices your omnivore, carnivores, I don't care what diet plan you follow, you can get you choices.

That's every single day you got to have that part. So those two things alone will get to the glutathione levels up high. If you need supplementation, the third thing for supplementations, if you're young enough, you can actually take the amino acid supplement by itself, and that should do it as well, like N-acetylcysteine.

NST is actually an approved drug by FDA to improve glutathione levels. It works pretty good, but it's not a 100% replacement. Is just there to just take that edge off.

But that's a replacement. So if you're young, if under the age of 30, by all means, this is all you need. You're done. After that, unfortunately, you probably need some supplementation.

I know I do. Awesome. Well, this has been so insightful. We have not had anybody on the podcast talking about glutathione before, so I love this conversation.

Thank you so much for sharing all of your insights. If people want to find you, where do they find So, my website is aurowellness.com. Everything's on the website, whatever information you need.

If you want to buy locally, we do partner with only physicians or healthcare providers. So they do have access to those products as well, so they can buy from them as The skincare, some of the med spas has, and some doctors office have it, but these are usually the skincare lines out there.

But we try to make this thing through education only, so I've been on various podcasts over the last five years or so trying to educate the people, They use the products correctly and I appreciate you saying about glutathione because there's only one book, The Glutathone Revolution, in the last 20 plus years to talk about it in much more detail.

And it wasn't until today that nobody talked about like 20 years ago. when they wrote the last book on glutathione is because they were trying to sell a product called Cysteine, which is an immuno-cal.

It's a cysteines whey protein. And it was a good product. Nothing wrong with the product, it's just that it will not give you high enough levels. Sure.

If your needs are $5,000 a month, and if I give I'll survive. You're not going to get rich. I will survive, I would make some choices, do some cutbacks, but I'd survive right?

Right. So the cutback becomes permanent cut backs. Right? And then eventually they say, well, you know what? I'm only going give you 3,800 bucks now. Ah, jeez.

So your body will you survive regardless, right? And so that's what this is. It's it's I don't want you to survive. I want to live and thrive And so to living and thriving, you need to have the full replacement of glitter.

That's when the glitter comes into play, the skincare comes in to play. So yeah, check out the website, sign up for my newsletter. I do take time to write the newsletter and educate the people about these things.

If there are any questions, if you post a question, it is addressed to me, my team will send it to be directly and I will be answering those calls for you.

Help you see if there's information of chaos and hopefully show you the light right and if you're one of those people that have that Have old beliefs that hey, I knew this was the best product and i've been using this part.

What is this new one? It's time for you to change, right? Don't get too egotistic that. Hey this Because in medicine, I learned one thing, medicine keeps on changing and evolving.

Don't get stuck to your old beliefs and be ready to open to the new beliefs as new things, new information that's out there. Absolutely. Well, thank you so, so much, Dr.

Patel. I appreciate you being on today. It's been enlightening for sure. Thank you so much for having me. Yes. And thank you, so, much, everyone, for listening.

Make sure you like, subscribe, share. If you're able, I would love for you to leave a review. That would mean the world to me, and I appreciate each and every one of you.

So, very much. God bless. See you in the next episode. Thanks for listening to Take Back My Brain. If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review, and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store. So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's Powerful.