Introduction to Glutathione

Hi, ladies. Welcome back to Mastering your Menopause Transition Summit. I'm your host, Dr. Sharon Stills. As always, exciting to be here with you. I have another amazing talk.

And I was just saying to my guest that I'm excited to be learning and get my knowledge up as well because what we are going to talk about today is glutathione.

And I'm sure you've all heard of glutathione. It's the body's strongest antioxidant that the liver makes. But we're going to like Deep Dive today, and we're going to really learn about how you can get the benefits from glutathione and what's the best way of utilizing it, how it's delivered to you and how it connects to your hormones.

And so get a piece of pen and paper because there's going to be a lot of information. My guest is Dr. Nayan Patel. I met him, gosh, a little less than a year ago.

We were at a ozone conference in Scottsdale, and he was standing with his book, The Glutathione Revolution, and he had his product. And I thought, you you know, just someone else trying to sell me something.

And I already know all about glutathione and I've been doing it V for my patients for two decades. But whatever. And then I went and talked to him and was blown away and was like, Oh my God, he really knows what he's talking about.

And he really educated me. And that's why I wanted him to come on here and educate you all, because it's one of those things, you know, we hear all about my own, but until we really understand it at a deep level and learn from an expert such as Dr.

Patel, we're kind of not getting the full benefits. So as I said, he wrote the book. He is a pharmacist, he is brilliant. So I don't think you need any more introduction than that.

It's like here is my own master to educate you on what you need to know about glutathione. And thank you for coming and being on the summit with us here today.

It's my pleasure to be here today. Thank you. And and that really is how we how we met. Yes. So I am let's just I guess just tell a little bit because you own a pharmacy, you're a pharmacist, you're writing books.

I'm like, are you cloned? How do you do all this? You're just how did you get into this and how did you become y a pharmacist? Why natural medicine and so on and so forth.

By gosh, that that's a person asked this this question before. So after graduating from USC School of Pharmacy at 26, oh my gosh, 27 years ago, I decided to become a company pharmacist.

And so that's what was my journey started as a company pharmacist, tried to make some medications. There was a big need back then. Women's hormones, the thing that's accessible today, keep in mind, 1999, there were literally I'm from California, there were literally only 12 compounding pharmacy in the whole state of California.

And myself and my family had two of them. And so we came back from there where there was nobody doing compounding. It was something that nobody even talked about it.

And so it was it was easy, right? Because you make a few medications that, you know, all this free time that you can think and do some research. And so it was a great thing back then because be a company pharmacist, you have access to all this information, have access to a lab.

Dr. Patel's Background and Compounding Pharmacy Work

What you can do on research. So for the last 20 some odd years that I've been working as a pharmacist, my passion has always been, can I make something unique, different for my I'm always looking for solutions for a patient and sometimes a simple solution that is not patented.

And sometimes there are solutions like that, which is a patented process. And so we have done both ways and all that other day. We're just here to make sure my patients are happy the treatment and they can live a fulfilled life.

And so that's what we're here for. Mm. I love that. So glutathione, first of all, like what is glutathione 101. Just give us the rundown for maybe someone listening who's never heard of glutathione or just knows it's an antioxidant.

But what would you like to tell us about what good is, why it's so important? You wrote a whole book on it. I know. And I'll tell you why I wrote the book.

Because it was it was it was something to just shut my family up. It was too many questions. But, you know, simple terms as a body makes so much different peptides, right?

We eat protein, the body breaks are the protein collects all this amino acids. That's what we eat. Proteins for amino acids are the building blocks for our body to make different types of peptides.

The most abundant part of the body produces is is the muscle but it's a very simple is three amino acid. It's a tri peptide the simplest form of a peptide that the body produces because two is not a peptide, three becomes a peptide.

So the simplest form is glue with iron and it has produced so much of it because it has so much, so many varieties of function it is involved in, in, in cleaning your body, detoxify your body both from chemical as well as electronic charges from from the level sources.

It neutralizes everything that we are exposed to on a daily basis, internally as well as externally. So without gluten, I don't think so. You'll survive, right, without with without water, maybe couple of days without glue tiles.

I mean, your body's going to get all junky and clogged up completely from inside. And then once it's clogged up, there's there's no we can clean it up again correctly.

So I also to have a visual picture in my mind imagine something back it up in your house, something really foul smell and something really not good. And imagine that, that there's no way to clean it up.

Mm hmm. You had a better the burn in the house and go to another house, or do you plan to clear. I only have this one body. I can't abandon his body. I got to get a way to clean this up.

And so that's what good time does for us. In a simple term, of course, this is a lot more complex things we can talk about, but in simple terms, it just keeps your body fully functional by making sure that all debris is chemical, electronic charges, everything that your body is exposed to gets neutralized, gets gets gets liberated from the body.

So do you find that most people don't make enough glue to like what's the problem of glue to find? Why do we need to often take it in as a supplement?

So that's a great question because there's really glue that the answer is no, you don't need glue, that everybody does not need glue with iron. So your body is able to produce enough amount of glue that up until the age of about, I don't know, 30, it's just an arbitrary number.

It could have been longer before, but in this modern day conveniences that we exposed to, we can't get rid of things that we want that are good for us.

And so with modern day lifestyle, I think the time it takes for a body to neutralize all the chemicals and electric charges to be exposed to and the body's ability for this glue time surpasses around the age of 30 is what I see it.

So the age of 30, the body cannot produce enough clothing to neutralize everything that we exposed to on a daily basis. And so I see a need of improving levels around the age of 30.

Now, would you be doing the same thing at the age of 20 without supplementation? Absolutely. From the day you're born, we eat the right types of types of fruits and vegetables and making sure that we eat proteins, enough cysteine in our diet to make sure that is used to produce enough glue with iron.

And so we do that every day. But then something happens after we graduate from college with it. We stop. We, we change our behavior. We, we become more adventurous and and so our need somehow increases as we age.

It never goes down. It somehow stays the same or increases. But your body's ability to produce gluten, it always decreases. It never increases as we age.

So there's always a disconnect. And the slight discount is, okay, well, when after after this, this kind of happens. And the toxins are a lot more to the body's ability.

This thing starts getting bigger and bigger and wider, and the wider it gets, it it starts the onset of all kinds of diseases. And so that's what we're talking about, is that what's the harm?

The harm is if the bodies are clean enough that that gets the onset off.

What Glutathione Does in the Body

You know, it could be a mild blood pressure issues, could be a mild illness, resistance, not diabetes. This is resistance. I can approximate sugars as I'm gaining weight a little bit.

I'm having foggy thinking decrease in memory. You see a lot of my women patient, especially in the perimenopausal time. They have this memory issue. They can sleep better because they don't have energy.

They cannot clean the body of enough. So they're gaining a little bit of weight here and there. I mean, everything is slowly creeping up, right? Of course, we want to do hormone optimizations.

We want to do nutrition, diet, exercise. And, you know, you do all kinds of things. And gluten is just one part of the whole solution, right? It's just one part of the whole thing. Right.

I was just going to say so. So you said good if I on is three amino acids and so could you just share what those amino acids are and and I'm sure like then the next question in some women's mind would be, well, can I just take those amino acids?

So absolutely. So the three are glutamic acid glycine and cysteine. The hardest one to get in your diet is cysteine. So as long as you have enough cysteine in your diet, your body is able to produce a close eye on the cysteine.

Could be whey protein milk substitute. A lot of my patients don't like milk products because they all have allergies to milk products. If that's the case, you can have avocados and a lot of seafood has cysteine in there.

So getting to your diet is probably the most crucial part. The rest of the two amino acids is abundantly found in your diet, so there's no point supplementation sometimes.

Glycine is also a concern. Very rare cases some patients have are not able to absorb glycine, but other than that, cysteine is the most important one.

But then keep in mind, three amino acids is not enough. You need two enzymes to put this two together. Right?

Those two enzymes, if you have malt today in 2023, guess what?

We can measure your gene mutations, right? If somebody if you have a gene mutation that you don't have this enzyme. Yes. One, you can make your glue diode right.

And on those kids, sometimes we see it as a spectrum disorder. Right. If you cannot produce enough of it, you have autism on one spectrum of Asperger, the other spectrum, I mean, you have a spectrum disorder and somebody somewhere in between someplace.

And that's because the body's a bit detoxifies drastically reduced, right? So it's not just having amino acids, making sure that enzymes are also there in your diet to make sure that you can make the blue violet stuff.

Okay. I've got to get a couple of questions. So first, I just want to go back. You said cysteine and so could you explain does that mean anything else?

Cysteine or because NSD is very popular these days, is it the same thing? So unless it's a cysteine is basically off stable form that you can take in the pill form.

That's why NASA is so popular, because cysteine is by itself is very unstable. But when you combine with the acid, a group of cysteine, it becomes stable.

But you can it's it's just a part of the capsule. Just drink it. Right, swallow it as easy. And by the way, that is the only product has ever been approved by FDA to improve glutathione levels.

So if you think that abuses are are not so good, guess what any see is actually FDA approved, the only probably ever approved by FDA to improve glucose levels.

They have upped the amount of gluten itself to improve blue light levels, but they have approved NSC to improve gluten levels. So. So but will any see work in everyone or do some people have the mutations where NSC won't actually produce gluten down?

Exactly. And the mutation that the people had is gene mutations is very small number of population, the vast majority, 90 plus percent of the patients, if they take the ADC, the body will use that cysteine to make its own glue with iron.

And that's that is the best thing you can do early on to make sure that you keep on supplementing that down. But you can get the cysteine from a diet, too.

I personally, as a pharmacist, I make my living selling pills. But I'll tell you that personally myself, I would rather eat fruits and vegetables every single day that contains all these nutrients to supplement to to supply my own body.

So if you read my book is a 14 day diet plan. Yes, that's my that's my lifelong diet plan. That's my 40. The diet plan. What I say inside is what I do every single day.

So so all right. I have like so many questions going on in my brain. So okay, so the diet plan, because I was going to say so you're so the women listening, we want to start including cysteine in our diet.

And you said I'm not a fan of dairy products, so I'm not going to say take dairy products. But you said avocados, seafood, so many other foods. I mean, if you just if you just bring a famous search engines, assist in rich foods, it can even get by the hierarchy as to which has the highest amount of choice, the lowest amount.

I posit, take avocado every day. I just love the taste of avocados. So I have fresh avocados every single day. And then got up. In California, we have access to fresh organic avocados every single day of the year.

So we're blessed. So you so you're eating the foods. Interesting. You're reading the book. So you're getting the the

diet down pat. Then you're also taking and acetyl cysteine is are you recommending that everyone should take that?

And if so, how many like is it like 500 milligrams a day? That's about between 5 to 6.

Why Glutathione Levels Decline and Who Needs Support

Ten milligrams a day should be enough to do produce that gluten for your body. But keep in mind, by taking cysteine, you're limiting yourself on your body's ability to produce the thyroid as you age.

Even the enzymes that's getting lower too. So that so when you're 30 not everything is going to work just great for you, right? You can dig whatever is going to produce enough for you.

But as you start aging, the enzymes also side decreases so you can pick all the cysteine you want in the world. But if you don't have enough enzymes, you cannot produce enough glue with iron.

Okay, so that's why you have a gluten iron product because I'm like, okay, there has to be a reason. So the enzyme. So for us, perimenopause, all menopausal postmenopausal ladies taking in a zero cysteine is not going to do it because our enzymes are not working as well.

So let's talk about like glutathione and the hormonal connection. What would glutathione have to do with hormones? So so glutamate does two different things for us, right?

One, it neutralizes all the free radicals that either by chemical reactions within your body or it can be because of or from a number of sources like sunlight, to give us a lot of a lot of free radicals.

So those are electronic charges that get neutralized. That's why it's called the and that's why it's called antioxidant. The second functional bloat that it conjugates with the different metabolites and help clean the liver out and get it by getting rid of metabolites.

Now, I myself as as a male patient take some testosterone. I know we do need some. And all my female patients, they do take estrogen and progesterone.

The agent estrogen, all those hormones, all hormones, they go through the liver and gets metabolize. And that's how we get it, get rid of it from your body.

So those metabolites, some are some are good and some are toxic. Right. And as you know, some of the we do measure those metabolites in the urine to see what the toxicity levels are.

And if that's too much, then we give them some products to help get rid of it. Our body naturally produces gluten to conjugate with those metabolites and get rid of it.

So having enough gluten in your body, in your liver is going to make sure that whatever hormone therapy that you're doing is actually being useful and correct, because all the hormones they will have to make you take hormones every single day.

They have to be broken down and get rid of it. So the getting rid of it part is done by glue, the thyroid part of it. And so making sure the levels are optimum is crucial.

I do have patients that do take in pellets and even though we don't like pellets, guess what? It produces a lot of a lot of toxic metabolites. So those have to be neutralized.

I cannot stop from them ticking pellets, but I can help them by neutralizing the liver and getting rid of all the all the junk out of there. Send them to see Dr.

Stills, and I will make them stop those pellets. Exactly. That's me. I can do that, too, but. All right. So. So you mentioned. So what about like testing?

Because I think testing is controversial. Like as a physician, I've learned different ways to test and sometimes, well, that's not really that accurate or check it in an organic acid or what do you think as the glue to thinking.

Okay. How should like the people listening, the women listening, how should they ask their physicians to have their glutathione levels checked? Sure. But I'm not. The king is to let you know.

You're my good. I'm just glad that guy does this. I'm a just a guy. Okay, that's practical. It's a good science guy. So there you go. I can tell you, the king.

Of so you know what the good that has been out for, what, over 120 plus years? And the thing is, we don't know much about it because there has never been a way to improve glutathione levels.

Interest generally do the highest amount. Right. All this years after FDA is only approved. Episode 16 to improve the glow time levels and the gluten levels are actually measured in the blood and within the blood.

It's preferred to measure into the RBCs with the red blood cells levels because it whatever is in the red blood cells has a longer life than was in the plasma.

So if your blood has to come from the red part, which is the blood cells and the water part, which is the plasma, so when you inject glycerol, either, guess what, it only ends up in the plasma never, ever enters the blood cell.

And so because of that, the plasma gets filtered out by the kidneys every 15 minutes. And in reality, in 14.1 minutes, all the gluten is out of your bloodstream.

And so you will you what you really want to measure the gluten level is in the red blood cells, but traditionally nobody measures it because why gluten is very unstable.

As soon as you draw the blood out and by the time it goes from your office to the to the lab company to test it out is already being oxidized and. And you check like red blood cell.

Good. If I own it like a lab or a quest. I think you can. But what you're really measuring is just the oxidized form of glue without actually labs that does this all the time. So.

So we work with specialty labs that, that that's what they do. And so they do measure this all the time in the in the labs, but they're still measuring the oxygen form of glow time.

I do my research at the university and the university. We draw the blood from the machine right there, there. So we get the data immediately out. In the real world, it's not just possible at all.

Gotcha. Okay. So so for the women listening, is there, what would you recommend if they want to know their glutathione levels. If they're one of the gluten levels?

First of all, I've done thousands and thousands of tests as of today.

Amino Acids, NAC, and Making Glutathione

I have never found a single person that is made that is medium, normal or higher every day. The low normal or below normal, every one of them, thousands of cases I've done in my whole family.

Nobody has gluten levels that are that are higher. Plus, the thing is, keep in mind, I'm only testing people they are 40 and about right. And so all those patients have low gluten levels to begin with.

But you can measure the gluten levels in the blood and see what the levels are. The radius from 500 to 1000 or 1100 micrograms per liter. And what I have found in all my studies, it was in 4 to 5 fifties.

What was was everybody is if you're younger. Typically for all of us, including myself, we should just go on the assumption our glutathione levels are low and we need to be addressing that.

And that's kind of like a, you know, I always laugh. Patients say, like, how long do I haveto be on this for Dr. Stills? And I'm like, for life for as long as you're alive.

So it sounds like the thigh bone kind of falls into that that category for cleaning up the body, for detoxing, for supporting your liver when you're on hormones and so forth.

And so now I want to go back because you said something that like to me is very disturbing, that when you take glutathione on I. V., it doesn't penetrate the blood cells.

And so why is that? Why is it not penetrating? I, I have to think that because the particle size is due to too large, the molecule is too big, that never enters the blood cells.

But the thing is that is not discouraging that much, because even though the study did not show that the absorbed fluid found, what it did did show that gluten was broken down into amino acids and they did absorb cysteine back in the bloodstream.

So a day later, they saw a spike in the glorified level. Not because of that. They took blue a thyroid because the cysteine was used to remake gluten again.

So so now let's talk about because this is how I met you spraying my own on my because I want to really understand this too. So why is it that when you spray it and it's going on to the skin, why is that better and more utilized?

If you could just explain, you know, explain your know your research and your science in the next 5 minutes. Please. I wish I had a easier way to take this gluten than spray on your body and making it all sticky on you.

But that's just unfortunate. So the technology that we have, this was 14 years ago, which is the glue, that molecule and literally compressed into small balls.

So that way it becomes really compact. And then when you really make it really compact, it gets your skin pretty easily. If it goes into your mouth, it gets destroyed by the stomach lining.

And so the reality is that to keep it intact, it it has to go through your skin. So that's a technology. It was so far ahead of of my of of any research out there.

So it took me 12 years just to research on what it does, how much to give, how often to give, what kind of outcomes I'm going to have. And so I could not even release a product to the open public until I did all the work I had on my own beforehand hands to read the book, because all the findings I had, I keep on telling my family at every gathering, This is our work. It is. We're working on it because.

So what is it? What is it? I said, okay, guys, you know what? I stopped going to all family gathering. I wrote the book. I told the family, Now you're going to support me by buying my book and read up on this book.

So that way, you know, Semaglutide is what it does. What kind of outcomes you have. But it's just unfortunate that the gluten that we have is, is actually it only happens to go through your skin, which is good and bad thing.

But the good thing is that now we know that it can help improve the gluten levels immediately upon contact. The bad thing is that it is a little sticky as you can feel a little stickier.

Everything goes away. It's the smell goes away, the stimulus goes away. But it does work and it will improve the gluten levels on demand within few minutes.

It can literally a particular time and do a blood test within 15 minutes and see a rise in the gluten levels in your blood. So maybe I missed it, but why is it?

It's because. Why is it absorbing into the cell when the ivy isn't? Because we're all taught. I mean, I was taught as a doctor like the, you know, the gold standard is do something, ivy.

And it's the best absorbed. It is the better best absorbs into the bloodstream, but it does not enter the cells because it enter the cell. It has to be binding to the cell receptors to do that part.

So when you use a glue that the sticky part is that is a very sticky right. The sticky part is actually binding to one of the receptors on your cell, which is called the ace2 receptors.

It binds to that one. And from that it just sucks it into the into your cells. So we did publish a clinical trial on that one. We just got published just about a month ago on May 1st.

It was published in one of the journals and talks about the science of how is actually getting into the bloodstream, into the blood, into the into the cells using those ace2 receptors.

So for that to happen, the particle size has to be extremely small, which the ibis is not there. I mean, it's a full molecule. So would you say like it's not worth it to get a gluten free diet?

And I read that. Oh my goodness. It might change my practice. Like in my never giving ivy glue to thiamin and I this. As a sip for IVs. There's always a need to be there for IVs because if you can give a high dose, glorify or write a very high dose, you can.

I'll give a topical version because everything is absorbed immediately with the IVs. Now that we know that, only let me get absorbed over the next 50 minutes and the rest is you're producing more cysteine.

So cysteine is being used up for the next couple of days to make blue with iron.

Glutathione, Hormones, and Liver Detox

So in that sense, I mean is still okay to be given because there's a sustained effect from IVs. But if that's true, you can just give any CV and get the same results.

Right. And it's probably cheaper to be cheaper. Yes. Yeah. You know, it's so interesting because you learn these things and I mean, I've been doing good final B IVs for over two decades.

And so it's like, you know, you just really it's like you really got to open your mind because medicine is constantly changing. And I go, Well, I'm going to give someone an I. V.

and not give them glutathione. And that's weird, but I really like love your, you know, what you're doing and how like and I don't know, it was sticky at first, but I don't know now.

I like I kind of like it's like a comfortable feeling. It's like, Oh, here comes my stickiness. I know I'm giving my, my liver some love, right? And it doesn't surprise. My.

Patients who didn't who couldn't handle the stickiness. But for the most part, everyone seems to do fine with it. Because you just rub it in till completely dry.

It'll dry up completely within a couple of minutes. So that's not a big deal. So my wife is your eyes are on her face. I was going to ask you about that.

Yeah, because guess what? The face feels so smooth, right? It really makes you makes your skin feel really, really smooth after rubbing on for for a couple of minutes and dries up makes it really smooth and it also evens out your skin tone.

And so she says she's everyday at nighttime before she goes to sleep on a face. Does it help with, like, wrinkles? Yeah, we we did a study on wrinkle management and skin tone, and we saw almost 90% plus this were all women did they tried it.

They saw a severe reduction in the wrinkles. All right. I have nothing put it on my face, but I'm the ones that starting this evening, I always just put it like here, here we put it on my thigh.

But so like a bedtime routine is to just put it all over your face. I love that. But yeah, it it does work. So it works upon whether you apply it as well as internally.

So you get two, you're. Getting like two for one. Yeah. Oh, my gosh, I've been missing out. So what about as I'm saying that? And I'm like, all right, I'm just going to bathe myself in your good if I can spread it.

But like, can you get too much glued if I own? Is there any can. Yes. And so that's part that's my next two research that I'm doing right now because your body needs to be always be a little stressed, because if it's not enough stress, you might as the body becomes lazy.

Right. And so too much is not good for you either, because your body needs to be in oxidative stress, because that part is always trying to make your body stronger, better, faster.

When the body becomes in reductive state, it becomes lazier. So that's not a good sign. Hence I had to find out how much to give you. Right? That was my first 20 years of research because I needed to find out what dose can I give you?

How much to give you to making sure that you buy does not overcompensate by produce it, but by having way too much gluten in your body because that's not a good sign either.

And so we figured out we had tried anyway from two sprays, four sprays up to 30 sprays in a day to see what dose it comes out better and what we father does for sprays, which is about 2.5 mls of liquid twice a day, gives you the best, best blood levels without getting into outside the range.

What is that in milligrams. It's about a hundred milligrams. So a hundred milligrams. Yeah. Twice a day. 100 milligrams twice a day or it's 100 milligrams.

Twice a day. If we compare that to any of the forms, like I have doctors I give I. V. therapy with, which is thousand milligrams. Right. And I'm telling you, you can do thousand milligrams with topical because it is too powerful because that to the blood cells.

So you cannot give too much. You have to be under 100, about a hundred, 250 milligrams maximum per day. And I know you're saying, you know, you want to keep the body functioning and not too lazy and there is healthy stress. I get that.

If you were doing too much, would you see physical side effects as well? I have not. So the only side effects that I have seen is when you get too much of glue tired.

Initially, your body will start getting like like a horrible reaction. Like you have a, like a little itchy liquid rash. This is tells me that your your your your detoxing too fast.

So cut back. Cut back, go a little bit lower because it's too much for your body to handle at this point. Okay. So for the liver, you know, there's so many there's just so many supplements out there, right?

This is good. That sounds good. Just like there's milk thistle. Does glutathione kind of cover it all or you like to do glutathione on with some milk thistle, with some cofactors for phase two, like do.

What's your thoughts on that? I'm just curious. So I have all these gluten and keep in mind I only work with physicians like you. So when I work with physicians, I'm I have access to all the lab work.

So we tell the doctors as, hey, why don't you give this product for about two months and do it before after lab work?

Testing Glutathione Levels and IV vs Topical Delivery

And initially what we'll see the LTC levels will start dropping that in flowering markers for the liver enzymes is dropping. That's not the that's not the solution.

That is just a temporary thing that the information has gone down. The real the real effect are seen three months, four months down the road, once inflammation is down and the liver cells function better.

Right. And so anybody can bring the alt levels down with any products, but that's not the full solution. And your body produces enough glue time to do that part, by all means.

When you do it, you do glue that by itself with no other product. We don't use telomerase or milk the cells or anything else. We don't use anything. Just glue that by itself.

LTC Those will be in a drawing back to normal that just tells you the information is down now. Now the healing begins and another three months or so the healing is done.

And then they start seeing just the optimal function of the body. So patients will start to notice physical improvements where they what are some of those other than that?

And I'm excited for that. I'm going to try that. You know, it's it's the physically it's what you see on the face and your body is one thing. But internally, when the information is down, I've seen patients apply on the knees and within one or two applications the knee pain is gone.

I have seen people apply for for fatigue and the fatigue has gone in like two weeks or so. There's a bit people a lot of people have brain falls. I'm not sure that because of COVID, the vaccines, I'm not I'm not a conspiracy theorist.

So I can't tell a bad part about that part. But I do know that a lot of people have brain fogs. Is it because of just mental fatigue or what's going on?

I don't know. Having glue type actually is improving. The brain fog for those people to is symptomatic relief. It's not a cure all for anything, but it just what what's happening is that the inflammation is coming down and the body with the body finishes comes down.

It also creates a brain fog. So the terrible thing better now I want to stop it. It comes back, by the way. So it's not it's not like it's it's getting rid of it.

It's just that you feel much better so you can function better every day. So it is kind of like what I said. It's one of those things because of what we're experiencing outwardly, we need to take it long term to deal with the effects of the toxins in our lives.

So is there are there any I mean, I don't think there are, but are there like is there anyone a contraindication where you should not take glutathione?

Not that I know of. So there's no drug or drug interactions with gluten so anybody can take this product of with any medications they're on. Are disease, gluten interactions.

The only thing that that people have been cautioned is oncologist. Have cautioned people obviously any anti also because the chemotherapy is pro oxygen.

So in order for their drugs to work and kill all the cells good and bad and ugly cells, they want gluten to be lower. And so so that's the only downside to that part.

But we do have a lot of integrative oncologist have been using prescribing gluten for all the patients because they do see a benefit of making sure that all the other cells that are healthier, they stay healthy and only only affects the cancer cells with the chemotherapy.

Although I've always been doing it for my patients dealing cancer ivy. So now I'm like, Oh no, we got to spray it topically. By the way. So compared to Ivy and topical, you know, in the theory, guess what, if you give glue on the cancer cells, only hijacks the glue that it's produced by the mitochondria.

So if you do that from outside sources, it is actually penetrating inside the blood cells. The mitochondria gluten is is not being produced because there's not enough gluten outside the cell.

And so I guess what in theory, it could literally starve the cancer cells. Again, this is all theory. Yeah, I'm not a theorist. Again, it's just this mix.

I'll just try to make a point that this could be an issue. But again, because so much research and I'm sure that because they're doing some research on this product right.

So is there anything else I didn't ask you about, you know, glue to science that you want to share or just a quick recap of what you want to leave the listeners with as far as the science. And so let me just tell you a couple of things that I what I have felt over the last 14 years, because when I first discovered gluten 14 years ago, I was not too excited.

I said, well, what the heck right would be deal, right? I'm a pharmacist. I create a product in my lab. Two years later, I saw my first benefit. I had one of my employees got burnt at a job.

We apply the gluten and the pain was gone literally instantaneously. That's the day I realized that, Oh my God, this thing is really good. Topically, until now, I had no idea.

Right? So that was the first time I realized what this was used topically. And then my dad had a stent put in his heart ten years ago. Right. And so after the stain was put in, the doctor gave a whole slew of medication that he has to take every day.

My dad didn't want to take the medication, dumped it. Ever since that day, he started using gluten. Because I had it, I had no idea. I had to raise the part of the public yet.

So he was my patient number one, right. Today, he's 87 years old this year and 20, 20, 23 is 87 years old today. He is free of type two diabetes. He is free of blood pressure.

He free of arthritis. At the age of 84, he had a double knee replacement, both the knees, because he had arthritis for 40 plus years. So the knees were labor deform.

And of course he was it was affecting his you know, he had no pain. It was just that his walk was not perfect. Right. Because deformed knees wasn't that perfect.

So it was hurting his back because of that. So I said, Dad, why did you get knee replacement done?

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I said, okay, let's do both of them. And the doctor goes to and he was at the same time at the age of 84. Oh, my

God. He did they did not think is going to he's going to make it for at least six more, six months to seven months for recovery.

Three and a half, three and a half months later, he was in India traveling after the surgery. And so what I'm telling you the story is for one reason is that age is just a number.

You can literally reverse your body back to youthful vitality, anti fatigue, enjoyment of life at any age. If my if my dad can do the age of 87, I sure could do the age of 50.

Right. And so I want to give this hope to all of all the patients out there that, you know what, science is advancing so fast. And I'm I'm glad that still that you are you're promoting this education seminars that because with this education seminars we can reach the world letting people know that we can help you at any age.

So with that, I hope I hope I'll live forever. Yes, yes, yes. Including by phone will help us. So if listeners want to learn more, do you have a website if they want to get your book?

Yes. So we do havemy website is is aurowellness.com a-u-r-o wellness.com If we do have the book on Amazon and your favorite bookstores have this books Kindle has it audible if you do not people don't like to read so they want to listen to it are audible and so you have access to all those things and mentioned Dr.

Stills name when you do purchase the power to try it because we do want to make sure that we give credit where credit is due. Well, I just I'm just so glad that our paths crossed and that you came on here and really, you know, broke down glue to tie on for us.

I think every woman listening and it's hard to say, you know, there's few things there. There are a number. But where I can just kind of in good conscience say like everyone listening can benefit from this.

You know, in my practice, I'm working to get every patient on this product. I take it my so I'm actually one more quick question. It's not really menopause, but can I like can I give it to my grandbabies?

Like, is there an age test that you, you know, do they need it at that young age or do you wait for them? They don't need them. But if they have a problem, they have acute problem.

So I have given during the COVID times, I had so many moms due to one month old babies because they could not stand the fact that they were having respiratory failures and it can bring the inflammation down.

So it didn't didn't cure it all, by all means. But it brings inflammation down so they can breathe better. They survive. And usually they will use it on one month old babies.

So just in acute cases. Okay. Just to. Keep this. Or just curious. All right. Well, I kind of went off track there, but menopause started as I know. Thank you so much.

I've learned so much from you. It's you know, this is why it is the art and practice of medicine, because I'm you know, why I constantly I'm learning and growing.

And you have to like you said, the science changes and we have to change with the science to do what's best for ourselves. So I appreciate you being here and educating us, educating me.

I have a new bedtime routine now. For now, because I always tell patients, you know, you can put some of the real is good on your face, so now you can do the drill and good.

If I own combo nation. So all right, great. So and that was a u r o wellness.com So please check out Dr. Patel as you can see, he's brilliant and go learn from him at his website.

So we'll be back with another episode of our summit and I thank you all for being here.