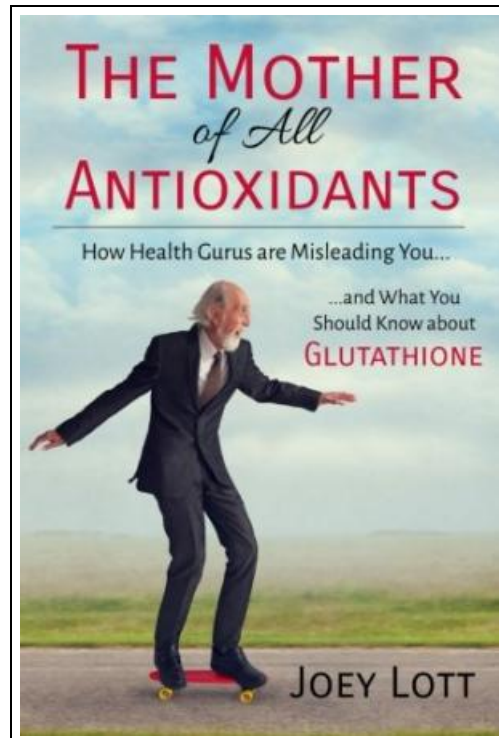


The Mother of All Antioxidants: How Health Gurus Are Misleading You and What You Should Know about Glutathione (Paperback)



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Reviews

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THE MOTHER OF ALL ANTIOXIDANTS: HOW HEALTH GURUS ARE MISLEADING YOU AND WHAT YOU SHOULD KNOW ABOUT GLUTATHIONE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Antioxidant You ve Probably Never Heard Of A deficiency in this one nutrient is known to contribute to cancer, heart attack, stroke, diabetes, Alzheimer s, liver disease, and chronic fatigue, among other conditions. On the other hand, adequate amounts reduce inflammation, improve sleep, improve recovery from exercise, improve heavy metal detoxification, and protect the liver and brain. So what is this mystery nutrient? Is it some obscure superfood or expensive supplement? No! It s glutathione, which is a naturally occurring substance produced by the body. The Problem is That Most of Us Are Deficient Without glutathione, cellular functioning would grind to a halt and the body would become burdened by toxicity. Unfortunately, deficiency is caused by common things that many of us are doing on a daily basis, like over-exercising, dieting, taking Tylenol, and being exposed to many of the toxins that infiltrate our world, like benzene, formaldehyde, and pesticides. Stress is also a culprit. Oh yeah, and alcohol consumption and lack of sleep, too. Yikes! So What Can We Do? Luckily, there is a solution. In The Mother of All Antioxidants, author Joey Lott lays out an easy to follow protocol that doesn t involve weird foods, expensive supplements, or anything that would seriously disrupt your life. Instead, you get to eat delicious food-like butter!-and reap all the benefits of this amazing nutrient. You ll learn about all the nutrients that help the body produce glutathione, including vitamin D, magnesium, and Omega-3s, and also pick up some tips on healthy lifestyle practices that will allow you to feel more well rested and to enjoy life more. What you don t know can harm you. Available on Kindle and...

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