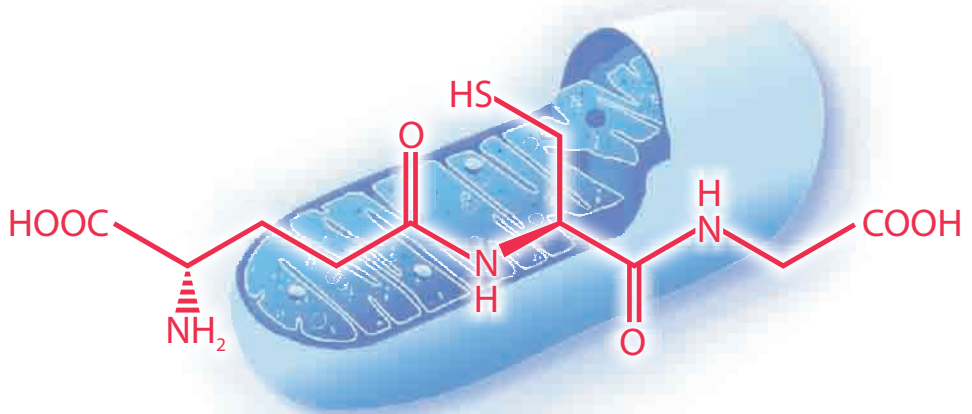


Cell protection – detoxification – prevention

The health significance of glutathione

Dr. Udo Böhm
Friedrich Reuss



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MEDICINE - STATE OF THE ART

UNI-MED Verlag AG, one of the leading medical publishing companies in Germany, presents its highly successful series of scientific textbooks, covering all medical subjects. The authors are specialists in their fields and present the topics precisely, comprehensively, and with the facility of quick reference in mind. The books will be most useful for all doctors who wish to keep up to date with the latest developments in medicine.

Preface and acknowledgements

Micronutrients such as vitamins, minerals, phytochemicals, fatty acids, enzymes and amino acids as well as their derivatives are becoming increasingly important for the prevention and treatment of many diseases. On the one hand, this is based on their directly comprehensible short- and long-term effects, on today fortunately comprehensive theoretical knowledge about biochemistry and physiology of these substances and the resulting positive influence on all areas of human metabolism. On the other hand, these effects for practical implementation in everyday medical practice in all sorts of indications are confirmed with sufficient certainty by a large number of studies that meet the criteria of evidence-based medicine.

Knowledge of mutually influencing functional circuits in humans, such as the energy balance, the immune system, inflammatory processes or the neuro-endocrine functional axis play a major role in understanding the effects of micronutrients.

Of prime importance for health and quality of life are the ratio of radicals and radical scavengers and the oxidative stress resulting from a mismatch of the two groups of substances as well as the ability of our organism to detoxify pollutants.

In both processes, the amino acid derivative glutathione occupies a central position that can not be replaced by other substances. With glutathione, nature has provided us with a multifunctional substance that, due to its particularly favorable redox capacity, is one of the most effective antioxidants, in which the body's own detoxification plays an important role and additionally serves as an ideal reservoir for L-cysteine, which otherwise would not be storable in organism in the required amount.

In this book, which was updated and supplemented for the 2nd edition, we will present in detail the biochemistry and physiology of glutathione and its effects on human health and disease. We will substantiate its essentiality for the metabolism and at the same time give an example of the variety of ways in which micronutrients work in and for humans. High priority is given to answer all questions concerning the absorption, synthesis, and availability of glutathione.

And we will describe the major glutathione indications that have been confirmed by studies as well as the various possibilities of glutathione diagnostics and the use of glutathione in everyday medical practice.

We want to help deepen our understanding of this important substance, eliminate any misunderstandings, and gain a broader understanding of the value of micronutrients in general and of antioxidants in particular.

Unterwössen, May 2019

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Basic idea of ortho- molecular nutrition