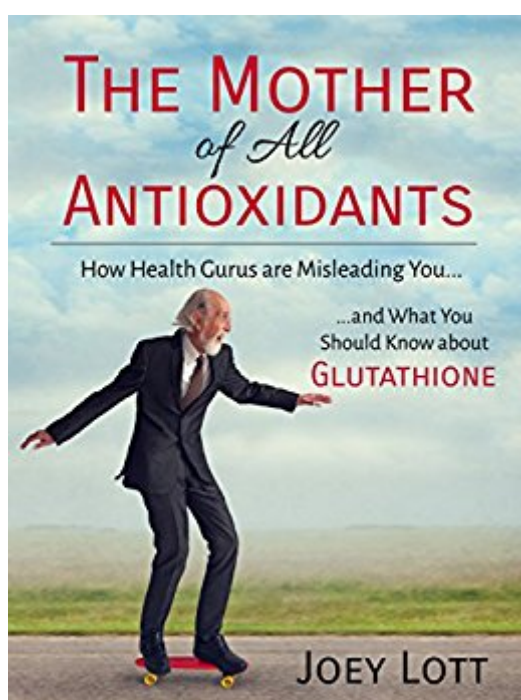


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# The Mother Of All Antioxidants: How Health Gurus Are Misleading You And What You Should Know About Glutathione



## Synopsis

The Antioxidant Youâ™ve Probably Never Heard Of A deficiency in this one nutrient is known to contribute to cancer, heart attack, stroke, diabetes, Alzheimerâ™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! Itâ™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 doesnâ™t involve weird foods, expensive supplements, or anything that would seriously disrupt your life. Instead, you get to eat delicious foodâ”like butter!â”and reap all the benefits of this amazing nutrient. Youâ™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 donâ™t know can harm you. Available on Kindle and paperback.

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## Customer Reviews

I haven't heard any of this stuff and I'm shocked because I've been reading health books for 25 years. I'm giving it 5 stars because its RARE INFORMATION. We all think antioxidants are the cure for everything but we don't know the dangers of megadoses and we might want to look closer at our supplements before wasting more money on something that may be taxing our kidney and liver while paying for it :( Before you put another vitamin pill in your mouth READ THIS BOOK.

The supplements and superfood industry is a mega-billion business, catering to those who mistrust regular drugs and health care. Every health guru worth his salt markets his own brand of super supplement that will cure, rejuvenate or improve you. But supplements, vitamins and herbal remedies are not food, they are isolated substances that are meant to modify biochemical processes in your body. Yes, just like drugs, including side effects and health risks. Everybody with a basic understanding of physiology knows, that a body is not a machine, where you can just push a button and get an automated response. Lots of substances with biochemical activity serve more than one goal for starters. So, in addition to intended effects, there will be unintended effects. Next, if you start supplying supplements, the body's reactions will change over time. The body will downregulate its receptors, or upregulate the supplement's antagonists. The criteria for labeling a supplement as such are not as strict as for real drugs. So, there is a jungle of 'nutritional supplements' and a chorus of voices singing their praise. In this chorus, there are few voices of reason, and Joey Lott certainly is one of them. He researches exaggerated claims and gives much needed information, that will make you think twice about supplements. Wish there were more Joey Lotts around.

A very good reading if you want a fairly clear, comprehensive and coherent overall view of the stuff about this famous antioxidant. You'll discover why the advice of the so-called experts can be plainly

wrong, and what to do instead. However, although I think the author's intention was to write an easy to understand and practical book, which is good, I do personally miss some answers to a list of questions that have come to my mind when reading the book, so I really would rate it 4.5. I think it would be perfect with such additions.

I found this book to be very informative. I previously studied this topic in detail and still learned many things. The most important thing I learned is the need for additional glycine in our diet. The best source is by eating bone broth. The material was presented in a very easy to understand manner.

Reading this book was like having a nice and very interesting conversation with a beloved friend. Lott never makes you feel like an absolute idiot for all the stupid dietary mistakes you've made in your life and puts information in an user friendly form. I was hoping to find something about MAXGXL, but was encouraged to read about the dietary addition of glycine being beneficial. Thank you Joey Lott, Matt Stone and Dr. Brind

One thing I dislike about many health bloggers and even book writers is that they tend to repeat each other without a critical look at the science behind what they're discussing. Luckily, this author does not fall in to that trap. Just the opposite -- he shows you ways in which you might be shooting yourself in the foot by following all the second-hand, unexamined advice. Think NAC will be your silver bullet? It might not. As you might be aware, glutathione is made from cysteine, glutamine, and glycine. However, you've probably never considered which of these three elements is a rate-limiting factor for your glutathione production. It never occurred to me, but now I know better. You'll find out inside. I have some trifling complaints. First, the language was a bit too elementary and pedantic for my taste. It reads like a lifehacker article. Second, there really needs to be some illustrations. A good graphic can unload a lot cognitive power required to piece together a process. It also makes it more memorable. Frankly, no discussion of methylation is complete without some sort of graphic. Despite these complaints, I still rated this 5 stars for the information and the format. I'm glad I found this book and plan on checking out Mr. Lott's other material. A concise, systematic and critical review of a singular topic is something I value highly, and I hope to see more efforts in this format. It's a lot easier to parcel out some time to a 75 page in-depth review on a single topic instead of some health guru's 400 page magnum opus (which is going to be at least 80% stuff you already knew).

If you have been a victim of the "experts", as I have, read this book. Sane, sensible, knowledgeable and well-written. It is obvious Lott read a lot of original research papers and so was able to expose the hype. He points out that more may not be better and may even be much worse. If your body needs a certain amount of vitamins and minerals pouring in more is like pouring a gallon of water into a tea cup. He also debunks the mania to find the "silver bullet" pill that will fix everything. I have a neighbor who takes 20 pills daily, spending thousands of dollars a year. As long as its natural or organic its good. But there are organic herbs that are poisons. Lott saved me from getting another bunch of pills and showed me how to have good levels of glutathione naturally. Bravo!

An interesting book, but does not specify much per se. I think that glutathione should be checked out before starting to use, however most of our doctors around prefer using drugs rather than natural stuff. A rather short book which in MHO does not really give me any guidelines, but obviously is food for thought.

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