



Redland Reflexology
Body Frequency Analyser Scan



GLUTATHIONE

The benefits of Glutathione and the symptoms of its deficiency.

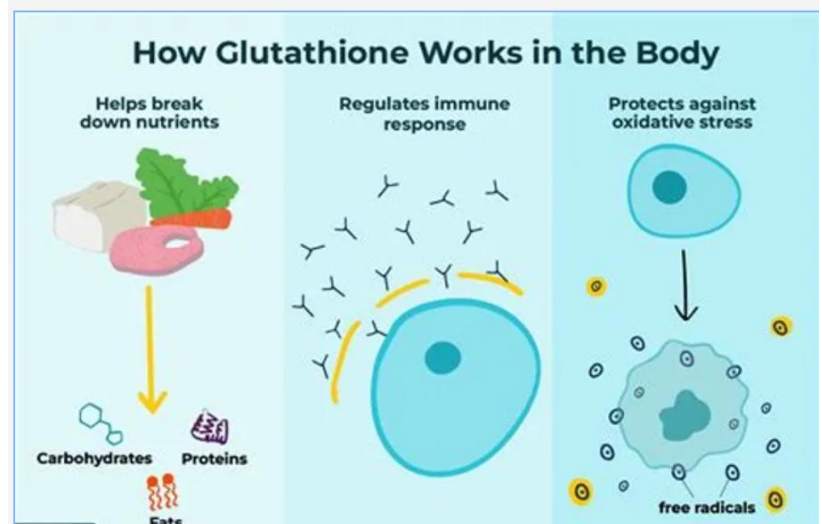
Benefits of Glutathione: Glutathione is a powerful antioxidant produced by the liver to protect the body against free radicals, peroxides, and heavy metals. It has several benefits:

1. **Antioxidant Activity:** Glutathione is a very strong antioxidant because high concentrations can be found in every cell in the body. It helps to counteract free radicals and protect the body from their damaging effects.
2. **Preventing Cancer Progression:** Some research shows that glutathione has a role in preventing the progression of cancer.
3. **Reducing Cell Damage in Liver Disease:** Hepatitis, alcohol abuse, and fatty liver disease all damage the cells of the liver. Glutathione could help treat non-alcoholic fatty liver disease due to its antioxidant properties and potential to detoxify.
4. **Improving Insulin Sensitivity:** Insulin resistance can result in the development of type 2 diabetes. Glutathione improves insulin sensitivity.
5. **Supporting Immune System:** Glutathione supports the immune system.
6. **Transporting Mercury Out of The Brain:** Glutathione helps in transporting mercury out of the brain.

Symptoms of Glutathione Deficiency: When glutathione levels are low, it can lead to several symptoms:

1. **Fatigue:** Low energy levels can be a sign of glutathione deficiency.
2. **Frequent Infections:** If you're getting sick often, it could be due to low glutathione levels.
3. **Joint and Muscle Aches:** Pain in the joints and muscles can be a symptom of glutathione deficiency.
4. **Male Infertility:** Low glutathione levels can contribute to male infertility.
5. **Skin Damage:** Skin problems can occur when glutathione levels are low.
6. **Weight Gain:** Unexpected weight gain can be a sign of glutathione deficiency.

In rare cases, a genetic condition may limit the body's ability to produce glutathione. The signs and symptoms of this deficiency may include anemia, the buildup of too much acid in the body (metabolic acidosis), frequent infections, and symptoms caused by problems in the brain including seizures, intellectual disability, and loss of coordination (ataxia).



Please note that these are potential symptoms and if you're experiencing any of them, it's important to consult with a healthcare professional for a proper diagnosis and treatment.