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# The Important Health Benefits of Glutathione

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## Description

Glutathione is a powerful antioxidant found in all cells in the body. It is made up of three types of molecules known as amino acids. Amino acids combine to form different patterns to form all the proteins in the body. One unique thing about glutathione is that the body is able to process it in the liver, which is not true of many antioxidants. Glutathione has many important functions, including:

- Making DNA, protein and cells.
- To support the function of the immune system.
- Forming sperm cells.
- Breaking some free radicals.
- To help certain enzymes to work.
- Revitalizing vitamins C and E.
- Transporting mercury out of the brain.
- To help the liver and gallbladder to deal with fat.
- Aids to normal cell death (a process known as apoptosis).

Reducing toxin exposure and increasing intake of healthful foods are also excellent ways to naturally increase glutathione levels.

### Benefits of glutathione

**Antioxidant activity:** Free radicals can contribute to aging and disease. Antioxidants help fight free radicals and protect the body from its harmful effects. Glutathione is a very powerful antioxidant, because high concentrations can be found in all body cells.

**Cancer Progression and Chemo resistance:** Glutathione (GSH) plays an important role in many cellular processes, including cell division, proliferation, and apoptosis, and the disruption of GSH homeostasis is involved in the aetiology and progression of many human diseases including cancer.

Reducing cell damage in liver disease: Hepatitis, alcohol abuse, and fatty liver disease all damage the liver cells. Glutathione plays an important role in the detoxification and antioxidant system of cells and has been used to treat severe toxicity and chronic liver disease through intravenous injections.

**Improving insulin sensitivity:** Insulin resistance can lead to the development of type 2 diabetes. Insulin production causes the body to transfer sugar (sugar) from the blood to the cells it uses for energy. Diabetes is a condition that affects the body's ability to process blood sugar, known as blood sugar. There are several types of diabetes, with a variety of treatments.

Different types of diabetes can occur, and how people treat the condition depends on the type. Not all types of diabetes are caused by obesity or a sedentary lifestyle. Some have been around since childhood. The most common types of diabetes include type 1, type 2, and gestational diabetes, which we describe in more detail below. The most common types of diabetes include monogenic diabetes and cystic fibrosis-related diabetes.

### Reducing symptoms of Parkinson's disease

According to some studies, there is evidence that maintaining glutathione levels can help with the symptoms of Parkinson's disease. Parkinson's disease is a movement disorder that affects the nervous system. Its symptoms occur due to low levels of dopamine in the brain. Some early signs of Parkinson's disease may include:

- Movement changes, such as tremors.
- Coordination and balance impairments that can cause a person to drop things or fall over.
- A loss of sense of smell.
- Gait changes, so a person leans forward slightly or shuffles when walking.
- Fixed facial expressions due to changes in the nerves that control face muscles.
- A voice tremor or softer voice.
- More cramped and smaller handwriting.

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