



Glutathione: The Ultimate Antioxidant

By Alan H. Pressman, Sheila Buff

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Glutathione, pronounced "gloo-ta-thigh-on" and known as GSH, just might be one of the most extraordinary overall health-boosters of modern nutritional medicine. GSH may help with everything from heightened immune system functioning to overcoming addictions to anti-aging. It is a natural protein found in many fruits and vegetables that acts as "nature's policeman," rounding up and neutralizing the toxins that pollute our systems-- and cause countless chronic health problems-- to keep our cells, and selves, healthy and disease-free.

Through nutritional supplements, individual treatment plans, and delicious recipes designed to boost GSH in the bloodstream, Dr. Alan H. Pressman helps you battle:

*allergies *arthritis *asthma *cancers *cataracts *chronic fatigue syndrome
*digestive problems * heart disease *HIV *hyperactivity *infections *jet lag
*mood swings *muscle pain *skin problems * weight gain *and much more!

Detoxify your system with glutathione and watch the amazing results!

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Editorial Review

Review

"Of all the critical nutrients, glutathione is one that's gaining attention for its unique contribution to the immune system and all other biological functions. Dr. Pressman, in this easily readable book, provides us with a definitive understanding of how glutathione works."-- Gary Null, Ph.D., author of *The Women's Encyclopedia of Natural Health*

About the Author

Dr. Alan Pressman is a chiropractor and a board-certified dietician and nutritionist. He is former chairman of the Department of Clinical Nutrition at New York Chiropractic College, and has served numerous terms as president of the Council on Nutrition of the American Chiropractic Association. He is also a diplomate and past president of the American Chiropractic Board of Nutrition. His expertise on a wide range of topical health issues has been heard by millions on the nationally syndicated radio show "Dr. Pressman on Health." Dr. Pressman is currently the director of Gramercy Health Associates in New York City, where he resides.

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