

**From:** Dear Anonymous,  
**To:** [info@thyogen.com](mailto:info@thyogen.com)  
**Sent:** Tuesday, August 28, 2007 3:36 PM  
**Subject:** Ultrathione Health Pack question

Greetings,

Arthur De Vany's endorsement ([www.arthurdevany.com](http://www.arthurdevany.com)) convinced me to select an Ultrathione product for my father, who is 55, overweight, and works a somewhat stressful job without adequate sleep. What product would you recommend to see an improvement, and how rapidly should this improvement occur? I'm also considering intermittent use for myself: I'm 27, get plenty of sleep, eat well, and exercise moderately. Will supplementation impair my ability to make endogenous glutathione? Will I see any benefit at my age? I look forward to your response, and thank you in advance for your time.

Dear Anonymous,

The answer to your question is a frequent one, and to be complete requires a long answer. Here goes.

Ultrathione® is the only safe, well absorbed form of glutathione in the world, well proven. However, at this point in time it is officially still just a Supplement. Don't be confused by the term "nutraceuticals." I don't understand it and I don't use the term.

Our allied pharmaceutical companies are carrying glutathione through the FDA, prescription drug process, and good headway is being made.

With respect to your 55 year old, somewhat overweight dad with a stress-inducing occupation and sleep deprivation there is no supplement, by itself, that will help. It is really important, in view of his young age, to bring about some life-saving changes, and then also add some helpful supplements.

## Our Formula For Life is as follows:

1. See a licensed physician twice a year. He or she will monitor many parameters to help him maintain his health and vigor.
2. At 55 years of age, the blood tests to track include the cholesterol-related analyses (HDL, LDL, Cholesterol) and the Prostate Specific Antigen (PSA). The licensed physician might also track Hemoglobin A1C, blood sugar, and a number of other parameters, in addition to referring him to specialists for particular analyses, if needed.
3. Dietary intake of sugars and most fats have to be curtailed. Good books such as “The South Beach Diet”, “Sugar Busters” and books by Dr. Dean Ornish on fats make meaningful gifts.
4. Investing in a “Low-Rider” type of stationary bike, that has a bucket-seat, pulsemeter, and sensible graded programs *might* be considered, but must absolutely be approved by your Dad’s licensed physicians. Just getting one of these units and jumping on it, with no guidance and no monitoring can prove harmful, or worse. **Exercise requires medical supervision.**
5. There are some absolute prohibitions:
  - (a) no smoking of anything, not even bystander smoke. It is lethal. For example, it is estimated that by-stander smoke causes approximately 50,000 heart attacks annually in women.
  - (b) No more than one beer, or one glass of wine per 24 hours. And you can not “save it up” for a Saturday night! That’s the “threshold” for males. For females, it’s one half that and for females who can become pregnant, the amount is Zero. That’s because the first 2 weeks of pregnancy are generally “silent”, and that coincides with basic organ formation. One drink at this time, or any other time during pregnancy is toxic to the developing baby. **Alcohol is a toxic substance.**
6. Sleep deprivation can be ameliorated in several ways, but the licensed physician should review the problem. Some actions taken by others have included:
  - (a) No napping at all before bedtime. If sleepy, get up and take a walk for 15 minutes.
  - (b) Take 400 I.U. of pure Vitamin E, **not** the natural source E that is so pervasive. The natural source E is often contaminated by agricultural chemicals and rancid molecules. One Pure-E 400 I.U. capsule taken one hour before the hour of sleep may help. *(In case you need proof about pure-E compared to natural source E, the company routinely will supply, gratis, two pure-E capsules. The test is to bite into one of our pure-E capsules and just swallow this no-taste pill. Then try the same biting test with a 400 I.U. capsule of natural source E, but be warned, you may be adversely surprised at the unexpected taste).*

- (c) Some licensed physicians advise taking over-the-counter Benadryl®, the antihistamine that has a “drowsy” side effect. But, even though this is an over-the-counter pill, the licensed physician must approve. It is powerful and if it is used at the hour of sleep, it may be okayed by the physician who knows the patient best. It is important to relieve the sleep deprivation because the Immune System is seriously harmed by sleeplessness that is chronic. *Basically, your Immune System falls into the less defensive mode known as T helper-2 patterns, and this becomes the predominant mode, instead of having balanced Th-2 and Th-1 responses).*
- 7. Finally, the last step in the Formula For Life is the use of scientifically-based supplements made by our Pure Manufacturing System. See the Beacon Newsletter on what we don't put into our products (#21). Also see our newsletter about the attributes of Ultrathione® (#25). Specifically, your dad might enjoy the following regimen:
  - (a) Mid-morning, between breakfast and lunch, one Sports Pack® with a glass of water.
  - (b) Mid-afternoon, between lunch and dinner, one Extreme Performance Pack®, with a glass of water.
  - (c) At Dinner, one Daily Essentials™ pack with water.

If your dad is on any prescription medications, his licensed physician should review these supplements.

Please remember to communicate with us. We love “talking” to our customers.

With regard to you, at 27 years of age, you could go without supplemental glutathione. Your body will make enough until you pass 40 years of age. However, if you (a) have an illness, (b) are greatly overweight, or (c) exercise extensively, you may get back to me.

The Staff