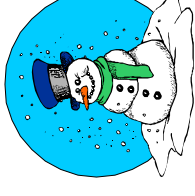


# A HOLIDAY BEACON WITH IMPORTANT INFORMATION FROM HARRY B. DEMOPOULOS, M.D.



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- Many people who use APC's Glutathione products<sup>1</sup> have asked why they have a significant reduction in Seasonal Respiratory Infections.
- The Answer is in the published scientific literature from the National Library of Medicine ([www.pubmed.org](http://www.pubmed.org)). There are 50 publications on Influenza and Glutathione and over 100 on Influenza and Free Radicals and Reactive Oxygen Species (ROS).
- The inquiries have become more frequent as reliable television and print media have interviewed Infectious Disease experts from the Centers for Disease Control and Prevention (CDC), the Mayo Clinic, and New York University Medical Center, among others, regarding this Season's Influenza... the 2002 flu season reportedly was lethal for approximately 35,000 people in the U.S. This total may be doubled for the 2003 flu season according to forecasts in the two attached articles from the Wall Street Journal (scanned and free of viruses).
- These news reports indicate:
  1. There is a shortage of injectable flu vaccine. 80 million doses were made and have been sold. The lead-time to make more is four months, well beyond the typical flu season in the U.S.
  2. A period of four weeks, reportedly, is required for the vaccine to "take".
  3. This Season's strain is Fuji, and was not selected for this Season's flu vaccine. The forecasting is complex and requires a 10-12 month lead time... a very difficult job.

<sup>1</sup> APC's Glutathione is under the Registered Trade Mark of Ultrathione® to designate its pharmaceutical purity, proven biochemical stability, high adsorption/distribution into cells, and its safety profile.

- My **STRONG ADVICE** is:

1. See your licensed physician regarding flu vaccination.
2. Follow the objective scientific evidence. Echinacea has been proven to **not** work. Virtually all of the popularized herbs have also been proven to **not** work. The same is true for unusually large doses of what are supposed to remain “trace metals”; they do not work. That includes Zinc.
3. What does work?
  - ◇ A balanced diet that will maintain your body’s glutathione levels. Skip the extreme-low carbohydrate/high fat regimens. They cause a dangerous change in metabolism termed “ketoacidosis”. This leads to excess production of Reactive Oxygen Species (ROS), Reactive Nitrogen Species (RNS), and rancid fats termed Lipid Peroxides (LOOH). Collectively, these cause Free Radical Pathology with serious cellular and tissue injuries to the Immune, Cardiovascular, Respiratory and Central Nervous systems. Ketoacidosis is a major glutathione destroyer, ranking with tobacco, excess alcohol, atomic radiation, sulfur mustard poison gas, advanced AIDS, advanced Hepatitis C, serious Influenza, uncontrolled Diabetes, Septic Shock, and the grossly mis-named “Recreational Drugs”. If you encounter 2 or 3 of these simultaneously, risks rise; for example, a person over 50 years of age is overweight, has poorly controlled Diabetes, tries to lose weight without advice by using a ketogenic regimen, and is exposed to Influenza...the outcome would be tenuous.
  - ◇ The Immune System and the rest of the body do their best on a low fat, low carbohydrate, high protein diet. The negative comments about protein and kidneys holds true only for patients who have significant impairment of their kidneys. Your licensed physician is still your best source of objective information on what type of regimen you should follow.
  - ◇ The Immune System is easily suppressed by polyunsaturated fats and by carbohydrates, particularly the high glycemic carbohydrates and simple sugars. The Immune System functions through its production of an array of powerful proteins... every day, proteins are made from amino acid building blocks, and since humans can not synthesize amino acids, we must ingest them. We do so by eating proteins that we break down into their amino acids, and then our cells pick and choose which amino acids they need from circulating choices.

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- ◇ Go easy on strenuous exercise... it ruins GSH.
- ◇ Get sleep! It gives your body a chance to store up the glutathione it makes throughout the 24-hour day.
- ◇ E-mail me your questions. I hope this information will be helpful to you during the Winter Holiday and the opening of what promises to be a bright New Year.

Wishing you Happiness and Success

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December 2003  
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