



## *The Glutathione Corporation Beacon*

### **The Health Regimen Recommended by Harry B. Demopoulos, M.D. for 2002**

The regimen recommended is a gradual “lead in” program, in order to build up to a high dose of antioxidants that will have a benefit. High doses of our pure, pharmaceutically stabilized Glutathione and our co-factors and vitamins have been tested and used widely for 15 years. They are safe, and are compatible with other pharmaceuticals. You will discover the beneficial effects for yourself.

**These recommendations are General. Individuals may have particular needs, or may have intolerances such as “lactic acid intolerance” from dairy products, or allergic reactions to sulfur compounds as in all wines and most dried fruits, or react to Over-the-Counter medications. CHECK WITH YOUR MOST EDUCATED SOURCE, YOUR LICENSED M.D.**

#### **PART I.**

##### **WHAT WE STRONGLY ADVISE...**

There are a few human behaviors and habits that must be absolutely cast aside because they destroy Glutathione...the main substance we seek to build up in the body:

- Do not use acetaminophen-containing products excessively. It is the major ingredient of many over the counter substances and it becomes easy to pile up these different substances in a day. You can use ibuprofen products, or naprosyn, or aspirin products. Excess acetaminophen destroys Glutathione; otherwise it’s okay, in modest doses.
- Do not smoke, and do not allow anyone who does, to smoke in your presence. The destruction of Glutathione by even side – stream smoke is well documented.
- The Science behind “...the wine stories...” It is true that red wines contain beneficial antioxidants, but so do red/purple grapes and grape juice. Alcohol is tolerated by the human body, up to certain limits termed “**thresholds**”. For non-pregnant females it’s ½ glass of wine/24 hours. For males it’s 1 glass of wine/24 hours. Above these thresholds, there is a rapid increase in damage to cells throughout the body, from the brain down to the gonads. **In females who are not practicing birth control, there must be zero (o) alcohol use in the last half of the cycle. Conception occurs silently and it is in the first 2 weeks of pregnancy (this coincides with the last ½ of the cycle) wherein even a small alcoholic drink can do irreparable brain damage. If pregnancy does occur, all alcoholic beverages must stop.**

- Intelligent dietary choices are essential, for example, for a female:
  - Low fat diet means no more than 15 grams of fat per 24 hours: read labels and know what you are eating; any fat above that amount will drive the growth of cancer cells, promote the pathologic clotting of blood, raise blood pressure, and will also destroy the immune system;
  - Low carbohydrates means no more than 5 teaspoons (25grams) of simple sugar and no more than 200 grams of complex carbohydrates (starches like bread, rice, pasta, potato) per 24 hours; one tablespoon = 15 grams; do not exceed 15 tbsp. of complex carbohydrates, in general.
  - High protein diet means at least 100 grams of protein that does not have associated fats or carbohydrates; egg whites are good, as are very lean meats, chicken breasts, fish, and reduced fat dairy products; beans have good proteins, but too many associated carbohydrates.

IN SUMMARY, THE GUIDE PER DAY IS;

	<u>AVERAGE FEMALES</u>	<u>AVERAGE MALES</u>
Calories	1,450	2,000
Fat	15gm (150 calories)	20gm (200calories)
Simple Sugar	25 gm (100 calories)	50gm (200 calories)
Complex Carbohydrates (bread, rice, pasta potato)	200gm (800calories)	250gm (1000calories)
Proteins (egg whites, lean meats, chicken breast, fish, reduced fat dairies)	100 gm (400calories)	150gm(600calories)
	<b><u>340 GM/1450 CALORIES</u></b>	<b><u>470 GM/2000CALORIES</u></b>

Supplement with raw, fiber-rich vegetables such as carrots, celery, lettuce, tomatoes, and onions which contain very few calories; these should be eaten liberally to satisfy appetites and promote the digestive system; remember, when eating salads, the oils in the dressing are deceptively high in calories; for example, a mere tablespoon of an average dressing will contain approximately 10 grams of fat (100 calories), therefore, be careful in choosing which fatty substance you want to consume. The day's "ration" is only 15 grams for females, and 20 grams for males, on average.

**PART II.**

**THE HIGH GLUTATHIONE (GSH) REGIMEN IS AS FOLLOWS:**

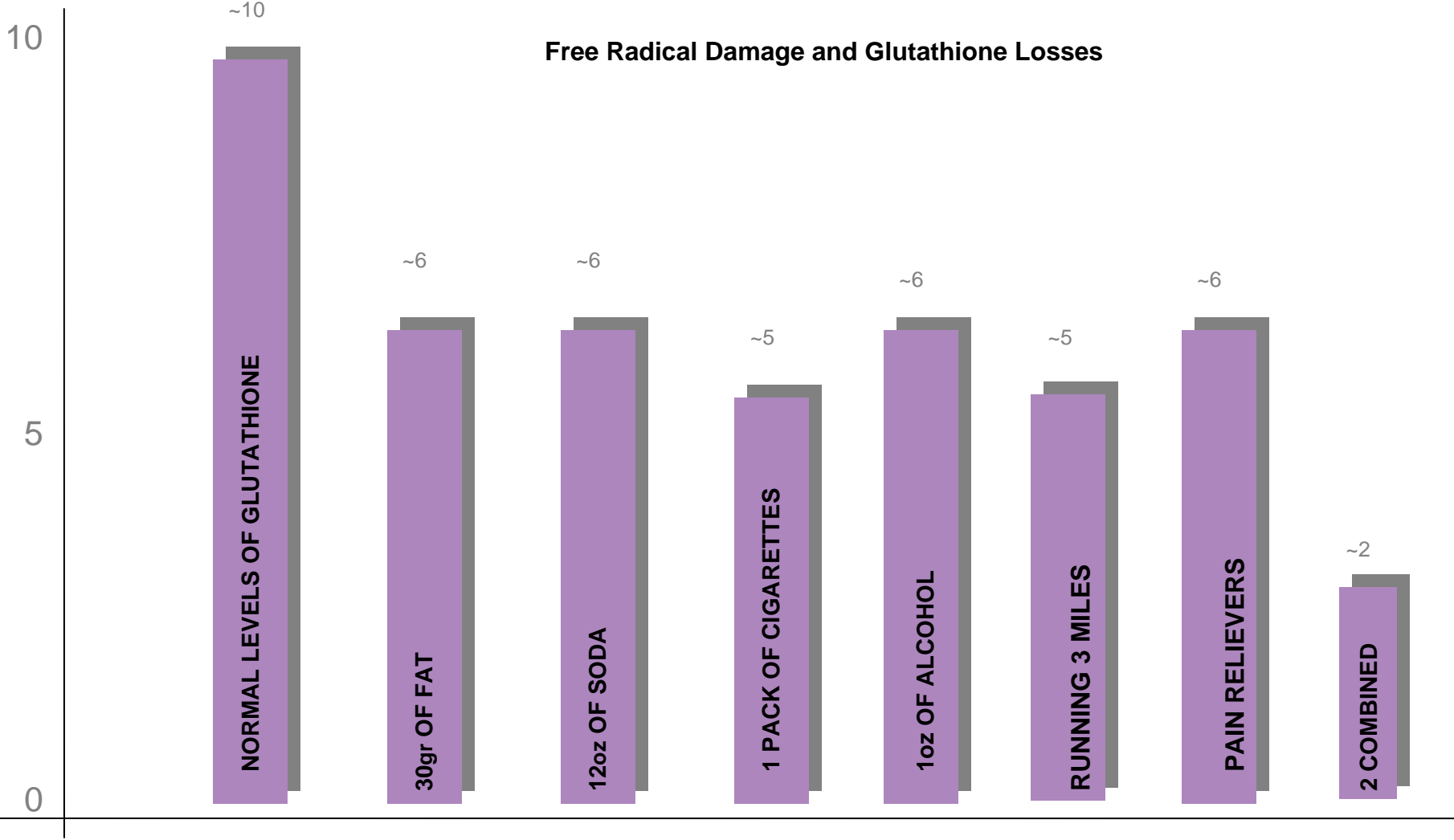
- Males generally require more glutathione than females. Stress, exercise, travel and other factors increase glutathione needs.
- This table represents the “lead in” program to high doses. Glutathione doses should be built up slowly.
- You should “lead in” to the dose that seems appropriate for you, or the dose recommended. When you have reached what you feel is best, simply stay at that level. High activity, or high stress suggest more glutathione
- **Please consult with your licensed M.D.**

“Lead In” Periods	Product and Timing	Doses	1 Month Order
1 <sup>ST</sup> WEEK EVERYDAY  This provides 1.0gm/day	1 Ultrathione 1000, breakfast 1 Daily Essentials, breakfast	1gm GSH	1 box of 1000’s and 1 box of Daily Essentials per month
2 <sup>ND</sup> WEEK EVERYDAY  This provides 2.0gm/day	1 Ultrathione 1000, breakfast 1 Daily Essentials, breakfast 1 Ultrathione 1000, lunch	1gmGSH  1gmGSH	2 boxes of 1000’s; 1 box of Daily Essentials per month
3 <sup>RD</sup> WEEK EVERYDAY  This provides 3gm/day	1 Ultrathione 1000, breakfast 1 Daily Essentials, breakfast 1 Ultrathione 1000, lunch 2 Ultrathione 500, mid-afternoon	1gmGSH  1gmGSH 1gmGSH	2 boxes of 1000’s; 1 box of 500’s; 1 box of Daily Essentials per month

- The 1<sup>st</sup> week level is a sound one for most females.
- The 2<sup>nd</sup> week level is a sound one for most males.
- The 3<sup>rd</sup> week level is suggested for high stress situations, either physical or behavioral or both.
- A practical idea is to keep a box of Ultrathione 500’s available, and use them when you feel “stressed out”, or if respiratory infections seem rampant around you, or if you want to avoid “jet lag” associated with long trips.
- The graph attached shows the effects of human activities and problems on glutathione levels. It can help to serve as a guide.
- See two web sites for additional guidance ([www.glutathionescience.com](http://www.glutathionescience.com)).

### Free Radical Damage and Glutathione Losses

The Scale Is Not in Units, But Instead, Shows Relative Effects.



**What causes Free Radical Damage?**  
Sugar • Fat • Tobacco • Excessive Alcohol • Excessive Sunlight • Acetaminophen • Vigorous Exercise • Diabetes • Obesity • Viral STDs

The decreases shown are estimates derived from scientific studies. They represent averages. Not everyone will respond in the same way all the time to these factors. It's a good idea to ensure that there is a safe, reliable source of Glutathione available for your use.