



## F.T. Guilford, MD

### Glutathione in Metals Detoxification

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#### **About the lecture:**

Glutathione is part of the basic design pattern for cell protection. The advantage of glutathione over other antioxidants is that it works with enzymes. For example, the enzyme glutathione peroxidase has been found to be imbedded naturally in LDL and HDL cholesterol and serves a major role in the prevention of the oxidation of these lipoproteins as well as the lipoproteins associated with cell membranes. Glutathione also plays a key role in detoxification. The ability of glutathione to conjugate with toxins such as mercury has been shown to be a major component of the mechanism for removal of metals from cells. As glutathione also functions as a cell signal in the immune system, it may serve as a critical component linking toxicity from sources such as metals to immune dysfunction. The relationships of heavy metals such as mercury to immune function and diseases disease states will also be reviewed.

#### **About Dr. Guilford:**

Dr. Guilford has been in clinical practice since 1979. He began using complementary medical approaches into his practice beginning in the early 1980's. The concept that chronic inflammation functions as a causative factor in illness became apparent while he was director of a laboratory specializing in in-vitro allergy and viral immunology testing (1982 -1992). He began using metal detoxification methods in 1995 and research into the toxicity of mercury lead to the observation that glutathione is a critical component of the defense against heavy metals. In 2002 he received ACAM's Norman C Clark Award for Innovation and presented a lecture, "Mercury, the Great Imitator: Perspectives on the Various Presentations Related to Mercury, Methods of Diagnosis and an Approach to Therapy." In 2004, his interest in glutathione led to the formulation of a liposomal glutathione product, whose antioxidant and anti-atherogenic properties have been reviewed in an article published in the journal *Atherosclerosis*, Dec 2007.

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