THE GLUTATHIONE/ANTIOXIDANT CANCER PARADOX

A Clinical Study published in Anticancer Research, showed a nutraceutical supplement, while synthesizing GSH in healthy cells - selectively lowered cancer cells of their glutathione, thus rendering them more vulnerable to radiation and chemotherapy. Paradoxically, the nutraceutical – while raising GSH levels in healthy cells – triggered the opposite reaction in cancer cells.

A research team from Saskatchewan gave toxic doses of chemotherapy to patients with advanced progressive cancer – plus raised their GSH levels.

They hoped that raising GSH in normal cells only – and their results bear them out. More than half the patients showed either improvement or stabilization. These findings are collaborated with other studies showing cancer patients were more likely to respond to chemotherapy and radiation therapy – when their GSH levels were raised.

The Cancer Letter reports, Spanish researchers found that elevated GSH levels induced a swift and direct apoptosis mechanism in tumor cells, enhancing the efficiency of chemotherapy.

FAR FEWER SIDE EFFECTS

In addition, patients with higher GSH levels in normal cells, experience far fewer side effects from chemotherapy and radiation therapy.

Radiotherapists studying the protective role of GSH have linked patients who raised their GSH levels before undergoing treatment – with having been 'protected' from radiation burns and greater tolerance to therapy.

A large Scottish study of one hundred and fifty women with cancer, being treated with standard chemotherapy cisplatin, were supplemented to raise their GSH levels. They were compared to a second group without raised GSH levels. The first group, who raised their GSH, had statistically less:

- depression
- vomiting
- hair loss
- shortness of breath
- neurotoxicity
- wasting
In addition, their mental concentration and kidney function improved measurably, and there was a distinct trend toward a healthier outcome.

Jimmy Gutman, MD – *American Healthcare Foundation*