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HEALTH & WELLNESS



Occupied Health
Friday at 11 AM Pacific
January 5th 2018: Glutathione: a key to healing

Glutathione is the mother of all antioxidants. Every plant and animal uses glutathione which is crucial in antioxidant defenses, detoxification and the optimal functioning of the immune system. Glutathione also is essential in making vitamin B 12. Low glutathione can worsen heart disease, multiple chemical sensitivity, asthma and neurodegenerative diseases. Dr. Guilford discusses the importance of glutathione, the conditions that deplete glutathione and how to raise glutathione levels.

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Featured Guest



Tim Guilford, MD

Dr. Guilford is both a clinician and a researcher. His education includes Johns Hopkins University for his undergraduate degree, the University of Texas Medical Branch for medical school, 2 years of general surgery at Johns Hopkins Hospital, an ENT surgery residency at the University of Michigan and Board Certification in ENT.

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