

Supplement Descriptions

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Glutathione, the most important antioxidant in our body is found in every cell and concentrated in the brain, heart, liver and skin. The level of glutathione is low before any dementia or pain develops. A virus targets and destroys glutathione before it can enter the cell. Low levels are associated with immune dysfunction.

Iodine is processed in the kidney, liver, brain, eyes, dark fat tissue and skin for immune protection and must be present for tissue protection and repair. Low levels during pregnancy are associated with all retardation and learning disabilities. Iodine is particularly important for lung and sinus function.

ATP Energy is a special B vitamin formula in a highly studied ratio that allows the body to produce energy from blood sugars. These items are found inside every cell of the body and low levels are associated with fatigue. I find that it is amazing to correct circulation problems.

Salmon oil is high in a natural hormone called calcitonin. This is used throughout the body to restore calcium out of painful scar tissue and move the calcium back into the bones. This oil is friendlier to the body than any of the other omega oils. It helps eye sight, memory, brain fog, nerve function, menstrual cycles, joint pain, muscle pain, tendon pain, heart function, artery function, blood flow and is essential for immune defense.

MSM is natural sulfur found in plants. This sulfur is gentler than the sulfur found in garlic. Because it is gentle the body will allow it to penetrate deeper into the tendons and joints allowing an increase in flexibility to all structures. This includes the ability of the ribs and lung to expand more easily to improve breathing. Low levels may contribute to high blood pressure, stiffness, old age, movement induced pain such as in fibro-myalgia and sport pains.

Vinegar is naturally produced in the liver to help the body clean itself. There is no known disease caused by the active component of vinegar. Pregnant women often crave pickles to support their immune system because pickles are an easy way to swallow vinegar.

Taurine is produced by the gall bladder and is the most common amino acid in the body. It is released by the gall bladder to calm us down after we eat food. Sometimes we feel sleepy after eating and this is due to taurine. Low levels directly result in anxiety, panic and sleep disorders. Taurine is concentrated in the fluids of the brain and eyes and muscles to protect those tissues from toxins in the fluids. It also protects the small intestine if any bacteria, virus or parasite survives the stomach. Once the food makes it to the bowel the liver adds more iodine to protect the bowel.

Article References

Various