

How Glutathione Can Help With Autoimmune Thyroid Conditions

Many people with thyroid and autoimmune thyroid conditions are familiar with the benefits of glutathione. Glutathione is made in the body, and is a combination of three amino acids. These amino acids are glutamine, cystine, and glycine. While glutathione is important for overall health, it is very important for the health of the immune system (a deficiency in this molecule is associated with impaired T cell function). As a result, anyone with Grave's Disease or Hashimoto's Thyroiditis needs to have sufficient levels of this substance.

In addition to helping with immunity, glutathione has numerous other functions as well. Since the highest concentrations of this molecule is in the liver, one of the primary functions is to help with detoxification. And since we're exposed to many different toxins, it once again is essential to have an abundance of glutathione, as it will help the body remove toxins. So for example, when someone takes prescription drugs, the liver is responsible for getting rid of the toxins associated with these medications. And sufficient levels of glutathione is important for this to take place. It also can help to eliminate environmental toxins, including mercury.

Low glutathione levels can also affect the integrity of the gut lining. I've mentioned in numerous articles and posts the importance of having a healthy gut with both Graves' Disease and Hashimoto's Thyroiditis. Problems with the gut can lead to a compromised immune system, and while having sufficient levels of glutathione alone won't guarantee that someone will have a healthy digestive system, one can't have a healthy digestive system if they have a deficiency in glutathione.