

The role of Glutathione and the skin lightening process

Skin lightening is an ongoing process that requires treatment in **two ways**. The first is the **Internal Glutathione Protocol** which sets about increasing glutathione levels in your body. The second is externally with the use of skincare products. Both work hand in hand and in order to achieve the desired results, it is recommended that both protocols are followed.

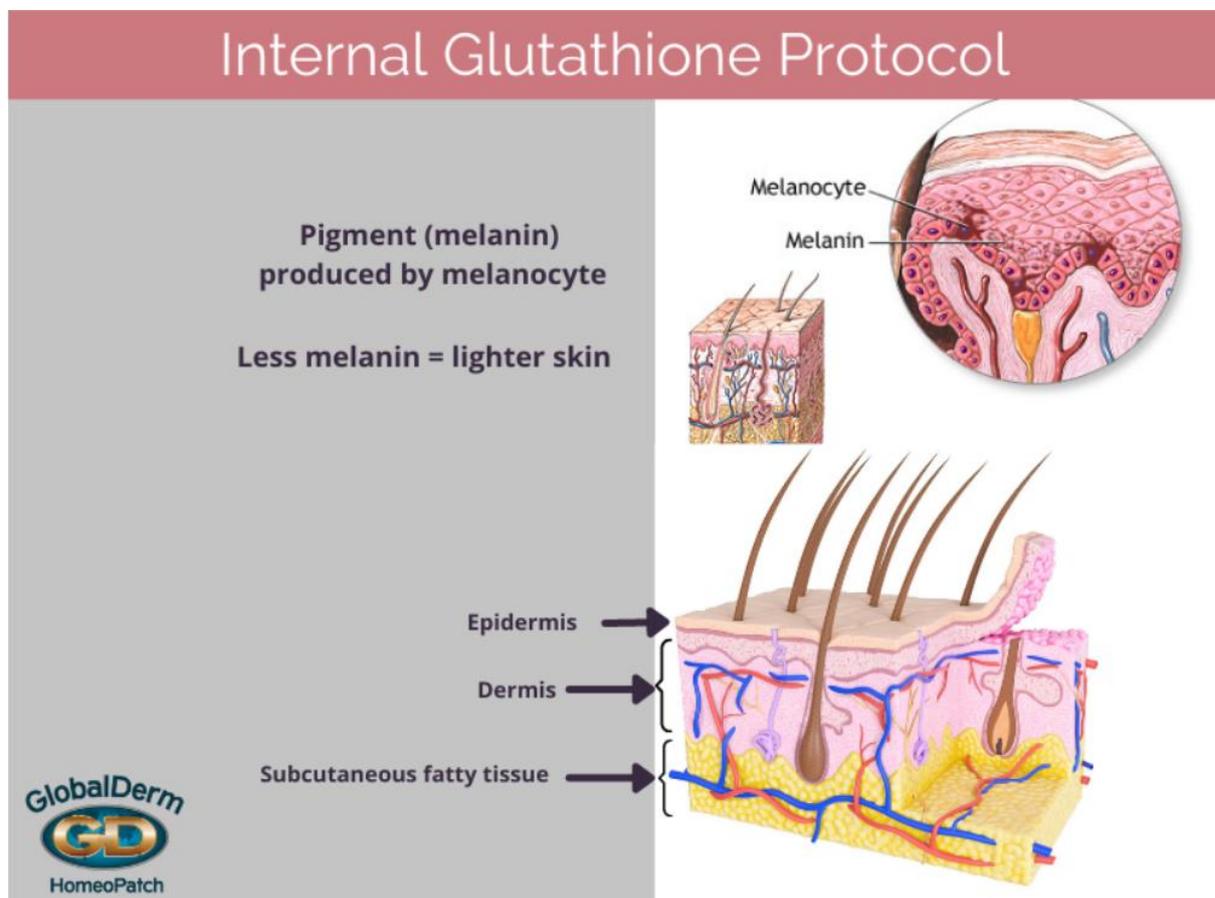
1.

Glutathione is a natural vitamin found in every cell of our body. For Glutathione to be effective in the skin lightening process, it must be built up to a sufficiently high level and maintained. Our brain will direct Glutathione to be used first and foremost as an antioxidant for the body, to support its' primary role.

Once a surplus has been achieved, the Glutathione will be directed to support secondary roles. One of those is to inhibit the production of melanin. Melanin is a skin pigment that affects how dark our skin is. The lower the melanin levels, the lighter the skin.

The lightening process starts inside the skin (dermal layer) going outside (epidermal layer). This is internally at blood serum level where Glutathione will break up melanin via a tyrosinase pathway blocker. By stunting the tyrosinase you inhibit the enzyme from building more melanin.

There are several ways to increase Glutathione levels internally, with the use of Glutathione supplements. Namely, pills, oral Glutathione, transdermal patches, subcutaneous injections, intramuscular injections, and intravenous injections.



2.

The second part is the **topical use of Glutathione** which serves predominantly as an antioxidant. The two treatments work hand in hand – increase Glutathione levels internally and treat your skin topically (externally on the surface).

It is important to take care of your skin that is continuously exposed to the elements. Think of an apple that has been cut – the part exposed soon turns brown once oxygen is introduced into the tissue. Splash some lemon juice on the exposed area and it prevents the tissue turning brown.

When we expose our bodies to the air, physiological and environmental stressors make our skin look dull. Glutathione removes that dullness leaving you with a soft, youthful, and glowing skin.

Topical use of
Glutathione

GlobalDerm
GD
HomeoPatch

Procedure for Treatment

1. Internal Glutathione Protocol (choose which fits your needs best)

- (a) Take 2 pills on an empty stomach with ONLY water TWICE daily, 30 minutes before eating or drinking/meals. Add weekly injection (e)
- (b) Use 1 to 3 NanoPatch300 daily
- (c) Use the 7 day IV Patch 5g or 10g weekly
- (d) Take daily sq shots 0.5ml
- (e) Take 3ml each Setria / Glutamatrix injection weekly – If choosing this option, it is compulsory to add option a) ADD Pills Daily.

2. Topical Glutathione Protocol

AM Daily - Face

- Begin your morning routine with a gentle cleanser and cold water.
- Follow with Micellar water of choice, sweeping gently upwards with a cotton puff (I prefer Garnier available at most supermarkets).
- If you have enlarged pores or pimples use the appropriate Alcohol-Free toner.
- Apply Luminate Cream liberally on face, eye area, décolleté and neck, massage deeply into the skin. Allow to dry naturally or use a fan to get a flawless firm tight feel.
- Luminate cream may be used day and night. Follow with UVAB Cream.
- Wait 5 minutes before applying makeup.

AM Daily – Body

- Apply body product of choice and mix with UVAB Cream 1:3 ratio (one teaspoon ACTIVES (** see note below) and 3 teaspoons UVAB Cream). DO NOT USE the ACTIVE directly as it may cause skin reactions.
- Once your skin has adjusted to the ACTIVES you can use it twice weekly.

PM Daily Face

- Remove makeup with a strong remover e.g., Glutathione Cleansing Milk. Remove all traces of makeup and splash with cold water.
- Follow with Micellar water of choice, sweeping gently upwards with a cotton puff.
- If you have enlarged pores or pimples use the appropriate toner AND treatment ACTIVE or serum of choice.
- Choose according to your skin type; Luminate, Pink Cream, Sepilight, Clarify Oil.

Luminate: Use as above

Pink Cream: Dilute 1:1 ratio, apply pea sized amount of Pink Cream mixed with equal portion of UVAB Cream. Mix well and apply to face, eye area, décolleté and neck.

Sepilight: Dilute 1:1 ratio, apply pea sized amount of Sepilight Gel mixed with equal portion of UVAB Cream. Mix well and apply to face, eye area, décolleté and neck.
For dry skin add 1 drop of the Clarify Oil in the mix.

Clarify Oil: Dilute 1:1 ratio, mix well and apply to face, eye area, décolleté and neck.

You may use the ACTIVE brightening products twice weekly once your skin has adjusted to the ACTIVES.

If you have a wrinkled eye and neck area, use the anti-aging serum. Shake bottle well before use - Squirt a few times then draw up the serum for use. This process flushes out any ACTIVE sediment of settled ingredients within the dropper.

PM Daily – Body

- Apply body product of choice and mix with UVAB Cream 1:3 ratio (one teaspoon ACTIVES and 3 teaspoons UVAB Cream). DO NOT USE the ACTIVE directly as it may cause skin reactions.
- Once your skin has adjusted to the ACTIVES you can use it twice weekly.

Weekly routine

- Gently exfoliate, steam and mask, face and body.

****ACTIVES: Skin lightening products with natural plant actives**