

## Glutathione & Bicarbonate Nebulization

An isotonic solution is produced when one [Reduced L-Glutathione Plus](#) capsule is dissolved in roughly 5 milliliters of distilled water. Start by dissolving ½ capsule of the glutathione in 10 milliliters of distilled water for the first treatment. This product already has sodium bicarbonate in it so you don't need to add more. If you feel fine with the first application then increase the dosage for **1 capsule of glutathione for 10 milliliters of water and build it up to a maximum of 2 capsules**. Dosages for each patient should be found by sensitive application and starting with minimum dosages and building quickly, especially if the situation is urgent. Be sensitive to the recipient's feelings and reactions (if any) during and after each application. Dosages should be adjusted downward obviously for young children and infants. Suggested are **2 or 3 treatments a day**.

Sometimes very sick people or even animals with a lung ailment do better when taking drugs by nebulization as opposed to orally, because then the embattled system doesn't need to go through breaking down the medications in the stomach and then delivering them to the lungs through the blood stream. With nebulization medicines get sprayed directly onto the lung tissues where they can most easily be absorbed locally by the lung and brachial cells.

A nebulizer is able to convert a liquid into tiny particles that are so tiny that they can only be seen under a microscope. When these bubbles come out of the nebulizer, they are so small that they look just like smoke. And that's the magic of a nebulizer. **The particles are so small that they can be inhaled deep down into the deepest regions of the lungs without any discomfort or irritation**. It's a great way for asthmatics to get the medication they need to open up their lungs.

**Few practitioners consider the systemic effects of nebulizers**. It opens a wonderful delivery system that is important for certain populations like infants, children, intensive care patients and to all those who are trying to care for themselves or loved ones at home. Why not use the nebulizer delivery system to deliver treatments not just to the lungs but to the whole body?

Most of the published research about nebulization is on standard usages like asthma but **this delivery system can be used to treat lung cancer, pneumonia, tuberculosis, as well as the influenza, chemical poisoning, and actually any syndrome requiring the administration of a medicinal**. For pediatricians and parents nebulizers are a God send because our babies cannot pop pills and we don't really want to be sticking needles in them every day. Transdermal medicine offers the most to the world of pediatrics with the administration of medicines through their baths and their breathing.

**The great strength of nebulizers is their capability of delivering medications and moisture directly to the tracheobronchial tree**. Contrary to other treatment options, higher concentrations in respiratory secretions can be achieved with aerosol therapy. With the use of this localized delivery system effective antimicrobials can have a direct effect on surface organisms in the bronchial system.

- 1) Nebulization thins secretions & mucus making it easier to expel pulmonary secretions
- 2) Nebulization makes coughing easier while lessening the need to cough
- 3) Nebulization keeps your windpipe & trachea lining and stoma moist & healthy
- 4) Nebulization moistens the air that goes into your lungs
- 5) Nebulization hydrates & moisturizes your nasal passages, mouth and throat

Nebulizers are good for young children, people who have trouble using metered dose inhalers, and people who have severe asthma. **Within 10 to 15 minutes, the medication is used up and symptoms are gone, or prevented for six to eight hours**. Even babies can breathe the mist and nebulizer treatments are fast becoming pediatrician-approved alternatives to over-prescribed antibiotics.

**High grade magnesium oils can also be nebulized directly into the lungs**. Iodine as well is easily nebulized though extra care needs to be taken with iodine which is taken in almost instantly because of its high evaporation rate.

Special Note: Some research has found that inhaling glutathione in mildly asthmatic people may cause bronchospasm due to sulfite formation. The connection to good glutathione levels is crucial in asthma, but needs to be weighed against the risk of bronchospasm when inhaled. **Caution must be used at all times and glutathione levels may be more safely raised in asthmatic people by oral or other means.**

Proper medical supervision is advised at all times when asthma is a risk so as not to cause undue stress on this very sensitive bronchial tissue.