



**Nayan Patel, PharmD**

**BIO:**

Nayan Patel, PharmD is a sought after pharmacist, wellness expert, and thought leader in his industry. He has been working with physicians since 1999 to custom develop medication for their clients and design a patient specific drug and nutrition regimen. He has been the pharmacist of choice to celebrities, CEO's and physicians themselves. He recently published his first comprehensive book, "The Glutathione Revolution: Fight Disease, Slow Aging & Increase Energy." After 11 years of clinical research on the master antioxidant, glutathione, Dr. Patel finally shares how powerful and essential glutathione is to the body's detox system.

**LECTURE TITLE: Glutathione role with Brain Health and Inflammation**

**ABSTRACT:**

Neurodegenerative diseases, such as Alzheimer's, Parkinson's, and Huntington's, pose a significant global health burden with increasing prevalence due to an aging population. By understanding the factors contributing to poor brain health, such as oxidative stress and inflammation, we can better identify preventative measures and potential therapeutic targets. Investigating the role of glutathione in protecting the brain against these factors can pave the way for novel treatment strategies aimed at slowing down or halting the progression of neurodegenerative diseases. Furthermore, exploring the different forms of glutathione and their pharmacokinetics enables the development of more effective and targeted interventions. Ultimately, this research holds the potential to improve the quality of life for millions of people affected by neurodegenerative diseases and reduce the associated healthcare burden.