

**November 24, 2007**  
**DR. CHARLES MABRAY**

**Dave Bagley Introducing Dr. Charles Mabray**

Dr. Mabray is Board-certified in Obstetrics and Gynecology, including the Board of Environmental Medicine, Board of Geriatrics Medicine, and Board of Geriatric Recertification. He has been involved in continued education with thyroid disorders, allergy methods, and obesity. He is currently involved with the American Medical Association, Texas Medical Association, Victoria Calhoun County Medical Society, American College of OBGYN, American Allergy Society, Society of Geriatric Physicians, American Academy of Environmental Medicine.

**Talk to us about your pursuit in getting involved in medicine.**

My Mother says that from the time I was 2½ years old I announced to her that I was going to be a doctor, and I truly believe it was a divine call. I think the Lord let me know early what I was supposed to do and I was most fortunate because, while many of my friends were struggling with what they were going to do for the rest of their lives, I kind of knew forever. This was interesting because we had no physicians in our immediate family, no role models, and everybody in those early years were healthy, but I always just kind of knew. It was just a fit.

**Could you tell us what your main focus is in a nutshell?**

My main focus is as a gynecologist. I have looked and wrestled with what do we do with hormones and the ups and downs of ovulation and pregnancy and all of the things that women go through, and part of parcel of that, it turns out to be extremely important what the immune system is doing and what is happening nutritionally. These things may sound far-fetched. My kids sometimes asked me as they were growing up, "Dad, what are you going to do when you grow up? Are you going to be a gynecologist or do nutrition or allergies, or what?" Sometimes I didn't know, but those things are so interrelated that they are really one system.

**What turned the switch for you to realize that nutrition had an important role in this?**

I think that my roots helped me there a lot. I came from south Texas, grew up on the farm, and it was back in the days when we took our animals and birds to the fat stock shows, and nowadays that's not what you do. Through Future Farmers of American and schooling and just knowing how to fatten up animals, I began to realize that nutrition was extraordinarily important in keeping them not only ready for the stock show, but knowing how to keep our good breeding animals alive and healthy. So this interest was actually very early. I began to see in my practice that those people who were well nourished tended to have easier pregnancies and healthier babies, and I guess I first really saw that when I was stationed in the Army at Korea and saw so many there that abandoned their traditional diet for the high carbohydrate western diet and had oversized babies and difficulty in delivery, increased C-section rates, etc. Nutrition has been of great interest to me for my entire lifetime.

### **How were you introduced into MaxGXL?**

To back up a little, one of the things typical of my understanding of nutrition was back in the 80's when PMS clinics were the fad around the world, particularly the western world. Our group of OBGYN had set up a clinic and we tried to address some of the symptoms. We looked at all the hormone things– lifestyle changes, etc–and we asked them to list one thing that improved their symptoms, and the answer we got over and over again was the change in diet. Nutrition became a real focus about that time.

Subsequent to that, came the unbelievable explosion of obesity that we've seen in the western world and throughout the world, but particularly in the United States and western countries. When a friend of mine called and said, "There is a new product on the market that really does some interesting things–I'd like to tell you about it." I told him I really didn't have time to do that." I would encourage anybody listening that when they get that answer, it may be true, but the people you are talking to will realize the power of MaxGXL, so I just about bypassed it entirely until my friend's wife got on the phone and said, "Please listen to this because it has revolutionized my life." She has gone through cancer treatment and had health issues for a long time, and MaxGXL just turned her life around. So that's how I got interested in MaxGXL, but the thing that captivated me was when my friend, Dick, said what it had to do with glutathione. Having been a student of allergy immunology and nutrition for a long time, the glutathione immediately raised a flag to say, "Hey, I had better listen to this!" So Dick sent me a sample and I tried it. And as any good scientist would, I did not do it myself–I gave it to my office staff and my wife, and I said, "Try this for a week and see what happens." And I was amazed at the results.

### **What did you see? What was happening?**

We saw things like restless leg syndrome go away that I didn't know were there; we have one of our staff who has positive nuclear antibodies and multiple muscle and joint aches and pains, and those things went away almost immediately and came right back when she got off the MaxGXL, and went away again when she restarted the MaxGXL. Basically the people who tried it all had significant improvement in sleep, which was above and beyond anything they had tried before. I had long been involved in encouraging people to do right things, even to the point of trying to increase glutathione, but I had never seen anything like this. The first five people that I encouraged to try it got positive results within a very short period of time. That was just mind boggling!

### **How much of this product do you go through down there, doctor?**

My office manager could give you the right answer, but I believe we have just less than 200 Preferred Customers and probably 30 or 40 Retail Customers each month, so we do go through a lot of product, and many of those Retail Customers turn into Preferred Customers.

### **How does the product become introduced in your office?**

At first, I was a little bit timid about it. I am no longer timid because I see the results. There are very few people that come to the office, even for annual examinations, and when you ask them how they are doing and they say, "Fine.." but then you go through the check list and ask, "How are you sleeping? Is your bowel function okay? Is your brain working okay? Do you have aches and pains?" You find that most people (at least those I see) have at least one of more complaints in their lives that actually detract from the quality of their life. If they are absolutely perfect, I am hard pressed to really tell them a lot about MaxGXL, other than the anti-aging sorts of things (which probably attracts the

interests of most of us). Most of us like to at least stay healthy as long as we live, even if that doesn't necessarily increase life expectancy. Most people that I see are symptomatic in one way or the other and that gives us an opportunity to say, "There is a new kid on the block, an over-the-counter mix of vitamins, herbs, and amino acids, and we are seeing results we have not seen before." I encourage them, when we talk about how much MaxGXL to take, to give it a fair shot. I really encourage folks not to take just one week, but to buy a month's worth at retail and try it for a month. I find very few who try it for a month who are willing to give it up. They say, "This has really made a difference in my life. I want some more."

**Can you tell us why you believe that glutathione has an important function in the body?"**

First of all, I have seen people who were more farsighted and far ahead of the game than I was, who used glutathione in really tough patients—in chronic fatigue syndrome, fibromyalgia, and those with chronic viral loads, etc.—with great success, so I have seen clinical evidence of response to glutathione supplementation for the last 20 years. Consequently, it wasn't hard for me to say, "Hmm, we've got a product now that, instead of having to give an IV infusion or intramuscular injection every day, we have something over the counter that really works." Then when I went into the literature and saw that MaxGXL really did some good—not just on paper— but actually revolutionized the lives of my staff and myself, and I looked at the literature and saw that in the last five years there are 25,000 or more studies and articles on glutathione and its science and medical application, it was pretty exciting! I think that whole world is beginning to understand that most of our diseases are related to oxidative stress at the cell level, and there are things that we can do that help that oxidative stress are in our best interest.

**In fighting those oxidative stresses, why is glutathione more important than grape seed extract or other similar things?**

Just in potency and efficacy, in general. For years I have been encouraging my patients to take supplements that do increase glutathione—vitamin E and A, fish oils, flax oil, and all of the things that we do that are intended to increase the chondroitin and glucosamine—all the things that may have been unheard of five or ten years ago and are now household words. We are now getting close to the place that glutathione is going to be a household word because it is so powerful. I tell people that basically glutathione is the king of the antioxidants—it's the Elvis Presley of the antioxidants. Those other things are helpful and wonderful, whether it's Co-Q10, etc. and we can use them, but what really lights the fire in our cells and puts out excessive fires is the antioxidant effect of glutathione.

**Why is the extraction of some of the enviro-toxins (or those we find in our bodies) more prevalent now than what they were a decade or two ago? Why is that important?**

One of the easy answers is that we are pouring out literally billions of tons of toxic things into our environment with the pesticides, insecticides, etc. Along with all kinds of genetic alteration of foods, we have preservatives in our food that hit our bodies in many ways. For example, just recently there have been studies showing some of the consequences of many of the common preservatives that most of us are eating every day. They actually induce genetic change in DNA within our cells. It's a very toxic environment that we live in and it is becoming increasingly more toxic.

**How does glutathione help with that? What's its role in helping get those toxins out of our systems?**

It works at several different levels. Most of the injury comes from what we call the reactive oxygen species. In our cells, as we ramp up metabolic procedures, then we generate free oxygen radical families (families of oxygen that are very active in seeking out something to burn) and we want to squelch that. We increase that tendency by putting things in our environment like mercury in dental procedures, arsenic in our water, pesticides, etc. Part of what glutathione does is react to that, combined with these substances to make them water-soluble so that we can excrete them and get rid of them.

**When we use glutathione to assist in getting these toxins out, there is going to be a reaction and some people feel some detoxification symptoms and wonder why, because they are not used to it. Can you define if this is a detoxification versus an allergic reaction?**

Sometimes that is a little hard to know. Glutathione really does play a super supporting role in detoxification. It detoxifies toxins and metabolizes drugs and chemicals that it comes in contact with, and it also takes these reactive oxidative species that are generated through our metabolism and it regulates what happens in the cell itself—whether the cell lives or dies—whether the cell is efficient or not.

When it comes to the immune system, there was an article just published this year that showed that the ability for the immune system to identify allergens properly was largely affected by glutathione. So at every point, we've got the glutathione being probably our most prevalent of the intracellular antioxidants, and what it can't do itself by donating electrons and changing things for better, it can boost other anti-oxidants in other areas and squelch these unwanted fires that damage intracellularly and damage the composite.

**What would your encouragement be to lessen the effects of detoxification as much as possible?**

There are a few people (not a lot) who will get flu-like symptoms or rashes or just not feel good, or get a feeling of being jazzed up or whatever. Some of that is just a matter of extracting the toxins. The glutathione does a fantastic job of rehabilitation, and the liver is the primary filter for the bad things that we have got to get out of the body, and so when we detox the liver and start mobilizing mercury and arsenic and pesticides, there will be some reactions. Many of the chemicals that we come in contact with are hormone counterfeits; they get in the way of thyroid ovarian and adrenal hormones, so as we get those things mobilized and out of the body, they leave a safe, sequestered position of being in the bloodstream where they can reactivate signs and symptoms, so the approach when these untoward responses occur, it is like somebody has a rash or acne or says they don't feel good. Virtually, everybody in our office has done well by just adjusting the doses and backing off for a few days, such as starting with one capsule a day and moving up to two or three, and everybody has been able to tolerate that very well.