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**December 15, 2007**  
**HIGHLIGHTS OF INTERVIEW WITH DR. GARY FINK**

**As you have continued to study and learn, how has diet been affected by all of the other things that environmentally influence our lives? How have you found that nutrition has helped?**

When I went to medical school I had one week of nutrition—that was it, and everything else I have learned about nutrition over the years has been entirely on my own. Fortunately, that is changing and improving, but previously they had very little nutrition as part of their medical training. It becomes important because in addition to our poor lifestyles that we live every day we are exposed to chemicals and toxins on a daily basis. We eat poor quality food—food that has antibiotics in it, human growth hormone in it—you don't know what the animals have been fed. Also, detergents have chemicals in them that irritate the skin and makeup can be contaminated with chemicals that actually can cause us harm. Through vials and plastics that we drink water out of, that we eat out of, we are exposed to all of these toxic substances every day, and not only are they in our environment, they actually leach into our food and leach into our water. These toxins eventually will cause cancer and asthma, allergies, and other health problems for people. We see a lot of people today who have multiple chemical sensitivities because there are so many chemicals that in our environment that they cannot tolerate being around a lot of things, and conditions, such as allergies, skin rashes, chronic fatigue, etc. result.

Fortunately, for us in MaxGXL and glutathione, the primary role is to help the liver to detoxify these kinds of things. We certainly eat poorly—we are on the run, we eat fast foods, we don't eat good, healthy diets. For us nutrition has to be supplemented by things such as MaxGXL, multi-vitamins. You have to supplement it with things because as a general rule, the average American family does not eat a healthy diet.

**Dr. Fink, I know that allergies are a big part of your practice, but also I know you see other evidences of contamination—things that affect the body. Could you go into a little more detail on how important it is to be able to provide a mechanism for the body to cleanse or heal itself?**

We are often exposed to things our bodies don't like—the allergy comes in and the body reacts to that and we come up with various symptoms which can be anything from a simple sniffing or a rash to a generalized illness, depending on how you are affected. It's important that we do things that detoxify our bodies. When we are exposed to air pollution and all these things every day we become overloaded with toxins. The human body is a wonderful thing; it has its own enzyme system and the glutathione (which can make a difference inside of our bodies) and it uses the antioxidants that we get. We haven't got our bodies to clean themselves, so to speak. However, we are so overloaded with pollution these days—not only with air, food (the things we eat and drink) and medicines we take, all the things we do. The simple act of taking your clothes to the dry cleaners and bringing them home and getting exposed to carbon tetrachloride and other things that are being used in dry cleaning can expose you to even more chemicals. It's just one simple thing we do that we don't think about that causes contamination to our bodies. Our systems are so overloaded that we have to do something, such as MaxGXL to help give our bodies a chance to detoxify.

Given the fact that glutathione is the major detoxifier in the body, and if you think of things that we are exposed to every day, glutathione helps to make life pleasant. Things like the Tylenol that we take when we have a headache, the insecticides and herbicides that we use out in the yard, it's the plastics and the vinyls, it's the colorings and the flavorings and the solids that are in different foods, second-hand cigarette smoke, air pollutants—we are exposed to these things all day long, most of them without choice. We can do our best to avoid most of these things, but we actually can't avoid

them. We are going to be exposed to them, so we are going to have to give our bodies some extra help. Fortunately, glutathione is excellent in detoxifying and rendering a lot of these less toxic.

However, if we just depend on our bodies to do themselves—our bodies are wonderful things, but we give them so much to fight that they're just not going to be able to handle it all. Think about the fact that after we are 20 we start having a reduction in our glutathione levels and by the time we get older we are really very much without protection against pollution and a lot of things that are coming into our lives every day. I encourage my patients that we have to do something that helps prevent this. It is far much easier for me as a physician to help someone prevent something than it is to have to fix it up. Unfortunately, that is what we are trained to do—we are trained to treat the disease, not trained in prevention. I try to reverse that in my patients and start prevention as a major focus in my practice so that I do not have to deal with it as we go.

**If a physician starts looking at the natural things as an alternative and preventative, does that change or reduce or make your practice less productive?**

Believe it or not, it makes your practice more productive. It is interesting to try to do things like that. I found when I began using natural products that most physicians would kind of look at you funny. With MaxGXL, for example, I have incorporated that into my practice and have been talking to my colleagues about it. I've had great support from oncologists and cardiologists, in particular, when it came to using the MaxGXL with my patients who have started in. To me, that says something very important about MaxGXL; it says something important about Dr. Keller and this whole process of what MaxGXL is trying to do. My colleagues have been very openly receptive to the use of MaxGXL in my patients. You continue it in chemotherapy, you continue it in treatment of heart disease. Part of that is I can be confident as I stand before them and talk with them about MaxGXL; tell them about the scientific studies; tell them about Dr. Keller. As a physician, this makes me feel good. I have things that back me up in what I say and it has increased my level of confidence in introducing this to my colleagues in the medical community. Not purposely, but as an aside, I now have my colleagues calling me, asking me if I know about different natural things, if I know about this antioxidant, wanting to know if this or this has any value.

**We know that there is science behind antioxidants and how they fight free scavenger radicals, but there was never evidence that we could actually validate. One of the things that really impressed me is that there is science behind this—we can do a blood test and validate what our glutathione level is.**

When people ask me if I can measure the glutathione, I can answer yes, we can measure it in your lymphocytes. I have found that I don't have to measure—just the simple fact that I can measure, that I can prove it—just the potential to know that exists satisfies them.

**You are doing your Boards in February on anti-aging and for many years the pharmaceutical industry has talked about the Baby Boomers and what an incredible potential market that is, but most people don't care if they live longer—if their life isn't productive that is not the goal they have. What do you think MaxGXL is going to do to help individuals have a more productive life?**

A lot of people consider anti-aging in a cosmetic sense—how we look from the outside. That is an important part for a lot of people, but for me, anti-aging is working with people in prevention of the processes that decrease the quality of your life. We are all going to age—it's a God-given fact—but we have the ability to control how we age and how gracefully we age throughout our lives. With the introduction of nanotechnology, the whole face of anti-aging is going to change, but one of the most important things we can do right now is reduce the amount of sugar and advanced oxidation products. If we can prevent the "rust" being produced by these products we can prevent their effect. If we can

do things to prevent them from rusting our bodies we can slow the aging down, and that is where the glutathione and MaxGXL comes into the picture. We can prevent the end results that these products can do to our bodies. We can give our bodies a chance to shutdown some of these free radical systems and allow them to function and heal naturally.

I love it when Dr. Keller says that if you're 70 and you take MaxGXL for a year, you'll be 69 not 71! There is truth to that because we actually increase our own aging by our lifestyles and the things we do. We can change that; we can use products such as MaxGXL and increase our glutathione levels in order to stop these end processes that are going on inside our bodies. It's like living to 100 and feeling like you are 70, or living to 70 and feeling like you're 50. That's where I see anti-aging coming in.

**Yes, one of the comments I have received since I joined MaxGXL International is that my skin looks and feels healthier. Have you heard that in your practice?**

I have heard that—people feel like their skin looks younger and feels healthier. That is an interesting testament to what we can do by fixing the underlying problems. This is my own personal experience and I don't know if it will work for anybody else, but for me to make me excited about anti-aging with MaxGXL, I have had for the past 20 years some baldness, and I now have hair! The only thing I changed in my life was adding MaxGXL. It was the only thing that was different. Four months after starting MaxGXL my barber told me I was growing hair again, and it has continued to grow!

**Last week on our call, Dr. Davidson told us that her husband's pure white hair is starting to go back to its natural color. It's incredible that whatever is happening in our bodies (if we provide the proper context) that the body will start to return to its maximum potential.**

I think another interesting thing that happens to all of us is you starting taking MaxGXL and the body and you know you are doing something healthy for yourself. You know you are making yourself feel better and all of a sudden you decide to do something like walk 30 minutes a day and start eating better. You just start everything in your life to be in a healthier mode. Then you see your weight come down and you see this whole positive activity cycle occurring.

**Yes, it's the balance. It's not a magic bullet; it's not a magic pill. It's not the fountain of youth, but it helps us to find balance in our lives by eating properly and exercising and doing those things that will bring joy and happiness into our lives so that we can allow the body to do what it needs.**

I agree 100%. Balance is what it's all about—we have to have a spirituality balance as well as health and balance in all other ways in order to live a fully happy life.

**I know that your patients have felt the difference. I know that you're active in your practice and that you provide the materials; you use the tools to introduce the MaxGXL to your patients. I know at the beginning maybe there was some hesitancy, but has it been a positive thing to be able to have the tools available in your office?**

Yes. I like to actively participate with my patients and what happens to them as far medical care is concerned. I never try to force them, but I strongly encourage them and make the information available in my office. I can't wait for the magazine to come out. That will be in my lobby, and when they ask me about MaxGXL, that's a mistake because they just turn me on! They are going to hear everything about MaxGXL. I think that they all need to be on that, and I have a large percentage of my patients on the MaxGXL. I let them participate—I let it be their decision. When people make decisions jointly with their physician and it's a mutual agreement, instead of the doctor saying, "Here, that this!" the outcome is going to be much better.