
November 10, 2007
DR. JOHN KINDLE

Question: Dr. Kindle, why is it that you chose to become a medical doctor?

Dr. Kindle

That goes way back. My career was chosen by my desires. I always had the feeling that I wanted to help a lot of people, and I am just lucky that things fell into place. It was a lot of hard work, and I wasn't the greatest scholar so it took a lot of work to get through medical school, but after eight years I graduated and for 34 years I have been a family doctor and have delivered babies for 16 years. I did cradle-to-grave work.

When I heard about Max International and saw Dr. Keller's credentials and what he put together, I decided I had to get involved in this. It's been wonderful these past nine months introducing this natural product to my practice, because so many people are not doing well. They just don't feel well. Over the years I can't tell you how many patients have complained that they are so tired and not feeling well, and typically the doctors do the blood tests and show them to the patient and say, "Here's your blood test—you're fine There's nothing wrong with you!"

You don't have to feel tired and unwell

But we understand now that through Dr. Keller's research, that we can't feel well at 50, 60, and 70 when we are so low in our glutathione levels. When you start losing 1% per year at age 20, the aging kind of hits you bad when you are around 50 or 60, and all of the diseases of aging start to come on and they all have a basis in what we call "**cellular dysfunction.**" The cells start to dysfunction and when enough of them dysfunction then we get organ diseases—and we have names for them and we have pills for them.

But if we could prevent the whole thing from starting—the major thrust that I see in my next 10 years of practice—although I may be retiring from traditional medicine and I see myself as a wellness practitioner in the future and actually help people stay well and preventing some of the diseases that I have seen over the years. **There are so many people who exercise, eat well, don't smoke, and yet they get horrible diseases,** and as I do my practice now and see all the toxins in the environment (we are exposed to so many things in our diet now-pesticides, etc.)

Toxins everywhere!

There are some studies done where you take heads of lettuce and measure the carcinogens in them and we find we are actually getting more and more toxins every single day in water, air, and food. We have to do something; we have to detoxify. We now have these products, like MaxGXL which can work on our glutathione levels and give us back our health and our energy. I am seeing these results in my practice, and that's why I am so excited.

Question: So many people are complaining about their health state now. They are feeling tired and burned out emotionally as well as physically. What are some of the reasons why this is happening?

Dr. Kindle:

We don't get enough sleep, and sleep is the restorer that helps your cells stay healthy in your sleep state overnight. **The number of people on sleeping pills in this country is enormous!** Every single patient in a nursing home seems to be on sleeping pills and nobody sleeps enough and restores their cells. Then of course, we have the **toxins we are getting in our diets.** **Smoke** is there even if you don't smoke; there is **smog** and just breathing the air in certain cities gives you continual lung problems. And of course, now we are getting **super bugs** we are exposed to—and we all get exposed to these things. We breathe them in every single day, and somewhere as they are going down into our nose, our immune system has to capitalize on all of the energy it's been saving to attack these viruses and bacteria and kill them. Our cellular health is not healthy enough with the lack of sleep and all the things that are happening.

I have become a complete believer in how important it is to have a good level of glutathione in our systems. Dr. Keller's studies show that you can actually increase your levels—blood tests have proven this—just with our product to recycle the glutathione. I guess we could call **glutathione the “high octane fuel”** for our cells to keep them healthy and keep the body in good shape.

Question: If I were in your office and knew nothing about MaxGXL and I knew nothing about glutathione, how do you tell me what this is so that it makes sense for me?

Dr. Kindle:

It is a little complex to understand fully. I had heard about antioxidants over the years, but never truly understood it very well. We've been blessing with a physician like Dr. Keller to still bring it down to the average person's understanding. I personally buy his CD's by the hundreds and I pass them out and I tell people that I have some very valuable information here and his **CD does the telling for me** when he talks about the role of antioxidants and that we, as oxygen-breathing organisms, when we breathe oxygen it creates certain reactions and produce what we call **free radicals**. These free radicals need to be quenched with the antioxidants (which we used to get just in our diet), but as we get older we don't have enough of them so we take the MaxGXL to increase the **glutathione, which is the Creator's master antioxidant** that helps us keep our cells healthy by getting rid of all these free radicals that develop in our bodies because of the fact that we need oxygen.

When oxidative stress in our organs reaches its maximum it begins its upward climb when we reach age 40 and increases as we get older. Almost every disease that has the word “itis” after it—from arthritis to pancreatitis—are inflammatory conditions. They need to have a decrease in inflammation, and our product does that.

My personal experience

To give you an example, when I was in Salt Lake City I was talking to Tom Jones who ran 121 marathons in 121 days how fast he recovered when he was on MaxGXL. I was playing squash this week and have had a knee problem and a quadriceps problem in my upper thigh midway through my game, and I hurt a little bit when I was playing—but I did finish my game. That night I had difficulty going downstairs because my leg was so sore. I expected to have a couple of weeks recovery from something like that. The next day it was still burning when I went up the stairs, but on the third day I had no pain at all. That really amazed me because I am caring for recovering athletes (and I don't consider myself a top athlete), but just a weekend athlete. My recovery has been very fast. I find my endurance is much, much better than it was a year or two ago, and I believe it is solely **because every cell in my body is on this high-octane fuel** that is allowing me to have more energy when I play and a much, much faster recovery rate than those people who don't know about our product.

Yes, we have precursors that allow us to make the glutathione in our bodies, but Dr. Keller's brilliancy has added this amazing ancient Chinese mushroom called **Cordyceps** which has been around for over 4,000 years. It was used by the Chinese for centuries, and this has been an incredible anti-inflammatory. By adding to our product the cordyceps goes to the areas of inflammation immediately and allows the glutathione to do its job in the rest of the cells of the body, so this is why we have a composition patent on our product, which is so powerful that no one else can produce a product like that—it's a one of a kind. It's so special to have it. Dr. Keller didn't produce this overnight—it took many, many years and many, many formulations to get the right combination of nutrients to allow us to do this. The blood tests prove that we are improving the glutathione levels significantly, so I pass out the CD's and let them do the talking for me—and Dr. Keller's information is so very informative and the average person understands why this is so important in our bodies.

How does glutathione stack up against all the other sources of antioxidants?

Dr. Kindle

There is a simple explanation. **Visualize a huge forest** where there can be small fires. A water bomber comes along and he drops his water on the little fires—and this is what most of the antioxidants are (like some of the powerful juices that are out there). They are like the water bomber, putting the fire out in various places in the forest which we can liken to the inflammation in our bodies, but with MaxGXL it's really the equivalent of having a sprinkler system in every single tree in the forest.

I think this is an excellent example of what happens to us from the many other products on the market. They are all good products, but they don't hold a candle to the MaxGXL in terms of putting the oxidative fires out. Not only are we able to turn on the sprinkler system in every single tree, but the good news is that the water that is dispersed will be able to put out those inflammatory responses. We actually have a **recycling mechanism to be able to ensure that the amount of water that was put out, in order to be able to extinguish these fires, can actually recirculate** and reuse some of that, and that is one of the points that Dr. Keller makes. We're not just doing one shot at the apple—we're doing that multiple times over because of the recycling mechanism that is built into the MaxGXL, so that is another good point and a very good analogy.

Going back to Dr. Keller's CD, I now tell people when they listen to it the first time they get an overview. The second, third, fourth, and fifth listens they begin to understand it fully, and when you understand it fully, you will not ever stop taking this product.

Most of us have had times where some muscle or part of the body gets sprained and we recognize that as inflammation. Would you tell us more about some of the inflammatory responses and some of the negative results that can occur if we ignore those responses?

The doctor usually takes blood tests, etc. to look for underlying illnesses. It seems that in certain age groups we don't worry a lot about things—that's usually around the 20's, 30's and 40's—but by the time we get 50 we start to get inflammation in various systems. Probably the most common is in our joints. These joints have been working for 50 years now and they start to become inflamed and that inflammation in that joint is called **arthritis**. But also, there are many other diseases which have as a basis inflammatory conditions. When you get enough inflammation in your brain you are a good candidate for **Alzheimer's** and inflammation in various neurological areas can lead to **multiple sclerosis**, in the bowel it can be **ulcerative colitis** or **inflammatory bowel disease**.

In all of these diseases we don't seem to really have a grasp on what's causing the underlying inflammation, mostly because the research goes into treating the diseases, but there is very little research into what is the underlying pathology of the cells that caused the inflammation. The simple answer is there is **cellular dysfunction, which leads to inflammation in those cells**. If you can keep those cells healthier from a younger age, and unfortunately people are starting on MaxGXL in their 70's. But if you can get them on it when they are 25 or 35 they will certainly be a different specimen at 60, 70, and 80 than the people are today who have not had access to this product.

Fortunately, this product will be around for generations—and being the researcher that he is, Dr. Keller will never be satisfied until he knows how to treat everything. He has such a dedicated philosophy of helping all people of all walks of life. I know that we are probably going to have upgrades over time as he finds more and more things to help others. He is such a perfectionist, he wanted to make sure this was going to do what he said it would do—and he is not satisfied until he has perfected it to that point.

Approaching medical doctors

As much as people may believe what I say, they will go to their doctor and say, “Can I take this?” I had an example the other day with an 83 year-old gentleman who had some rectal bleeding. He has been on the MaxGXL for several months and went to his doctor and the doctor said, “Well, get off that stuff right now! We don't want you on that stuff if you're bleeding!”

I tell people over and over again, if they go to their doctor and talk about MaxGXL they should simply say, **“Doctor, I'm thinking about taking something that will increase my glutathione levels. Do you think that's a good idea?”** Then when the doctor replies that he really doesn't know anything about glutathione, you can decide what level of belief he will have when he says you should not be on MaxGXL. They know nothing about glutathione. I would bet that 95% of the doctors have no idea what glutathione is.

I have a patient with MS right now who is going through a clinical trial with a new product that hasn't been released yet, and the patient feels horrible on the MS drug, and he told me, “I really can't take Max while I am on this MS drug..” but I know he'll be back on Max when he finishes the trial because I haven't seen anything good out there that works for MS.

Do you have any last words of recommendation until we can visit with you again?

Dr. Kindle - Don't get discouraged if your body begins to detoxify

You have to understand that this product is powerful. It can help you detoxify, and so if you get on it and **you feel unwell** in the first couple of days or weeks (because it does happen) it is because you are **releasing a lot of toxins from your system**. So instead of taking one package twice a day, you should probably **drop back to one capsule twice a day** and then gradually work up. Feeling unwell right off the bat doesn't mean it's not for you. You can get **flu-like headaches, sinus, legs feel like lead, overwhelming fatigue, skin rashes,** etc.—those are all signs of detoxification. I take that as an example of how badly you need it, but go up much more slowly. Sometimes we need to clean the vessel before we can experience the full benefits of it.