Everything You NEED to KNOW About NAC (N-Acetylcysteine) Transcript

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What NAC Is and How It Works

N-acetylcysteine is a powerful supplement, but most people don't know what to use it for and how to it. So in this video, I'm going to talk about all the important facts you need to know about N acetyylcystine.

Some people refer to as NAP. An acetylcysteine is actually a very potent antioxidant in the body, and it neutralizes harmful free radicals that can damage your cells.

Also, it's very important because it increases the bodies glutathione levels, which are possibly the most powerful antioxidants in your body. to support liver and kidney detoxification and we use it to help support immunity.

Now, hospitals actually use N-acetylcysteine and it has very specific uses. This shows the power behind the science of it. NAC is given to patients who have an overdose on acetaminophen to prevent damage to the liver or liver toxicity.

Hospital Uses and Mucus Relief

In addition, it's used orally and by nebulization where you breathe it in to reduce mucus thickness and promote drainage in the respiratory system. But in holistic medicine, we use NSC-udal cysteine for many different reasons.

Number one, We use it for upper respiratory problems as well as the lungs. So we used a lot for sinusitis, bronchitis and pneumonia because it has unique property of breaking up mucus and then it thins the mucous so that your body can drain it better.

You can get it out of your sinus, you can give it to your lungs as Well, NAC is an anti-inflammatory. It has anti inflammatory effects on the body, including the respiratory system.

Respiratory Support and Dosing

So often I'll use it for patients who have bronchitis, pneumonia, chronic obstructive pulmonary disease known as COPD, sinusitis or any condition where mucus is a problem in the respiratory system.

This includes people who post-nasal drip. You wake up and you're coughing in morning because you have post nasal drip during the night. And so there's different doses you can use for NAC.

Most people use between 600 to 1200 mg per day, but you can use up to 4,000 mg in people with chronic bronchitis or COPD to get a more powerful effect for these conditions.

Also, I do like to use it as a breathing treatment, a nebulized treatment. And so it works good for people who again have the bronchetis, they have pneumonia, the sinusitis because you can thin that mucus so that it can be drained and NAC needs to be prescribed by a doctor.

Now in terms of the immune system, as we're getting into the fall and winter, NAC is great for immune function. It's been shown in studies to improve natural killer cells.

Immune and Liver Benefits

These like Navy SEALs will go around through your bloodstream and kill bad bugs, viruses, bacteria, fungi, even cancer cells, and so we know that only 25% of people who were given NAC for a period of six months got the flu when they're taking it for immune protection versus 79% who took a placebo in one study.

Also, NEC is a great supplement to improve liver function. Why? Because it's anti-inflammatory, it is an antioxidant, and it enhances glutathione. So it helps to support your detox pathways.

As well, can help with fatty liver and liver accumulation that occur so commonly in Americans. Now let's look at it for kidney protection. It's one of the few agents shown to protect against kidney injury from contrast dyes used in imaging.

And so the protective effects are thought to be to its antioxidant and vasodilating actions, improving blood flow through the kidneys. As well, it's been shown in some studies to prevent apoptosis or kidney cell death.

Kidney Protection and Contrast Dye

And so studies have been somewhat mixed on the benefit of NAC preventing kidney injury from contrast dye. However, there was a study published in the Journal of the American Heart Association, and they reported that NEC supplementation was shown to be associated with a significant decrease in kidney injuries from Contrast Dye.

So this is good news. And the dosage is used in this meta-analysis very greatly. I normally have people take 600 to 1000 milligrams a few hours before their contrast-dye study.

and another 602,000 milligrams afterwards to support that kidney detoxification. Now, NACs also help with mood disorders. It's been had studies in journals like Neuroscience and Behavioral Reviews.

Mood, Neurological Uses, and Dosage

And the researchers summarize their findings by saying, quote, we find favorable evidence for the use of NEC in several psychiatric and neurological disorders, particularly autism, Alzheimer's disease, cocaine and cannabis addiction, bipolar disorder, depression, conditions where people are pulling the hair known as trichotillomania, nail biting, skin pricking, OCD, schizophrenia, people get drug induced neuropathy or nerve damage, and progressive myoclonic epilepsy.

So a lot of different uses for it in that sphere. And again, they note that it's very safe in terms of its tolerance. Now also it has a balancing effect on the neurotransmitter known as glutamate, which is an excitatory neurotranmiter.

And so it also has been shown to help with dopamine balance, because dopamine when it's in balance can cause low motivation and depression. So now most people, a typical dose would be a thousand milligrams to twelve hundred milligrams, one to two times daily, and it is best taken on an empty stomach.

People who are on psychiatric medication should obviously check with their doctor first before using it. But overall, NAC is a very safe supplement to use and the average person will do very well with it.

Well, I hope you found this video effective. Now you know how to N-A-C for different conditions and doses. And if you want to find more videos in terms of detoxification, helping your immune system, the best supplements with the Best Studies, look for more video on my YouTube channel.