Everybody will. Cold and flu season is here. Every year at this time, my office starts filling up with patients dealing with colds, size, infections, bronchitis, the flu, and sometimes Covid and what the supplements I rely on most this time of year is not fighting.

See, it's not saying it's an essential system better known as NAC or NAC. In this video, I'm going to cover what Narcos, what the research shows for your new system colds, influenza, Covid, how much to take?

The best way to take it and why? Nebulizer or inhaled NHC is one of my favorite tools for helping people with respiratory infections. Now let's get into it.

NHC is a modified form of the amino acid cysteine system is the key building block your body uses to make foul, which is believed by a lot of people, would be the most important antioxidant your body produces.

System is usually the limiting ingredient in file production, so when you take NAC, you're giving your body exactly what it needs to make. Go to file.

NAC is not a fringe supplement, so even been used as a medication for more than 60 years in the hospital system, and still today she used as an antidote for a poisoning to protect the liver.

It's also, of course, used orally and as an inhaled treatment to thin mucus. NAC breaks apart. The chemical bonds are whole, sticky mucus together, so your body can clear out of the sinuses and the lungs.

That combination of Huda found, support antioxidant and antioxidant activity, and mucus clearing is exactly why it's so valuable. In this winter, your immune cells depend on glutathione, your T cells, and your natural killer cells, which I call the special forces of your immune system, need adequate glutathione to do their job of finding and destroying viruses.

When glutathione runs low, these cells become sluggish. Researchers reviewed this connection in the proceedings of the Nutrition Society. They described two randomized, placebo controlled trials in patients with depleted glue to file in both trials, and a C significantly improved every immune function researchers measured, including an almost complete restoration of natural killer cells activity.

That is a powerful effect from a simple, inexpensive supplement. Now, let's talk about the study that convinced me to recommend NAC. Every Winter was published in the European Respiratory Journal.

This was a randomized, double blind, placebo controlled trial run at 20 medical centers in Italy. There were 262 people and 78% of them were 65 years or older.

The group which is most vulnerable to the flu half took sits on milligrams of NAC twice a day for six months through the winter and half took a placebo.

And here's what they found. The group had significantly fewer influenza like episodes. When they did get sick, their symptoms were less severe and they spent less time confined to bed.

Here's the most interesting part. Blood testing showed that both groups were exposed to an infected with the flu virus at about the same rate. By allowing those who were infected, only 25% of those taking NAC actually develop symptoms, compared with 79% of those on placebo.

Think about that. NAC did not stop people from catching the virus, but it helped their bodies have so well that most of them never got sick. The researchers also found that sound immunity, the arm of the immune system that fights viruses, progressively improved in the group.

For older adults, that's a meaningful advantage going into the flu season. The trial tracked influenza like illness as a

whole, which captures the typical winter colds and viral infections we all deal with and reduce those episodes across the board.

We see the same protective pattern in people with chronic lung disease, whose flowers are frequently triggered by respiratory infections. The pantheon trial, published in The Lancet Respiratory Medicine, followed more than 1000 patients with COPD at 34 hospitals in China, those taking 600mg of NAC twice daily for one year at a 22% lower rate of exacerbations than those of placebo, and also in men.

Analysis in European Respiratory Review, who had 13 studies with more than 4000 patients, who found that NAC also consistently reduced exacerbations of chronic pain and copied, the authors conclude that a dose of at least 12 per day is the right time for prevention.

So if you have a history of bronchitis, not flares every winter, any see belongs in your class. Now, Covid drives a lot of oxidative stress and inflammation in lungs, and severe cases involve an overactive inflammatory response, often called a sideline storm.

Glutathione is central to keeping that response in chat, which is why researchers turned to NAC early in the pandemic. A steady increase, published in the journal Infectious Diseases compared 82 hospitalized patients with Covid pneumonia patients who received 600mg of oral NAC twice daily for 14 days on top of standard care were significantly less likely to progress to severe respiratory failure requiring a ventilator, and they had significantly lower death rates of both 14 to 28 days.

Their oxygen levels improved and their markers of inflammation and clotting also improved as well. A much larger study from Spain, published in Science Progress, analyzed the records of more than 90,000 hospitalized Covid patients.

Those who received high dose oral NAC six milligrams three times a day and about a 44% lower odds of dying. And that held up even after adjusting for steroid use and other factors.

So my takeaway is this any see does its best work as ongoing support started early, not as a last minute rescue or winter prevention. The dose with the strongest research behind it is 600mg twice a day, for a total of 1200mg daily.

That's the dose used in both the Flora flu study and the pantheon trial. I have patients start in the fall, continue throughout the end of the flu season.

If there are typically susceptible to these illnesses when you're actively sick with a cold, the flu, bronchitis, or a science infection, I increased those to 1200mg 2 to 3 times a day until you recover.

For chronic bronchitis or PD angle as high as 4000mg per day. Although most patients use 2 to 3000mg a day to keep the mucus at bay. Now timing matters.

With neck, we swallow nac the gut while the liver breakdown a large portion of it before it ever reaches your bloodstream. This is why I favor higher doses again.

600mg twice a day or more is why I recommend for most patients spread throughout the day to get the most interesting take any see on an empty stomach, both 30 minutes to an hour before meal or two hours after.

If it upsets your stomach, take it with a small snack and do not be alarmed with the smell. Any sees a sulfur compound, so a mild, rotten egg odor when you open the bottle is completely normal.

Now let's talk about one of my favorite clinical tools nebulizer, NAC and nebulizer turns a liquid into a fine myth that you breathe in through a mouthpiece or a mask.

This delivers NAC directly to the tissues of the nose, throat, and airways right where the infection and mucus are. I use nebulizer Tennessee for upper respiratory tract infections, sinus congestion, postnatal drip, chest congestion,

and bronchitis.

Patients tell me they can feel the mucus loosening and draining within just 1 or 2 treatments. Nebulizer max prescription and it comes as a 10% or 20% solution.

So work with a local doctor if you need this treatment. Any sea has an excellent safety record after decades of use. The most common side effects are mild stomach upset or nausea, which usually resolve by taking it with a little food.

Overall, NHC is one of the safest and most cost effective supplements you can keep in your medicine cabinet. So here is the bottom line NAC raises glutathione, strengthens your natural killer cells and antiviral immunity, thins and clears mucus, and has solid human research behind it for the flu, winter respiratory flare ups, and even Covid.

Usually I recommend 600mg twice a day on an empty stomach as your winter foundation increased in dose if you get sick, and consider nebulizer knack for stubborn situs and chest congestion, this is the season to get ahead of infections, not chased out.

For more videos on immune support, respiratory health and the best evidence based supplements, check out the other videos on my YouTube channel. I'll see you in the next one.