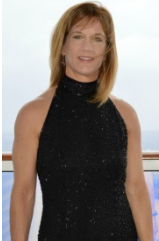


"There is a loftier ambition than merely to stand high in the world. It is to stoop down and lift mankind a little higher."

- Henry Van Dyke

It's not very often that someone asks me to write about a specific topic. But it happens occasionally and when it does, I'm moved to oblige. This month, I was asked about a supplement called NAC, which is short for N-acetyl-cysteine. I was somewhat familiar with it, but didn't know many details. Since it was a good friend who asked me to research it for her, how could I possibly say no? So this month, I'm going to tell you all about the good, the bad and the ugly about NAC. Remember, if there's anything you'd like to know more about or if you simply need help getting healthier and losing weight, I'm just a phone call or email away.

Yours in health,



Susan Monaco, Certified Health Coach
Health and Wellness by Design
www.healthnwellnessbydesign.com
susan@healthnwellnessbydesign.com

Should You be Taking NAC?



N-acetyl-cysteine (NAC) is a modified form of the amino acid cysteine and helps the body make glutathione, a powerful antioxidant. Glutathione naturally decreases as we age and it helps to boost its level in our body. Most of you probably know that antioxidants help prevent damage to your body caused by free radicals. In one study, patients were given 600 mg of NAC a day for three months. At the end of the three months, their blood plasma levels of glutathione had increased by 38%, dramatically bolstering their immune system. Higher glutathione levels help protect your body against DNA damage and possibly the development of cancer.

Here are some (but certainly not all) of the great things than NAC can do.

- It has shown promise for certain conditions, including influenza and chronic bronchitis. There was one documented study in which seniors who took NAC didn't get the flu, even though they tested positive for the flu virus.
- It's used as a treatment (usually in the emergency room) for people who have overdosed on acetaminophen (aka Tylenol). However, many alternative doctors recommend taking it ANY TIME you use a product containing acetaminophen. Read labels because there are a lot of products out there that have acetaminophen.
- It can help women with polycystic ovary syndrome. This is why my friend wanted me to research this supplement. She's trying to find a natural cure for the cysts on her ovaries. NAC can also improve egg quality in women who want to get pregnant.

- There is some research out there that shows that NAC can help people who suffer from pulmonary fibrosis or COPD to breathe.
- It's been shown to lower LDL cholesterol.
- A new finding is that it may help prevent hearing loss.
- It can decrease liver toxicity.
- It's being used in several clinical trials to help reduce some symptoms for people suffering from bipolar and other psychological disorders as well as schizophrenia.
- It can help detoxify the body, enhance immune function and repair some damage caused by vaccines that have high levels of mercury. The reason it can do this is because it basically grabs hold of this (and other) heavy toxic metals and carries them out of the body. We can accumulate toxic metals by drinking water and from mercury fillings in our teeth. Hopefully you are aware that mercury is extremely toxic and there is a specific protocol for removing mercury fillings (also known as amalgams) from our teeth. I went through this process back in 2008 with a biological dentist specifically trained in this procedure and my health improved dramatically.
- It helps prevent the growth of h-pylori bacteria in the stomach
- NAC also helps keep the membranes in the lungs moist, which can reduce irritation caused by things like dust, dry air and other pollutants.
- It can protect our bodies from a bunch of bad things in the environment, from cigarette smoke and car exhaust to inorganic herbicides
- If you snore, a small study of people with sleep apnea showed that patients who took daily doses of NAC had better sleep and snored less than those who took a placebo.
- Cysteine, the non-essential amino acid from which your body synthesizes NAC, is found in food sources such as poultry, pork, yogurt, ricotta and cottage cheese, egg yolks, red peppers, garlic, onions, broccoli, Brussel sprouts, oats and wheat germ. Try increasing your intake of these foods.
- I must offer a few cautions if you decide to start supplementing with NAC.
- Be sure to talk to a doctor you trust before you begin taking this or any other new supplement. If you have diabetes, it can block insulin. If you take blood pressure medication, it can interact with certain ones.
- Take plenty of Vitamin C when using NAC to keep it from becoming oxidized, which can cause kidney stones in some people.
- NAC is overall considered to be a very safe supplement. The most common side effect is nausea, which can be reduced or eliminated by taking it with food and not taking it with coffee. The most common dosage is 500 mg, twice per day. But again, check with your doctor first.

Have a wonderful month and happy spring!