



## NAC (N-acetylcysteine) Research Review: Safe, Effective, Timely **Lanika Buchanan**

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### ABSTRACT:

NAC or N-acetylcysteine is a safe, inexpensive and impressively versatile supplement. It is a powerful antioxidant and should be considered in treating conditions characterized by inflammation in the formation of free oxygen radicals. It stimulates the production of glutathione which is considered the "mother antioxidant". NAC appears to protect the endothelial cells by decreasing mitochondrial membrane depolarization and increasing intracellular glutathione. There is evidence of benefit in a variety of conditions including polycystic ovarian syndrome, chronic bronchitis (1, 2,3), cystic fibrosis, infertility (4,5,6), acetaminophen toxicity (3), ulcerative colitis (1), Alzheimer's (7,8), Parkinson's (9), cancers (lung, liver and colon) and asthma (11, 12, 13). The possibility that NAC can decrease inflammatory cells in the airways in animal models may even provide some benefit for treatment of many categories of viruses with an inflammatory component such as COVID-19 (14,15). This would of course require much more extensive study in the future.



### Biography:

Dr. Lanika Buchanan is the founding doctor of a premier Naturopathic and Acupuncture Medical clinic in Washington State, USA. She has practiced integrative primary care for over 20 years, treating thousands of patients with a wide variety of traditional and alternative medicine modalities. Dr. Buchanan has been a presenting provider for multiple hospitals, city employees as well as a variety of businesses large and small.

### Publications:

1. Pemphigus diseases in a tertiary care hospital: epidemiology and clinical profile
2. Rate of Metabolic Syndrome Among Patients with Facial Acanthosis Nigricans.
3. Pattern of Adverse Cutaneous Drug Reactions (ACDR) to Systemic Drugs.
4. International Conference on Psoriasis and Skin Specialists Meeting.
5. Nipah virus infection outbreak with nosocomial and corpse-to-human transmission, Bangladesh.

[16th International Conference on Digestive Disorders and Gastroenterology, Bangkok, Thailand, June 08-09, 2020.](#)

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