

What is NAD+?

Nicotinamide adenine dinucleotide (NAD+) is a coenzyme present in almost all cells in your body. Its main purpose is to fuel metabolic reactions forward, similar to gas in your car. Without NAD+, your cells won't be able to metabolize carbohydrates, fats and amino acids. NAD+ also plays a significant role in gene expression linked to age-related diseases.

IV Therapy

NAD+ IV Therapy is an emerging vitamin therapy that is all-natural, holistic, and has shown outstanding results. IV NAD+ therapy may be the light at the end of the tunnel for many people suffering from addiction, age-related diseases, and chronic fatigue.

Even if needles make you queasy, this particular therapy is well worth the momentary needle stick. Why? Administering a high dose of NAD+ straight into your bloodstream, compared to other routes (i.e. oral) will give you a faster, more effective outcome. This high dose quickly optimizes your NAD+ levels, which revs up the engine in your cells (called the mitochondrion) translating into more energy for you.

The IV therapy can last from 3 to 15 days, depending on your condition and your goals. It's important to work with a qualified doctor who is certified in providing NAD+ treatment, because there are specific protocols.

### **Boost Metabolism**

Looking to increase your energy? Want to stop relying on caffeine to get you through the day?

NAD+ IV therapy can help. NAD and its twin form, NADH are primarily used in redox reactions to generate energy within your cells. Part of this process includes the breakdown of carbohydrates, or sugar. What happens when your body is flooded with sugar? On top of elevated blood sugar levels, your cells start to metabolize the simple carbohydrates leading to an overload of NADH. Excess NADH has been linked to several metabolic conditions.

Diabetes is one of those conditions. When your body doesn't have enough NAD, or an overload of NADH, it won't be able to activate the superhero enzymes sirtuins. Studies have shown that mice with elevated sirtuins were less likely to become diabetic, and were at a decreased risk of fatty liver disease. While IV NAD therapy won't be able to lower your blood glucose levels, it does produce the same effect as calorie restriction.

In other words, NAD+ therapy might be able to reduce your waistline and lose weight.

### **Reduce Pain**

As if the benefits from IV NAD therapy couldn't get any better, did you know that it might help reduce your pain and also promote healing? A 2014 study published results of IV NAD therapy and neuropathic pain. They found that administering NAD intravenously helped reduce pain up to 2 days after the last injection. Even though this study was done on mice, it's impressive nonetheless.

Boosting your NAD levels will allow your body to heal itself better from injury, especially when it comes to the regeneration of your blood vessels. Diabetic patients are at risk for developing blood vessel damage due to high blood glucose levels. This type of damage may lead to atherosclerosis, or the hardening of your arteries. Not only will NAD promote healing of your insides, but it may also reduce your risk of heart disease.

## **Promising Therapy for Addiction**

Let's be clear. NAD+ IV Therapy is NOT a cure for addiction. It's a natural therapy option that heals the brain on the cellular level and kickstarts recovery. Why is this important? This allows the person struggling with addiction to have a better chance at succeeding with recovery in the long term.

**Addiction** is a brain disease with underlying root causes that up until now have not been effectively treated (relapse rates are 50-90%). The closest effective treatment has been psychotherapy, which actually helps rewire the brain. More research needs to be done regarding NAD+ and the impact on the brain and addiction. But so far, patients and clinicians have seen incredible transformations when using NAD+ as a detox method.

NAD is different from typical treatment options because:

1. It is natural, compared to toxic pharmaceuticals which mostly harm your brain in the long run.
2. It is restorative. NAD helps your cells heal and helps with cellular biogenesis.
3. It is Fuel. NAD, NADH is apart of the bodily functions in continued production of ATP for energy in your body.
4. It helps balance the body. With repairing the mitochondrial, NAD helps balance hormones and deficiencies in the body to help combat depression naturally.
5. It is protective. NAD has shown to be neuroprotective.

The most profound effect of IV NAD+ is its ability to reduce cravings, depression, and boost energy levels associated with detoxing from alcohol, opiate withdrawal and Benzodiazepine. NAD+ is a more natural solution compared to the prescription drugs suboxone, naltrexone or methadone, because there are no toxic side effects from NAD+. After only 10-15 consecutive treatments of IV NAD+, people battling addiction have a better chance to have a better quality of life not being tied down by a schedule of when and where are you going to find the medications you need to feel normal. With NAD+ Therapy you can be free again.

## **Living with Chronic Fatigue, Beat the Fatigue..**

Those who suffer from chronic fatigue battle with debilitating symptoms every day. It's unclear exactly what causes chronic fatigue syndrome (CFS), and there's currently little being done in the forms of diagnostic tests either. Conventional treatment may consist of a combination of antidepressants, sleep medications, and pain medications but this method is like placing a bandage over an internal injury. Prescription medication used over time can make what seemed to be a problem now a much bigger problem when it stops working and you need more and more to keep the bandage on.

What are the symptoms of Chronic Fatigue?

- Trouble staying asleep, never feeling you've gotten a restful night's sleep.
- Difficulty focusing on projects, remembering what you were working on.
- Severe fatigue for more than six months.
- Not able to get out of bed for longer than an hour or so a day.
- Everyday life activities like walking the dog make it worse.

NAD+ Treatment can help. IV NAD therapy addresses the core issue by supplying your body with the energy it needs to heal on a cellular level.

NAD increases production of ATP, which is the currency your cells use for energy.

## **Maximize Brain Power**

This is a big one. As nootropics become more popular, many people are looking to enhance their cognitive performance with natural supplements. NAD IV therapy is arguably the best brain restoration therapy out there. It increases the function of your neurons, protects your cells from damage, toxicity and death, and promotes mitochondrial biogenesis. Overall, if your brain is healthy and functioning at optimal levels, you'll make better decisions, be more productive, and achieve more.

Cognitive decline is a trademark symptom for aging. As we get older, our memory becomes fuzzy and we think a little slower. Neurodegeneration describes the loss of structure or function of the neurons. Research is emerging about the neuroprotective effects of sirtuins in the brain. Sirtuin 1 (SIRT1) in the hippocampus has been linked with an increase in memory and learning in mice. Additionally, SIRT1 can protect against amyloid proteins associated with Alzheimer's and other neurodegenerative disorders. SIRT1 is dependent on NAD<sup>+</sup> and acts to protect your brain and neurons.

Most people who experience NAD IV therapy express the following brain benefits:

- Increased concentration
- Improved memory
- Increased mental clarity
- Improved mood
- Improved balance
- Improved vision
- Improved hearing

"My focus is incredible and I feel like my battery has been restored. And I feel invincible."- M Beal