

Toronto Naturopathic Clinic Highlights Important Things To Know About NAD+

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Toronto, Ontario based naturopathic functional medicine clinic Dr. Amauri Wellness Centre is reaching out to the wider community to share information about the health benefits of NAD+. The naturopathic functional medicine clinic is committed to using a combination of treatments such as Acupuncture, Integrative Functional Medicine, IV Therapy, Naturopathic Medicine, Detoxification and Bio-Identical Hormone Treatments to help patients optimize their health.

In a blog post on their website, titled ?Must-Know Facts About NAD+ and Human Longevity,? the clinic explains what NAD+ is. Also known as nicotinamide adenosine, NAD+ is a coenzyme that is considered crucial for every single chemical reaction in the human body. By binding to protein molecules, NAD+ activates certain enzymes in human bodies that keeps them functioning at optimal levels.

NAD+ plays a significant role in human cellular metabolism, which is to say that NAD+ transforms nutrients into cellular energy. It is also a ?helper molecule,? working dutifully alongside other proteins to regulate

biological processes. According to studies, NAD+ depletion may have a role in the human aging process because NAD+ levels impact cellular function in many ways. This may include maintaining DNA health, changing consumed food into working energy and controlling humans? sleep-wake cycles. Low NAD+ levels have been linked to an increased risk of heart disease, Type 2 diabetes, Alzheimer?s disease and accelerated aging. Dr. Amauri Wellness Centre explains that, unfortunately, NAD+ levels decline as humans age, which likely means that the benefits they gain from it will also decline.

The blog post continues on the importance of NAD+ to long-term health, explaining, ?NAD+ is linked to many biological processes from neurological and cardiovascular health support to DNA repair and anti-aging. Emerging evidence suggests that optimum levels of NAD+ in the body may reduce the risk of age-related disorders. This coenzyme may help slow down or encourage the reversal of some aspects of aging, especially when combined with a caloric reduced diet and regular exercise.?

Dr. Amauri Caversan, ND, founder of Dr. Amauri Wellness Centre, says, ?Many studies have found evidence that the decline of NAD+ in our bodies can have a number of negative effects on us, but the good news is that recent advances in health sciences have given us a number of methods to replenish NAD+ levels through treatment. Now, there is evidence that these treatments may encourage the human body to postpone age-related concerns, such as muscle atrophy or cardiovascular diseases.?

At the Dr. Amauri Wellness Centre, Dr. Amauri, ND and Arv Buttar NP provide NAD+ therapy in several forms, including the oral supplementation of precursors. Precursors are known to boost the body?s inherent production of NAD+. According to animal studies, age-related phenotypes (the characteristics of an individual resulting from the interaction of our genes and environment) may be partially altered when the body is given NAD+ or NAD+ precursors. Many health benefits have been noted with these supplements, such as slowing down cognitive decline, improved skeletal muscle metabolism and endurance, reduced DNA damage, reversal of fatty liver, nerve damage protection, improved cardiovascular function and more.

In addition to oral supplements, NAD+ therapy is available via IV therapy (or a combination of both). The clinic asserts that both methods may be helpful, though they differ mainly on how long they are metabolized in the body. Therefore, Amauri Wellness Centre encourages patients to learn how NAD+ therapy may affect their personal health.

?At our Yorkville, Toronto clinic, we are committed to helping our patients. Our NAD+ IV Therapy treatment is designed to assist the body in restoring neuroreceptor function to an optimal level while supporting improved sleep, detoxification, cell health replenishment and the lengthening of physical and mental longevity. In fact,the treatments we provide at our clinic are designed to be integrative and functional medicine programs that support our patients towards balanced, wholesome health.?

Those who want to learn more about the Dr. Amauri Wellness Centre and their services are welcome to visit the wellness center's website. They encourage interested parties to get in touch directly via email or phone. The wellness center can also be reached through the contact form on their website.

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For more information about Dr. Amauri Wellness Centre, contact the company here:Dr. Amauri Wellness CentreDr. Amauri Caversan, ND(416) 922-4114info@dramauriwellnesscentre.comDr. Amauri Wellness Center1200 Bay Street #1102Toronto, Ontario M5R 2A5

Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

Website: https://dramaurinaturopath.com/

Email: info@dramauriwellnesscentre.com

Phone: (416) 922-4114