

Functional Medicine Providers Discuss NAD IV Therapy In Toronto

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The ON based Toronto Functional Medicine Centre (TFMC) recently posted a blog post titled ?Optimizing Athletic Performance with NAD IV Therapy in Toronto?. The article explores how NAD IV therapy may help heighten an individual?s physical capabilities and describes some of the advantages reportedly experienced by athletes who choose to undergo NAD IV therapy. The article is intended to serve as an informative tool for anyone interested in the therapy and aims to help athletes who may be on the fence about the whole process see the many benefits NAD IV Therapy may offer.

NAD stands for nicotinamide adenine dinucleotide, a coenzyme that can be found in living cells. The coenzyme provides a number of benefits to the body. It regulates inflammation and metabolism, promotes chemical reactions and DNA repair, stimulates detoxification and cellular energy production and regenerates mitochondria for cellular functioning. NAD can also affect muscle development. Skeletal muscles require a significant amount of energy to metabolize glucose and fatty acids. NAD is necessary for metabolism to occur as it prompts energy production.

The role of NAD in muscle health has become a topic of great interest to athletes and other physically active individuals. It declines with age, and a decrease in such an important substance in the body leads to a number of issues associated with age, such as muscle atrophy and poor cardiovascular health. Achieving peak performance thus becomes challenging with age as NAD levels decline. NAD IV therapy seeks to reverse this process by directly injecting NAD into the body.

NAD IV Therapy could potentially help lessen the effects of age on NAD levels. IV therapy, or intravenous therapy, is meant to alleviate nutritional deficiencies. The article says, ?During a drip therapy session, the IV solution intentionally bypasses the digestive tract, distributing nutrients directly to your cells. This is unlike ingesting oral supplements, when your body requires additional energy to transport nutrients into the bloodstream; this can be an inefficient, complex process if you desire rapid results. NAD IV therapy upgrades your NAD levels while supporting muscle health and mitochondrial energy production.?

The way the NAD IV therapy works makes it so NAD is delivered directly to the patient?s bloodstream. A freshly compounded NAD solution is inserted into an IV therapy drip bag, which is then connected into the patient?s veins. The solution is designed to enable the body to absorb it directly. It does not pass through the digestive tract. As a result, patients may see prompt results, and can quickly begin taking advantage of any of the benefits the therapy might grant them.

NAD IV therapy may also help with brain function and boost cognitive performance, which may in turn help improve the individual?s focus and reaction times. This is possibly due to the fact that NAD has an effect on the function of neurotransmitters (including those that affect motor control). Getting NAD IV therapy along with a number of therapies that could have a profound effect on one?s health in Toronto is a fairly simple process.

The Toronto Functional Medicine Centre says, ?Integrative and functional medicine is our passion at the TFMC. Our patients receive care with naturopathy, allopathic medicine, acupuncture, vitamin therapy, bio-identical hormone therapy and other health care modalities. Our integrative approach to health care and functional medicine treatments can be tailored for athletic performance, bespoke weight loss therapies, and other specific health goals. We also offer a wide range of vitamin drip treatments?.

For more information on NAD IV therapy in Toronto, visit Toronto Functional Medicine Centre?s website. There are a number of therapies available for both athletes and non-athletes that could potentially have a positive effect on the physical performance of all kinds of patients. Contact the clinic at (416) 968-6961 or at info@tfm.care.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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