


# Toronto Functional Medicine Centre Examines How NAD IV Therapy May Be Used as Anti-Aging Tool

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explains how supplementing with nicotinamide adenine dinucleotide (NAD) may help in delaying the start of aging. The article points out that anti-aging is more than just the suppleness or flexibility of the skin. It also includes the need to support mental health and energy levels, including the prevention of physical conditions like sarcopenia, which is the loss of skeletal muscle mass and strength. Realistically, no treatment can wholly reverse aging but there are tools like NAD supplementation that may help in delaying the start of aging factors.

NAD is a coenzyme and the human body would not be able to survive without it. It optimizes cell health because it helps in triggering metabolic chemical reactions at the cellular level. It also contributes to cell health replenishment and to cell function. It also helps in the production of adenosine triphosphate (ATP) that is vital for bodily processes.

NAD supplementation may help with anti-aging in a number of ways, such as: helping to protect chromosomes; restoring energy levels; and reduction of free radical damage in relation to skin elasticity, cardiovascular health, and brain health. Chromosomes have protective caps at their ends, which are called telomeres. As people age, the telomeres decrease in size and recent studies have shown that telomere length is affected by several lifestyle factors that have an impact on the speed of aging and the onset of age-related diseases. It was also observed that increasing NAD levels may help protect telomeres from further damage.

NAD supplementation is needed because NAD levels decrease with age. This decline can trigger mitochondrial dysfunction, fatigue, inflammation, and other age-related issues. However, when NAD intake is increased, it may be possible to avoid DNA damage and optimize one?s cell health status, which is likely to result in an enhancement of energy levels.

Meanwhile, free radicals are potential contributors to age-related problems, such as sagging skin, heart disease, and Alzheimer?s disease. NAD supplementation may help replenish NAD levels, while helping with the reduction of free radical damage and stimulating DNA repair.

A functional medicine naturopathic doctor may recommend sublingual or intranasal NAD to help increase a patient?s NAD levels. Oral supplements containing NAD precursors such as nicotinamide mononucleotide (NMN) and nicotinamide riboside (NR) may also be suggested. Furthermore, NAD IV therapy may be recommended because it?s fully available to cells. This is a kind of intravenous infusion therapy (IV therapy) that is provided at the Toronto Functional Medicine Centre. For this kind of IV therapy, they directly insert into the vein of the patient a drip solution with NAD+, amino acids, and certain essential vitamins. The solution slowly enters the bloodstream and as such is immediately available to the cells.

With the integrated approach used by the health care practitioners at Toronto Functional Medicine Centre, they customize the treatments based on the patient?s wellness goals. Their IV vitamin infusions are provided for various kinds of nutrients, including NAD IV therapy, amino acids, folic acid, and high-dose vitamin C.

The Toronto Functional Medicine Centre uses an integrative functional medicine strategy, which is combining functional medicine techniques with alternative medicine, such as homeopathic medicine, herbal medicine, TCM or Eastern medicine, bioidentical hormone replacement, and more. They apply functional medicine and restorative therapies for various kinds of health conditions, including: neuropathic pain, chronic disease, hormone imbalances, acute health issues, postmenopausal health issues, and more. The conditions that they may be able to help with include: cellular damage, chronic fatigue, tissue repair, mineral deficiencies, DNA repair, athletic recovery, immune function, thyroid conditions, infertility, skin rejuvenation, adrenal function, and others.

Those who are interested in learning more about NAD IV therapy in Toronto can visit the Toronto Functional Medicine Centre website, or contact them on the telephone or through email. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; 9:00 am to 5:00 pm on Tuesdays and Thursdays; and 9:00 am to 4:00 pm on Saturdays.

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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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