

Toronto Functional Medicine Centre Explains How NAD IV Therapy May Help Improve Cognitive Performance

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explains how NAD IV therapy may help in improving cognitive performance, such as, focus, memory, and overall brain health. Studies have shown that cellular functions depend on the coenzyme known as nicotinamide adenine dinucleotide (NAD). On a cellular level, NAD is vital for triggering metabolic chemical reactions, such as cellular energy production. NAD may also function as a protection against mitochondrial dysfunction and thus foster optimal brain cell health, such as how people think, understand, and memorize things.

Unfortunately, NAD levels in the body decline as people mature and when there is chronic inflammation or nutritional problems. Thus, for those who are suffering from forgetfulness the cause might be low NAD levels. Emerging results from studies have indicated connections between NAD+ depletion due to aging and 10 hallmarks of brain aging, according to an article from ?Cell Metabolism.? Therefore, with regards to cognition, NAD may help in the activation of sirtuins, which are enzymes involved in cognition and in protecting against neurodegenerative disease. By boosting NAD levels in a patient, it may be possible to help improve the function of sirtuins, such as DNA repair.

Other benefits provided by NAD for cognition include: helping alleviate brain fog; improvement of mood and neurological function; promotion of a boost in concentration; and facilitating mental clarity. Another benefit is NAD IV therapy as an anti-aging tool. To boost NAD levels, some clinics in Toronto may administer intranasal or sublingual treatments . Also, a number of functional medicine health care providers would recommend oral supplements containing nicotinamide mononucleotide (NMN) and nicotinamide riboside (NR), which are NAD precursors.

At Toronto Functional Medicine Centre, they offer NAD IV therapy, which is a type of intravenous infusion therapy that can help promote rapid nutrient absorption. The first step in this kind of therapy, is to freshly compound a saline solution base with several amino acids and NAD+, which is a type of NAD. Next, the solution is administered to the comfortably seated patient through an IV therapy drip. The IV is inserted into the patient?s vein to allow the solution to enter the bloodstream. And finally, the nutrients are absorbed into the patient?s body and are immediately available for therapeutic purposes.

It is important to note that before the patient undergoes the first NAD drip, a consultation with their functional medicine health team is needed. This is to make sure that the patient doesn?t have allergies and that there will be no medication interaction. Blood tests and other functional medicine lab tests may also be suggested as a way to confirm any nutrient deficiencies. For some people, the stresses of living may have negative effects on their brain health, such as oxidative stress, low concentration, and poor cellular functioning. With NAD IV therapy, patients may be able to take control of their health.

At the Toronto Functional Medicine Centre, all of their intravenous drips are compounded everyday. The various IV therapies that they provide may help in the detoxification process for the body over time. These IV drips are available for various kinds of nutrients, including NAD IV therapy, amino acids, high-dose vitamin C, alpha lipoic acid and other combinations of nutrients.

The Toronto Functional Medicine Centre employs an integrative functional medicine approach, which is the result of integrating functional medicine methods, such as naturopathic medicine, herbal medicine, TCM or Eastern medicine, bio-identical hormone replacement, allopathic medicine and more. They apply integrative functional medicine therapies for different kinds of health conditions, such as: chronic disease, hormone imbalances, neuropathic pain, postmenopausal health issues, acute health issues, and more. The conditions that they may be able to help with include: chronic fatigue, tissue repair, cellular damage, DNA repair, athletic recovery, mineral deficiencies, thyroid conditions, infertility, immune function, adrenal function, skin rejuvenation, and others.

People who would like to know more about NAD IV therapy can check out the Toronto Functional Medicine Centre website, or contact them through the telephone (416) 968-6961 or via email at info@tfm.care. 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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For more information about Toronto Functional Medicine Centre, contact the company here:Toronto Functional Medicine CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine Centre55 Avenue Rd 204 AToronto, ON M5R 3L2

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.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

