

Toronto Functional Medicine Centre Explains How NAD IV Therapy and Lifestyle Changes Can Help Restore Optimal Function

August 10, 2023

TORONTO, ON - August 10, 2023 -

Toronto Functional Medicine Centre in Toronto, ON, Canada, has explained that the NAD IV therapy that they can provide can be customized based on personal health goals and that when it is combined with recommended lifestyle changes, it may help restore optimal function. Nicotinamide adenine dinucleotide or NAD+ is a potent coenzyme required for healthy DNA function and for survival. It is essential for the appropriate functioning of cells, chemical reactions, energy metabolism, and biological processes. NAD supplementation is known for its vital role in muscle health, anti-aging, neurological function, and DNA repair mechanisms. It has also been found in various studies to delay the onset of degenerative diseases, particularly those that are related to cognitive function.

NAD is produced by the human body but this slows down as people age with NAD+ levels during middle age only half of that compared to when they were younger. There are a number of lifestyle changes that can be made to help increase the body?s production of NAD. These include: warming up the body for a certain period of time; exercising; reducing weight; and changes in the diet.

Exposing the body to heat, such as in a sauna, may not just boost NAD+ levels but may also help enhance cardiovascular responses to stress and in bringing down blood pressure levels. Exercising may also help because it causes the levels of unoxidized NAD, which is called NADH, to decline. This reduction in NADH levels lead to an increase in NAD+. It has been observed that interval training may be appropriate for increasing NAD+ levels.

It has also been noted that obesity may severely reduce NAD+ levels but fasting and calorie restriction have been observed to boost NAD+ levels. It is also possible to boost NAD levels by choosing to eat foods that contain NAD+ precursors. Cabbage, cucumber, and cow?s milks contain nicotinamide riboside, which is an NAD precursor. Whole grains contain substantial amounts of vitamin B3, which is also a precursor. Other foods that can help increase NAD levels include honey, peas, asparagus, and kombucha.

Toronto Functional Medicine Centre wants to point out that the above-mentioned lifestyle changes can be combined with NAD IV therapy to achieve optimal performance over time. Oral supplements in the form of tablets may be taken but these will have to pass through the digestive system, which means absorption of the nutrients will be reduced when compared to when it is inserted directly into the vein and goes directly to the blood flow. In addition, taking oral supplements would not be recommended for patients suffering from malabsorption.

NAD IV therapy may be administered at Toronto Functional Medicine Centre?s IV Lounge, and also other essential nutrients, like glutamic acid, high-dose vitamin C, amino acids, and more. They offer various kinds of IV drip therapies, such as: the Energizer IV drip; high-dose vitamin C drip; Max Hydration IV drip for for rehydrating the body after extreme fluid loss and long physical exertions; relaxation IV drip; anti-aging IV drip; detoxifying IV drip; migraine support IV drip; and more.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada practices an integrative functional medicine approach that combines allopathic medicine, restorative medicine, acupuncture, naturopathic medicine, detoxification, and more.

Those who would like to know more about IV therapy in Toronto, including NAD IV therapy in Toronto, can visit the Toronto Functional Medicine Centre website or contact them through the telephone at (416) 968-6961, or by email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays and Wednesdays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; from 9:00 am to 5:00 pm on Fridays; and from 9:00 am to 4:00 pm on alternating Saturdays.

###

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

