

Toronto Functional Medicine Centre Explains How to Manage Low Levels of NAD

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released an article on how to manage low levels of NAD. This is important because having low levels of nicotinamide adenine dinucleotide (NAD) can negatively affect the human body in various ways. Unfortunately, the amount of NAD produced by the body declines as the body ages, which can leave the person susceptible to DNA damage and poor cellular health, while increasing the risk of suffering from age-related diseases. According to various studies, the reduction in NAD+ levels is associated with various diseases related to aging, such as cancer, cognitive decline, sarcopenia, metabolic disease, and frailty.

Aside from the aging process, there are other factors that can contribute to the decline in NAD levels. Drinking too much alcohol may cause damage to the liver and can cause the deterioration of NAD on a cellular level. NAD plays a significant role in metabolic functions and in energy metabolism, which is why a reduction in NAD levels is closely linked to a person developing different kinds of metabolic disorders, such as fatty liver disease and diabetes. It is also important to note that blood sugar spikes and decline in insulin levels can affect NAD levels. In addition, DNA damage has been observed to cause a decline in NAD+ levels in the body.

Fortunately, many of the age-related diseases can be delayed and even reversed by restoring the NAD+ levels. NAD and its oxidated form, NAD+, is a coenzyme that is required for the healthy functioning of the cells and in avoiding mitochondrial dysfunction. NAD plays an important role in the conversion of food into energy and in preventing DNA damage.

NAD may offer several advantages if taken as an oral supplement or through intravenous (IV) therapy. These may include: ideal reaction times for sports performances; optimal muscle health, particularly for those who are recovering from a workout; neuroprotective capability to support brain function, such as decreasing brain fog; reduction of oxidative stress and other inflammatory markers, with the result of decreasing inflammation and pain levels; upgraded cell vitality and healthier DNA function; vital role in DNA repair and cellular communication; promotion of enhanced brain health through the production of neurotransmitters, such as serotonin; and contribution to the circadian rhythm, thus helping the body get perfect sleep.

Through their IV Lounge, the Toronto Functional Medicine Centre can provide assistance to patients in raising their NAD+ levels through IV therapy using their integrative functional medicine approach. NAD+ can be provided through oral supplementation or through IV therapy.

Precursors in the form of capsules may be taken orally. It has been observed that taking supplemental precursors may help in decreasing inflammation and in increasing mitochondrial function and neurological function. However, for those who have malabsorption problems, oral supplementation is not possible because the oral capsules need the digestive tract for filtration, and people with malabsorption problems don?t have a gastric system that can properly help with the absorption of the NAD and deliver it to the bloodstream. With IV therapy, the digestive tract is bypassed and the nutrients are delivered directly to the bloodstream.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada uses the combination of allopathic medicine, restorative medicine, acupuncture, naturopathic medicine, detoxification, and more, for various types of health issues.

Those who would like to know more about the integrative functional medicine approach and other types of IV therapy, including NAD+ IV therapy, can visit the Toronto Functional Medicine Centre website or contact them through the phone 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.

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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.

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