

# Fountain of youth draws closer with treatment

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Many adults spend a lot of time and money trying to look younger – topical creams, makeup, hairstyles, clothing and even surgical treatments.

They may work, but inside, your body is still aging. You may feel groggy or lack energy. You may experience chronic pain or inflammation. You may gain weight and have difficulty completing simple tasks.

Aging is a natural occurrence, but researchers are coming closer to pinpointing specific causes of aging – besides our numerical age – and thus developing solutions to stall nature. Many doctors of functional medicine are increasingly optimistic about a new treatment targeted at the molecular level inside the body.

Nicotinamide Adenine Dinucleotide, or NAD+, is a naturally occurring cofactor/coenzyme derived from Vitamin B3 (niacin), which is present in all living cells. NAD+ starts to diminish as we age, so research has focused on the impact of reintroducing NAD+ to the body.

Is this the fountain of youth? NAD+ is already being referenced as the body's anti-aging molecule. As a supplement, NAD+ does not need FDA approval, so it's available today to the general public.

I wanted to see if NAD+ was indeed the real deal and merited consideration as a treatment option at the Naples Center for Functional Medicine, so I began personally taking NAD+ in its oral supplement form. The results? I am sleeping better, achieving much more deep sleep than usual, which is allowing my body to fully rejuvenate each night. I have more energy and feel refreshed all day. My mood is better and my mind is sharper. It is supercharging my mitochondria, which helps to burn fat and reduce my blood glucose potentially as well, as seen in animal studies.

Some genetics experts believe that NAD+ treatments might be more effective than stem cell therapy. According to top researcher Dr. David Sinclair at Harvard, NAD+ actually can reprogram your own cells to regress to a more youthful state. That statement alone warrants a closer look at NAD+ as a supplement.

## Benefits of NAD+

The benefits of NAD+ are far-reaching within the human body and can impact an individual's:

- **Brain:** Potentially slows cognitive decline and promotes healthy brain functions, mental clarity, higher concentration levels and memory function. Studies in mice showed these results. Now, studies are underway involving humans with Parkinson's disease and other neurodegenerative disorders.
- **Mental health:** Potentially helps control depression, anxiety and mood disorders. Research has shown that people with critically low levels of NAD are at a higher risk for developing problems related to addiction, anxiety and other mental disorders.
- **Energy:** Boosts energy levels and fights chronic fatigue. NAD+ inserts itself directly into the Krebs' cy-



**NAD+ can boost energy levels and help fight chronic fatigue. As we age, our natural levels of NAD+ decline, explaining why fatigue is the No. 1 complaint among older adults.** GETTY IMAGES

cle or the energy cycle in your mitochondria of your cells that create energy. As we age, our natural levels of NAD+ decline, explaining why fatigue is the No. 1 complaint among older adults.

- **Metabolism:** Gives a jolt to metabolism, which burns fat, and helps the body regulate blood sugar levels. In studies, diabetic and obese rats showed improvements in their metabolism with NAD+ supplementation.
- **Rejuvenation:** Allows cells to regenerate and repair, healing the body as it recovers from injuries and rigorous exercise. NAD+ is a sirtuin activator, and a very strong one at that. These sirtuin genes have the ability to repair cells and regress them to a more youthful state.

## Who is Using NAD+

NAD+ is in all of our bodies, which means everyone benefits from the coenzyme. However, some groups of individuals are turning toward NAD+ therapy in larger numbers, including:

- **Athletes:** Can improve endurance, performance and recovery.
- **Executives:** Can enhance concentration, focus and memory.
- **Individuals with neurological disorders and other conditions:** Alzheimer's disease, Parkinson's disease, anxiety and depression.
- **Individuals with medical ailments:** Conditions like fatigue, restless sleep and fibromyalgia.

## Therapy Options

There are two primary ways to receive NAD+ treatments:

- **IV therapy:** This treatment option has grown in popularity because vitamins, minerals and nutrients are introduced directly into a patient's bloodstream. This allows for quick absorption and immediate impacts. IV therapies are conducted in a doctor's office or medical clinic.
- **Oral supplements:** Just like a multivitamin or supplement, taking NAD+ in tablet form introduces the treatment through an individual's digestive system. The impacts aren't immediate, but are felt within hours. Patients can take oral supplements daily from their home.

All of us want to look younger, but we should be focused on living longer, healthy and pain-free lives. Science shows that the fountain of youth isn't found in a mythical spring, rather potentially as NAD+ within our own bodies. Some of us just need a little extra as our levels decrease with age.

As always, please consult with your physician prior to making any substantial lifestyle, health or nutritional changes.

*Dr. Eduardo Maristany is a board-certified internal medicine physician who specializes in functional and integrative medicine, genomics testing and men's health at the Naples Center for Functional Medicine in Naples, Fla. For more information, call 239-649-7400 or visit NaplesCFM.com.*

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