Toronto Functional Medicine Centre Explains the Possible Use of NAD IV Therapy for Weight Loss

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explores the possible use of NAD IV therapy for weight loss. They can offer customized weight loss plans using nicotinamide adenine dinucleotide (NAD) IV therapy combined with nutraceuticals, lifestyle changes, and medications. NAD may be used as one of supportive nutraceuticals to increase resistance to weight gain by promoting glycemic control.

NAD is an essential molecule that is needed by the body to survive. This is because it plays a crucial role in converting the food consumed into energy, boosts DNA health, and helps to optimize cellular functioning to prevent degenerative illnesses. NAD influences a number of essential functions, such as: immune health, energy production in cells, metabolic reactions, and the Circadian rhythm (sleep-wake cycle).

The problem is that NAD levels tend to decline with age, which may then contribute to age-related illnesses, such as brain fog, development of cancer, increased risks for heart disease and decrease in the person?s

lifespan. According to a study published in ?Nature Reviews Molecular Cell Biology,? the decrease in NAD+ levels is connected causally to several aging-related illnesses, such as cancer, cognitive decline, sarcopenia, metabolic disease, and frailty. Fortunately, NAD supplementation may be used to boost NAD levels that may offer various benefits, such as healthy longevity and an energy boost.

NAD IV therapy combined with daily sublingual intake may also be used as an adjunct weight loss support because NAD levels may influence metabolism, which is the process used by the body to convert food into energy. Those who are in their senior years may likely have low NAD levels, which may result in more belly fat and health problems related to brain function and cardiovascular health. Low NAD levels may also be present in people who are overweight or have an unhealthy lifestyle, such as eating takeout, being sedentary and more.

Ongoing NAD supplementation may therefore help with weight loss. Many studies have shown that the oral intake of NAD precursors, such as nicotinamide riboside (NR) and nicotinamide mononucleotide (NMN), may efficiently boost NAD levels in several tissues and help prevent metabolic diseases.

At the Toronto Functional Medicine Centre, weight loss support is provided using an integrative functional model approach. For patients with NAD deficiencies, they may recommend oral supplements, NAD IV therapies, and lifestyle changes. Oral supplementation with the NAD precursors, NMN and NR, may help with weight management, cellular repair, and boosting cellular energy levels. However, for those who suffer from malabsorption, they may recommend NAD IV therapies.

They offer NAD administered by intravenous therapy, which bypasses the digestive tract with the nutrients directly entering through the vein. Since digestion is not needed, IV therapy allows NAD to enter the bloodstream, allowing for 100 percent absorption of nutrients. Meanwhile, some lifestyle changes may also be recommended in addition to the NAD supplementation. Since a sedentary lifestyle may cause NAD levels to decline, it is a good idea to exercise and be more active. Not only will exercise or physical activity help boost NAD levels. It may also increase the ?feel good? endorphins for better mental health, while also strengthening the muscles.

Those who are interested in the various IV therapies offered, including how NAD IV therapy may provide energy boost, can visit the Toronto Functional Medicine Centre website or contact them on the telephone at (416) 968-6961 or via 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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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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