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MAKING WAVES IN YOUR NEIGHBORHOOD

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Mitochondrial Dysfunction The Woven Thread in Chronic Conditions

Would you be surprised to hear that many chronic conditions have the same underlying cause? You have probably heard doctors preach about the importance of reducing inflammation and stress, incorporating an exercise routine, and eating a balanced diet. But have you ever heard a doctor recommend boosting your mitochondrial function?

The unfortunate truth is many chronic conditions are being linked to impaired mitochondrial function, or the inability for your cells to produce energy. Cells that are deficient in energy are unable to repair itself, to communicate with other cells, and to maintain hundreds of other physiological processes that keep you living and breathing. In fact, a reduction in cellular energy and impaired mitochondrial function results in a domino effect that can lead to cell death.

Many well known conditions, such as Chronic Fatigue Syndrome, Type 2 Diabetes, Parkinson's and other neurodegenerative diseases have been linked to impaired mitochondrial function. The organs that require the most amount of energy, such as the brain, are especially sensi-



Many well known conditions, such as Chronic Fatigue Syndrome, Type 2 Diabetes, Parkinson's and other neurodegenerative diseases have been linked to impaired mitochondrial function. *Stock photo*

tive to energy fluctuations. Research has suggested that mitochondrial dysfunction can result in the accumulation of plaques within the brain known to cause Alzheimer's and Parkinson's disease.

Symptoms of fatigue, brain fog, neuropathic pain, depression, anxiety and feelings of weakness are all signs of undiagnosed mitochondrial dysfunction. Unfortunately, there isn't a test to evaluate how your mitochondria are performing on a day-to-day basis. The best diagnostic tool is your health and energy levels.

"While diet, exercise and sunlight play an important role in maintaining cellular energy levels," explains Phillip Milgram,

MD, "your mitochondria depend on a plentiful supply of NAD, or Nicotinamide Adenine Dinucleotide, to produce energy."

Dr. Milgram is the Medical Director of the NAD Treatment Center, a wellness clinic that specializes in the art of intravenous NAD. Patients come from all over the country to restore their health and sense of well-being through NAD and other nutrient infusions.

The NAD Treatment Center stands apart from other wellness clinics in San Diego by incorporating other therapies, such as hyperbaric oxygen and neurofeedback, for an integrative approach to preventative medicine.

"The benefits of NAD

never ceases to amaze me," Dr. Milgram admits, "After a couple days of treatment, a non-responsive patient was able to verbally expressed her hunger for the first time in years. I asked her, 'How are you feeling?' She opened her eyes, turned to me and said 'I'm hungry,' a truly incredible experience for the patient and her family."

NAD has a powerful effect on the body because it is used by other parts of cell for repairing damaged DNA, regulating gene expression, and can even repair damaged neurons. To learn more about the additional benefits of NAD, please call 844-NAD-PLUS, or visit their website at www.nadtreatment-center.com.