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The nutrient that gives life, can take it away

Phillip Milgram, MD, a local San Diego obstetrician and gynecological physician, spent the early part of his career helping excited mothers navigate through their pregnancy. After delivering thousands of healthy babies and sharing the joy of a new life with the expecting mother and father, he has shifted his focus towards life extension. According to Dr. Milgram, and other researchers, there is one key nutrient that can give life, and dramatically decrease quality of life in it's absence.

Dr. Milgram and researchers believe that NAD could be the key ingredient to reverse age and could help prevent many chronic diseases. *Courtesy photo*

What is the nutrient that every cell in your body relies upon? Nicotinamide Adenine Dinucleotide (NAD) is a vitamin B coenzyme used to produce energy, facilitate cellular communication, repair DNA, turn off aging genes and revitalize the brain. This coenzyme has been used since the 1960s for detoxification from chemical dependencies, and is notably famous for its ability to abolish cravings and withdrawal symptoms.

Maintaining optimal levels of NAD is more difficult than one would think because pure NAD is not bioavailable through the digestive tract. Only the precursors to NAD, vitamin B3, nicotinamide mononucleotide and nicotinamide riboside, can be absorbed, but in limited amounts.

The Victor Chang Cardiac Research Institute recently discovered a link between vitamin B3 and it's potential in reducing birth defects and miscarriages. According to Sally Dunwoodie, Ph.D, NAD is essential in developing embryos. Genetic and environmental factors are a major risk factor in developing infants, and maternal nutrition can heavily influence the health of the baby. According to Sunethra Devika Thomas, a researcher from Australia, over 60 percent of pregnant women are deficient in vitamin B3 by their third trimester. Over a decade of collected research reveals parents and infants who are deficient in NAD may have an increased risk for birth defects and miscarriages.

The body typically has enough NAD to maintain cellular function and to keep our bodies functioning properly, until the age of 40. Researchers from Harvard University have observed our NAD levels decline with age and this directly leads to cellular aging. With supplementation, they were able to reverse the signs of aging in mice.

The research that has been produced in recent years fails to recognize one key factor, limited absorption rate of the digestive tract. Supplementation of NAD precursors is undoubtedly a great method for raising NAD levels, but it does not compare to direct intravenous infusions of pure NAD.

"The most efficient method to raise NAD levels is through intravenous administration," explains Dr. Milgram, current Medical Director at the NAD Treatment Center, "The digestive tract and liver can hinder absorption and distribution of nutrients from food and oral supplementation. Bypassing the gut allows for a higher concentration of NAD to reach the vital organs and tissues in the body."

Dr. Milgram has over four years of experience administering the art of intravenous NAD for individuals looking to find relief from chronic pain, break free from substance abuse, and to reignite their health and wellness through detoxification.

To learn more about intravenous NAD, visit www.NADTreatmentCenter.com for more information, or call 1-844-NAD-PLUS.