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# **Real NAD +** *Bottled Energy*

## **WHAT IT IS:**

- NAD is a naturally occurring molecule necessary for energy production and overall health

## **WHY YOU NEED IT:**

- Important for patients with chronic fatigue, chronic infections
- Targets patients with severe fatigue, brain fog, depression, anxiety, insomnia, fibromyalgia
- Great for patients with addictions: any substance, any activity (gambling, sex, shopping)
- Supports patients with auto-immune diseases like Multiple Sclerosis, Rheumatoid Arthritis, Lupus
- Good for patients with slow metabolism, trouble losing weight, severe carb/food cravings
- Addresses patients wanting effective anti-aging therapy

## **HOW IT HELPS:**

NAD is a natural compound found in all living cells. It is the universal energy production molecule on which all life depends. Low NAD levels mean low energy, and much more.

High levels of NAD are necessary for healthy energy, metabolism and immune health. Low levels of NAD in the body can contribute to many symptoms and diseases including chronic fatigue, Alzheimer's, heart disease, Parkinson's, Multiple Sclerosis, obesity, PTSD, addiction (to any food, substance or activity), depression, anxiety, stroke, chronic infections, fibromyalgia, auto immune diseases, and aging itself.

In the mitochondria of young, healthy people, NAD is readily manufactured, creating abundant ATP, the universal molecule of energy. As we age, NAD levels naturally decline. Stress can also lower NAD levels, and this includes stressors such as psychological traumas, chronic illnesses, severe acute illnesses, chronic sleep deprivation, and auto-immune diseases.

Lower NAD levels also reduce the levels of anti-aging enzymes (like SIRT1) that help to repair ongoing damage to our genetic DNA. When DNA repairs get backed up, our body's systems do not work properly, leading to the signs of aging: longer recovery times, reductions in muscle mass, weight gain, changes in skin look/feel, sleep quality, and lower energy.

NAD also helps control metabolism. Lower NAD levels can be associated with reduced metabolism and increased risk of weight gain, especially with age. Metabolism also helps to maintain body heat. Patients with lower levels of NAD typically complain of being 'cold' all of the time.

The brain has a very high energy demand, so brain cells contain a disproportionately larger number of mitochondria to meet the energy needs of the brain. Low levels of NAD in the brain mean a reduction in mental sharpness. Reduced brain levels of NAD also result in lower levels of hormones levels like dopamine, which help to elevate mood and mental acuity.

Autoimmune disease is in part caused by a dysregulated immune system. By increasing NAD, the immune system is then less likely to attack the body, causing diseases like MS, arthritis, and Lupus. NAD supplementation supports a healthy immune system which has the capacity to fight infections while keeping excessive inflammation in check.

Chronic inflammation in the body also reduces NAD levels by inhibiting the enzymes necessary to make NAD. Chronic inflammation also negatively affects the genes that regulate the circadian rhythm, our natural sleep-wake clock. A dysfunctional circadian clock further reduces NAD production by also interfering with the enzymes that make NAD in our cells.

Sirtuin enzymes (like SIRT1) help to control the aging process by turning off the genes that promote aging. These include genes that are involved in inflammation, body fat production, and blood sugar management. NAD stimulates the sirtuin enzyme systems which can improve metabolism (fat burning), boost mitochondrial numbers and

performance (energy production), improve blood sugar control, improve circadian rhythm, reduce the production of new fat cells, and suppress cancer development.

Studies show that people who live to be 100+ years old have higher activity levels of anti-aging genes that are directly controlled by NAD levels.

Alcohol consumption, high blood sugar, high insulin levels, and overeating all reduce NAD levels. The more sugar and carbs you eat, the lower you push down your NAD levels. Low NAD may contribute to the feeling of tiredness which some people experience after eating a large meal.

There are natural, healthy ways to increase NAD in our bodies such as the regular use of dry saunas. When using a sauna regularly, you are not just sweating out unhealthy toxins but increasing NAD levels in your body. Infrared saunas are the most effective at increasing NAD levels. Consuming fermented foods and drinks (like kefir, kombucha, kimchi and sauerkraut) are natural sources of NAD, and eating them can increase NAD levels.

To more quickly and therapeutically increase NAD levels, consider using both oral and intravenous NAD supplementation. Intravenous NAD therapy is a powerful, breakthrough therapy that typically takes three consecutive days of IV NAD therapy to refill all one trillion of your cells' NAD storage. Alternatively, a lower level but still effective NAD IVs can be performed over one to two hours when photo-activated by intravenous Low Level Laser Therapy (also known as PDT — PhotoDynamic Therapy). To determine which IV NAD therapy is best for you, ask one of us when you are next in the office.

Typically, patients report experiencing benefits during the three-day NAD infusion or shortly after the photo-activated NAD IV with intravenous laser. After either intravenous NAD therapy, patients can use Real NAD+ to help perpetuate the clinical improvements. Two weeks after the three-day NAD infusion, patients are encouraged to receive a half-day booster NAD infusion. After completing a cycle of NAD therapy, patients can return for additional therapy as their symptoms warrant.

Most patients receiving just one cycle of NAD therapy report significant and sustained clinical improvements. NAD is a therapy that patients can both see and feel working to optimize health and vitality.

Intravenous NAD therapy has proven itself to be a game changer in the setting of chronic disease and anti-aging medicine. With Real NAD+, you can access the power of this remarkable therapy on a daily basis. Even without IV NAD infusions, Real NAD+ supports healthy NAD+ levels which are necessary for maintaining and returning to optimal wellness.

Usual dosage: Dissolve one (1) Real NAD+ tablet under your tongue two to four times daily, best on an empty stomach.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent, or cure any disease.