



Serenity Center for Health & Wellness

EMPOWERING PEOPLE TO IMPROVE THEIR LIVES

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Information on NAD+ & Glutathione

What is NAD+?

- Nicotinamide adenine dinucleotide (NAD) is a compound that supports cellular processes in your body. As NAD levels naturally drop with age, supplementing it has been seen as a potential treatment for age-related conditions, with possible benefits for metabolism, cognitive function, and skin health. Studies suggest that NAD may be able to improve the health of our cardiovascular system by improving blood flow and reducing inflammation. This could reduce the risk of heart attacks, strokes, and other related conditions.
- **The Role of NAD+ in Regenerative Medicine.**
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9512238/>

Mental Benefits of NAD Therapy

One of the characteristic signs of aging is loss of cognitive function. You tend to forget things, have trouble concentrating, and feel like your brain is cloudy or foggy. NAD therapy replaces the coenzyme needed to slow or stop the progression of this decline. You'll have:

- Increased mental clarity
- Better memory
- High concentration
- Improved moods
- Better problem-solving skills

The boost in brain function you get from NAD therapy can even help you battle chronic mental struggles like depression, anxiety, and other mood disorders.

Physical Benefits of NAD Therapy

NAD is sometimes called a “helper molecule” because it binds with other enzymes and helps them do their job better. What happens in your cells makes a huge difference in how you look and feel. The list of physical benefits from NAD therapy is long, and any one of these improvements can change your life for the better.

Improves cardiovascular health

- Boosts energy
- Increases metabolism
- Reduces inflammation
- Speeds recovery from injury
- Decreases pain
- Sharpens eyesight
- Improves hearing



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- Diminishes cravings for harmful substances
- Mitigates withdrawal symptoms
- Assists weight loss
- Protects nerves
- Slows the aging process

The benefits of NAD therapy stand to dramatically improve your overall health and well-being and even improve the symptoms of some serious illnesses.

Studies show that NAD therapy can mitigate the symptoms of Alzheimer's disease. Although the exact cause of Alzheimer's disease remains a mystery, we do know that it involves cell death and mitochondrial dysfunction, both of which NAD addresses. Furthermore, NAD's neuroprotective properties may help prevent this damage in the first place.

NAD may also have applications in the treatment of:

- Parkinson's disease
- Depression
- Anxiety
- Sleep Disorders
- Dementia
- Migraine
- Substance Addiction
- Hypertension
- High Cholesterol
- Chronic Fatigue Syndrome
- Fibromyalgia

Is NAD therapy right for you?

NAD therapy is safe and effective, and the only potential side effects involve a possible infection at the injection site. Whether you're looking to delay the classic effects of aging or you want to slow down what's already begun, NAD therapy may be the answer.

What is Glutathione?

- Glutathione is a substance made from the amino acid glycine, cysteine, and glutamic acid. It is produced by the liver and is involved in many body processes. Glutathione is involved in tissue building and repair, making chemicals and proteins needed in the body, and in immune system function. It is an antioxidant that helps repair damaged cells, detoxify the body, and regulate inflammation.

Repairing Cells

- Helps repair cells damaged by stress, pollution, and other harmful influences
- Reduces the risk of cell damage from fatty liver disease



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Detoxifying the Body

- Detoxifies the liver
- Detoxifies the skin and body, which can help prevent or reverse acne, wrinkles, and age spots
- Detoxifies a variety of toxic chemical compounds, including carcinogens, chemotherapeutic drugs, and environmental pollutants

Reduces Oxidative Stress

- Oxidative stress occurs when there's an imbalance between the production of free radicals and the body's ability to fight them off. Levels of oxidative stress that are too high may be a precursor to multiple diseases. These include:
 - Diabetes
 - Cancer
 - Rheumatoid Arthritis

Glutathione is one of the major antioxidants that can help to prevent the process of oxidative stress, which may, in turn, reduce disease.

Regulating Inflammation

- Stimulates or inhibits the immune response to control inflammation
- Reduces symptoms of some autoimmune diseases

Other Functions

- Helps with insulin resistance
- May help with weight loss and weight management
- May help with mobility
- May help reduce symptoms of Parkinson's Disease
- May help control diabetes symptoms
- May help reduce symptoms of respiratory disease