



What Is NAD Therapy?

NAD, or nicotinamide adenine dinucleotide, is a naturally occurring co-enzyme of niacin that helps cells in our bodies produce energy. It does so by converting the energy we get from food into cellular energy. Administering lab-produced NAD will boost the levels of the chemical in someone's body, but they will need to be administered more to sustain that level. NAD therapy can assist with brain function, DNA repair, and repair signals between molecules for cellular communication. Lastly, it aids in DNA repair. Only with a combination of NAD and regular therapy and support can someone stay on the path of recovery.

As a person abuses [drugs](#) and [alcohol](#), their natural amount of NAD is depleted. This makes it more difficult for them to convert the energy that is broken down from food. It is even speculated that people who naturally produce less NAD are more likely to develop an addiction and potentially a co-occurring disorder. Other reasons the body's natural reserve of NAD would be depleted are:

- [Post-traumatic stress](#)
- [Anxiety](#)
- [Depression](#)
- Chronic traumatic encephalopathy (CTE)
- Alzheimer's
- Parkinson's
- Neurodegenerative diseases
- Aging

All of these co-occurring disorders can drain one's energy, and there are many ways to boost NAD in the body by exercising; eating vitamin-rich foods; fasting; eating protein; eating raw foods. Many of these practices are introduced to people in treatment for substance abuse disorders. For instance, yoga and fitness centers are available to encourage healthy lifestyle practices, boost endorphins and will produce lost NAD. Dietary plans can include vitamin-rich foods to boost dopamine and can produce NAD in the brain. Most patients need roughly 6 to 10 days of infusion to feel effects. Oftentimes, as individuals enjoy the pleasant feelings, they are less inclined to abuse substances.

How is NAD Therapy Used?

In NAD Therapy, the co-enzyme is placed in an IV and slowly dripped into the blood stream. This allows the substance to bypass the stomach (where analgesic medication breaks down) and travel directly to the brain. This provides the individual with a boost of energy, providing



enhanced mood and awareness, as the energy they get is now from their natural sources, not other substances. It has also been claimed to slow the aging process. This procedure isn't as lengthy as someone looking for rehabilitation and can be sold as a regular treatment appointment, receiving a "top off" every 6 to 8 weeks.

Why Use NAD Therapy to Treat Addiction?

It has been determined that the excessive use of drugs and alcohol will deplete the body's natural stores of NAD. Because of this, the brain cannot receive the same energy it usually would from breaking down food. NAD Therapy floods the brain with the co-enzyme to replenish its stores, providing 3 key effects.

- It flushes out all of the drugs that are still in the user's system.
- Reduces withdrawal effects, which can be extremely difficult and uncomfortable to tolerate.
- It curbs the cravings for alcohol and Opioids and lessens the pain of withdrawal, making recovery easier physically and mentally.
- It allows the body to produce energy more naturally, without a crash or jitters like caffeine and sugar or the negative effects that come with other substances.

Length of sessions vary depending on severity of the addiction and what the clinic recommends. After the initial session, follow ups will be scheduled 1 to 2 months later. These sessions can continue at the discretion of the prescribing clinic.

NAD has shown to have many benefits, but the length of time that it has been on the market leaves much to the unknown. As far as physicians can see, regular boosters are required to maintain the effects, but the long-term effects have yet to be tested. It must also be stated that this isn't a miraculous cure. While NAD has been seen to greatly reduce cravings and withdrawal symptoms from alcohol and Opioids, it still can't do the work alone. Individuals may need other medications to assist, or other types of treatments offered in facilities. Contact a treatment professional to discover options.