



NADH

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NADH (Nicotinamide Adenine Dinucleotide Hydrate) can be used for fatigue, CFIDS (Chronic Fatigue Immune Dysfunction Syndrome), memory loss, Parkinson's, and Alzheimer's. Considered as one of the "mitochondrial nutrients", NADH is a hydrogen donor that triggers ATP production and definitively improves cellular energy generation in CFIDS.

I have used NADH for many years as part of a team of nutrients for "mitochondrial resuscitation". The mitochondria are the cellular energy generators. As many of you may know, your mitochondrial DNA is only inherited from your mother, and due to the fact that the mitochondria sit in the cytoplasm of the cell, its DNA is not afforded the protection of the nuclear membrane. This makes the mitochondrial DNA uniquely sensitive to our toxic environment. One common theory of aging is that cellular energy production as mediated through mitochondrial health determines life expectancy and just general "energy" during life.

The "mitochondrial nutrients" include alpha lipoic acid, acetyl-L-carnitine, Co Q10, NADH, several B vitamins, and depending on the author, a variety of other nutrients. Used in conjunction, these nutrients provide a powerful basis for treating CFIDS, relieving most neurodegenerative conditions, and supporting many "anti-aging" protocols.

Fatigue: Anecdotally some people note improved energy, mental clarity and alertness with 10 mg of NADH. No scientific studies address the validity of this practice.

CFIDS: Multiple randomized clinical trials show gradual, consistent improvements in energy at 3 months and continued further improvements at one year. In this condition especially, combining NADH with the other mitochondrial nutrients is imperative. I have found patience with a mitochondrial resuscitation program to be one of the most successful approaches to CFIDS and its related syndromes: Fibromyalgia and Irritable Bowel Syndrome. Higher doses of NADH are often required (10-30mg).

Parkinson's: In addition to improving memory and energy, NADH directly stimulates tyrosine hydroxylase and dopamine production. There is conflicting research, but I consider NADH to be one of the critical supplements for this condition.

Alzheimer's: Randomized clinical trials support a role for NADH in the improvement of verbal fluency. I suggest NADH at the earliest suspicion of memory loss or Alzheimer's if one hopes to see a significant clinical improvement.

Caveats: Absolutely safe with no known drug or herb interactions. May affect sleep if taken later in the day. NADH does not improve athletic performance in athletes who are currently experimenting with this nutrient as a “performance enhancer”.

Your Journey to Health and Healing,
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