

m231231

Speaking of longevity, author and tech biz man David Asprey in his book Super Human, with Dr. M's endorsement on the back cover, is aiming for 180 years. I'm aiming for only 100. I very well will drive myself to the crematorium on that day, leave the keys in the car for a kid to pick up, redeem cap 1 points on the way to pay the cremation bill, and tell them give me my 1,800 degrees. In the meantime, 25 sprints in morning, 25 at nite, 100 yarders. 122 steps north, 70 strides south. Exercise sucks but never fails. And resistance training too. And a jump rope 1,150 sprints competed, goal 10,000 before snow flies. Boring as hell. Welcome to join in, Shiloh Park, Plymouth, Mn. Age 69. High school speed long gone. Sad. 82 yr old sister jumps 3 days a week. I also follow nearby Dr. Sean O'mara on YT.

Posted On 05/06/2024

shaglus

Cheers!!

Posted On 05/06/2024

9ellie1

I've been working on "spontaneous combustion" - I really don't want to dump my worn out body suit on another to deal with. A nice pile of ashes would be lovely. But I thought I better put that in my will so the cops don't interrogate my children :-). You might want to check out Larry E. Arnold's work - this occurs more frequently than we realize. www.parascience.com/ablaze.htm I had an NDE in 1989 so I'm looking forward to blasting out of this reality bubble and going on a new adventure :-).

Posted On 05/06/2024

Guillermou

It is essential to follow the dose of nicotinamide recommended by Dr. Mercola. Mitochondrial dysfunction is caused by poor nutrition, highly processed and contaminated diet with pesticides, load of sugars and additives, vaccines, fluoridated and contaminated water, stress, etc. Nicotinamide can improve mitochondrial quality by promoting autophagy. This effect was observed in human cells, maintaining the normal functioning of mitochondria as an essential factor in chronic diseases and aging. NAD acts as a cofactor in several oxidation-reduction (redox) reactions and is a substrate for several non-redox enzymes.

NAD is critical for a variety of cellular processes, including energy metabolism, cell signaling, and epigenetics. NAD homeostasis appears to be of utmost importance for health and longevity, and its dysregulation is associated with multiple diseases. Deregulation of CD38, a glycoprotein found on the surface of many immune cells, causes changes in NAD homeostasis and contributes to the pathophysiology of multiple conditions. Indeed, in animal models, the development of infectious diseases, autoimmune disorders, fibrosis, metabolic diseases, and age-related diseases, including cancer, heart disease, and neurodegeneration, are associated with altered CD38 enzyme activity.

Ingestion of NMN has been shown to improve age-related diseases and probably delay death. Many studies have suggested that the oxidized form of nicotinamide adenine dinucleotide (NAD⁺) is implicated in a broad spectrum of human pathologies, including neurodegenerative disorders, cardiomyopathy, obesity, and diabetes.

Posted On 05/06/2024

Guillermou

Furthermore, healthy aging and longevity appear to be closely related to NAD⁺ and its related metabolites, including nicotinamide riboside (NR) and nicotinamide mononucleotide (NMN). Accumulating evidence suggests that NAM plays a role in cancer chemoprevention and therapy. Phase III clinical trials have demonstrated the effectiveness of NAM in chemoprevention in the treatment of head and neck, larynx and urinary bladder cancers, incorporating their results into clinical practice. More references in the links. www.liebertpub.com/.../ars.2017.7445 (2018).--- pubmed.ncbi.nlm.nih.gov/19473119 (2018).-- www.mdpi.com/.../477 (2020).-- pubmed.ncbi.nlm.nih.gov/35138178 (2022).--- www.nature.com/.../s41537-023-00357-w (2023).-- www.mdpi.com/.../6078 (2023).-- www.ncbi.nlm.nih.gov/.../PMC10917541 (2024).-- onlinelibrary.wiley.com/.../mc.23673 (2024).--- NAD⁺ may have immunomodulatory properties in inflammation.

Nicotinamide how precursor dr NAD + contributes to the immune response and inflammatory conditions, with a focus on multiple sclerosis, inflammatory bowel diseases and inflammation. bpspubs.onlinelibrary.wiley.com/.../bph.15477 (2022).-- Short telomeres are a defining characteristic of telomere biology disorders (TBD).

Patients with TBD often experience bone marrow failure. Nicotinsmide improved body weight loss and improved telomere integrity and systemic inflammation induced by telomere dysfunction. Additionally, nicotinamide alleviated villous atrophy and inflammation in the small intestine. Overall, NAD constitutes a therapeutic strategy to improve the aspects of health compromised by telomere wear. link.springer.com/.../s11357-023-00752-2 (2023).---

Posted On 05/06/2024

Guillermou

NAM inhibits LPS-induced hypoxic cell signals and hypoxic metabolism in human monocyte-derived macrophages- NAM also dampens excessive inflammation identified in murine models , sepsis patients , and in patients with COVID-19 , suggesting a role for macrophages in the response. NAM or NAM-associated molecules (e.g., NR or NMN) may support the effects of drugs that target HIF-1 in preclinical and clinical trials . Alternatively, the lack of activated macrophages capable of clearing pathogens may promote injury. Further exploration of NAM-induced crosstalk between the NAD salvage pathway and the de novo pathway, FOXO1 activation, and enzymes involved in deacetylation and ubiquitination of proteins in vitro and in vivo may provide insight into mechanisms that intercede in the hostpathogen response. journals.aai.org/.../265701 (2023).--

Posted On 05/06/2024

robertgipsoncomcast.net

Another winner, like your vit D3 article of today. Great work.

Posted On 05/06/2024

sea1589

A few thoughts. 1) The cardiovascular effects from the Cleveland Clinic study were shown to be caused by NAM, nicotinamide, not nicotinic acid. There was some metabolite from NAM metabolism that caused this in higher doses. This was not found to occur with nicotinic acid (NA). This is why NA is used in higher doses for cholesterol lowering rather than NAM, and NAM is not shown to lower cholesterol. 2) It's true that modest amounts of NAM supplementation will activate the NAMPT enzyme for the salvage pathway, but why use the salvage pathway at all? Nicotinic Acid uses the Preiss-Handler pathway to get to NAD+ and you don't run into the problems found in the Cleveland Clinic study.

Yes, NA doesn't activate NAMPT but it doesn't need to. Different pathway. 3) There's a lot of misconceptions about the infamous "niacin flush" that usually goes away over time. I want to emphasize that one of the myths is that this is due to histamine release, but this was found to not be the case. Dmitry Kats, a PhD who is probably the most obsessive researcher of NA research that I've ever seen, has posted quite a bit of evidence that the histamine theory of the niacin flush has not panned out.

4) I am assuming that NMN and NR are not being mentioned as NAD+ precursors, and I get that. They are very expensive and there's not as much research on them. Some think that NR metabolizes into NAM in the gut anyways. It's fine to take 50mg of NAM 2 or 3 times a day, but you could also take NR in the same amount. Or you might take a blend of NR and NAM like Life Extension has in some of their more comprehensive multivitamins. The vast majority of NAM supplements on Amazon show doses of 500mg, which is way too high.

Posted On 05/06/2024

vee1068

Am I right to believe that MUFA's in diet can increase PPAR-alpha and lead to fat accumulation and reduced energy partly by reducing conversion of NAD+?

Posted On 05/06/2024

Dr. Mercola

yes

Posted On 05/06/2024

fundseeker

If I start the suggested Niacinamide Vitamin B3 regimen should I stop taking a multivitamin containing Niacin?? (such as the Mercola Whole-Food Complex with added Multivitamin plus Vital Minerals) .
Comments?

Posted On 05/09/2024

Dr. Mercola

As long as the niacin dose is low you should be fine with taking both

Posted On 05/09/2024

beaddog

Hello, can you take additional niacinamide if also taking Mercola multi (40mg) and also taking NADH 10mg daily? I appreciate any feedback. Thank you.

Posted On 05/06/2024

billstri

50mg, 3 times per day spread out is just an educated guess, doing more good than once or twice per day, while avoiding getting too much all at once which is often done in some supplements. I take 50mg twice per day near bedtime and in my morning routine which is times I am fasting or not eating. I also get plenty midday, from multi, B-complex, and from food. Exact amounts and timing are not well studied, but studies just suggest doing something like this and someday, more studies will likely be done.

Posted On 05/06/2024

che2316

Not sure whether one can take 500 to 1500 niacin for lipid lowering, plus niacinimide?

Posted On 05/06/2024

Dr. Mercola

no

Posted On 05/06/2024
