Always Tired? Your Mitochondria May Need These 7 Supplements Transcript

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Why Your Mitochondria Need Extra Support

So, what can you take supplement-wise to So, what can you take supplement-wise to help your mitochondria function better help your mitochondria function better Hey, I'm Dr. A and I've been involved in Hey, I'm Dr. A and I've been involved in teaching and researching in the teaching and researching in the naturopathic and integrated medical naturopathic and integrated medical communities for 30-plus years now. Been communities for 30-plus years now. Been uh seeing patients for a very long time uh seeing patients for a very long time and I use this channel to answer and I use this channel to answer questions. There aren't a lot of drug questions. There aren't a lot of drug treatments that are really aimed at treatments that are really aimed at helping the mitochondria. There's a lot helping the mitochondria. There's a lot of drug treatments that slow your of drug treatments that slow your mitochondria down, but there's not a ton mitochondria down, but there's not a ton of drug treatments that are really aimed of drug treatments that are really aimed at the mitochondria. There's a couple at the mitochondria. There's a couple that are sort of crossovers between that are sort of crossovers between supplement, maybe a drug, or or a supplement, maybe a drug, or or a pharmacologic device, and we'll look at pharmacologic device, and we'll look at those at the end, too. But I I picked a those at the end, too. But I I picked a top seven. Now, keep in mind, this is top seven. Now, keep in mind, this is just seven common intervention areas.

just seven common intervention areas. There's tons of other things you can do There's tons of other things you can do to help your mitochondria. There's diet to help your mitochondria. There's diet things, lifestyle things, sleeping things, lifestyle things, sleeping better, all of that stuff. But let's get better, all of that stuff. But let's get into supplements. Number one would be into supplements.

NAD Support and Vitamin B3 for Energy

Number one would be very popular on all social media right very popular on all social media right now, the support of NAD, which is now, the support of NAD, which is nicotinamide adenine dinucleotide, or nicotinamide adenine dinucleotide, or NAD for short. And that basically is the NAD for short. And that basically is the active form of vitamin B3, where they active form of vitamin B3, where they take the body takes two residues of take the body takes two residues of vitamin B3 and links them together with vitamin B3 and links them together with some chemistry. That NAD then becomes a some chemistry. That NAD then becomes a very active cofactor and also donor of very active cofactor and also donor of energy substrate. So, supporting NAD energy substrate. So, supporting NAD directly feeds the oxidative directly feeds the oxidative phosphorylation system that helps the phosphorylation system that helps the mitochondria make more energy. So, in mitochondria make more energy. So, in NAD support, you could get NAD through NAD support, you could get NAD through an intravenous or an injection type of a an intravenous or an injection type of a treatment. So, intravenous NAD is very treatment. So, intravenous NAD is very common now in all sorts of clinical common now in all sorts of clinical settings. Why can't I just take NAD settings. Why can't I just take NAD orally? It's because remember it's sort orally? It's because remember it's sort of a complicated molecule, the body of a complicated molecule, the body would break it down if you did that. But would break it down if you did that. But what could you take orally that would what could you take orally that would help? Well, the first one that has help? Well, the first one that has probably the most research and the one probably the most research and the one that I usually prefer if I really need a that I usually prefer if I really need a lot of support for the mitochondria is lot of support for the mitochondria is nicotinamide riboside or NR. And that nicotinamide riboside or NR. And that one, as I say, has good research behind one, as I say, has good research behind it. It's mostly an oral product that you it. It's mostly an oral product that you can get wherever you get supplements.

can get wherever you get supplements. And that one works really pretty good. And that one works really pretty good. NMN is nicotinamide NMN is nicotinamide mononucleotide. And that one, you can mononucleotide. And that one, you can kind of find in the US as a supplement, kind of find in the US as a supplement, but the FDA is saying that that's a drug but the FDA is saying that that's a drug and it's taking it off the supplement and it's taking it off the supplement market. But you can find it. It's just market. But you can find it. It's just FDA goes along and tells the

supplement FDA goes along and tells the supplement company stop making it as soon as they company stop making it as soon as they figure it out. In other countries, NMN's figure it out. In other countries, NMN's very common, and I've used a lot of NMN very common, and I've used a lot of NMN before it became endangered as a before it became endangered as a supplement. But nicotinamide riboside is supplement. But nicotinamide riboside is very easy to use. There are also like very easy to use. There are also like sublingual NADH supplements, which also sublingual NADH supplements, which also work really well. It's like a lozenge, work really well. It's like a lozenge, and it's because that's a little more and it's because that's a little more complex molecule. So you want to absorb complex molecule. So you want to absorb it sublingually instead of eating it.

it sublingually instead of eating it. And then, although slower, the cheapest And then, although slower, the cheapest of all these ways is nicotinamide or of all these ways is nicotinamide or niacinamide. So this is not niacin.

niacinamide. So this is not niacin. Vitamin B3 has two chemical forms. Vitamin B3 has two chemical forms. Niacin is a little less active. That's Niacin is a little less active. That's the one that makes you flush when you the one that makes you flush when you take it. Niacinamide, the longer name, take it. Niacinamide, the longer name, you don't flush with that. And you don't flush with that. And niacinamide actually goes into NAD niacinamide actually goes into NAD formation faster than niacin. So, if you formation faster than niacin. So, if you take niacinamide as a supplement, that take niacinamide as a supplement, that also is a way to boost your NAD levels.

also is a way to boost your NAD levels. It's not going to boost them as fast. It's not going to boost them as fast. So, just one quick thing, with any of So, just one quick thing, with any of these, if you take too much or you take these, if you take too much or you take the too fast, you can get some the too fast, you can get some hypermitochondrial symptoms. And that hypermitochondrial symptoms. And that would be like your heart racing or would be like your heart racing or feeling shaky or like over caffeinated.

feeling shaky or like over caffeinated. So, if you're going to take these, So, if you're going to take these, again, this is information, it's not again, this is information, it's not medical advice. Number one, work with medical advice. Number one, work with somebody who is a practitioner, knows somebody who is a practitioner, knows how to use these things. Number two, how to use these things. Number two, always start with a low dose, and then always start with a low dose, and then work up, because some people are more work up, because some people are more sensitive to stimulating their sensitive to stimulating their mitochondria. Quick plug here, if you're mitochondria. Quick plug here, if you're a healthcare practitioner working with a healthcare practitioner working with patients with these issues, I have a CE patients with these issues, I have a CE website, and I do webinars on this topic website, and I do webinars on this topic and others. So, we're going to put a and others.

B-Complex Vitamins as Mitochondrial Cofactors

So, we're going to put a link in the description below to the CE link in the description below to the CE website link and the particular webinar website link and the particular webinar of interest. Thank you. The next thing, of interest. Thank you. The next thing, which usually I put first, but NAD which usually I put first, but NAD support is big in the news, so I left support is big in the news, so I left that as number one. Number two is the B that as number one. Number two is the B complex of vitamins, because most, not complex of vitamins, because most, not all of the B complex, but most B complex all of the B complex, but most B complex vitamins are used as cofactors in vitamins are used as cofactors in mitochondrial function, etc. So, that's mitochondrial function, etc. So, that's a pretty straightforward one, the B a pretty straightforward one, the B complex of vitamins. And even if you are complex of vitamins. And even if you are taking like niacinamide or nicotinamide taking like niacinamide or nicotinamide riboside, you know, a B3 sort of riboside, you know, a B3 sort of support, you want the other B vitamins support, you want the other B vitamins with it, because whenever I speed up one with it, because whenever I speed up one B vitamin pathway or pathways, I'm going B vitamin pathway or pathways, I'm going to use other B vitamins faster. So, taking a B complex also balances that out. Number three, and these don't out.

Alpha Lipoic Acid and CoQ10 for Cell Energy

Number three, and these don't really go in any order from here on out, really go in any order from here on out,

they're just sort of the way that they they're just sort of the way that they rolled up when I was making this up, is rolled up when I was making this up, is alpha lipoic acid. Alpha lipoic acid or alpha lipoic acid. Alpha lipoic acid or ALA is a thiol substance, it's sulphury, ALA is a thiol substance, it's sulphury, if you smell it, it smells like sulphur.

if you smell it, it smells like sulphur. And alpha lipoic acid, it's made in tiny And alpha lipoic acid, it's made in tiny amounts inside the human body amounts inside the human body biologically, but mostly it's thought of biologically, but mostly it's thought of as exogenous supplement. Well, it turns as exogenous supplement. Well, it turns out that alpha lipoic acid is a sort of out that alpha lipoic acid is a sort of a partial substrate that can go in and a partial substrate that can go in and help the mitochondria to function more help the mitochondria to function more level and normally, etc. Now, alpha level and normally, etc. Now, alpha lipoic acid, just like NAD, does a whole lipoic acid, just like NAD, does a whole bunch other stuff, but as far as bunch other stuff, but as far as mitochondrial support goes, it's one mitochondrial support goes, it's one where you get a lot of other benefits where you get a lot of other benefits with it, same as like B complex or NAD, with it, same as like B complex or NAD, it works elsewhere, too. So, ALA is it works elsewhere, too. So, ALA is commonly used there. The next one is commonly used there. The next one is coenzyme Q10. Ubiquinol is common name, coenzyme Q10. Ubiquinol is common name, but CoQ10 is is the most common name but CoQ10 is is the most common name used. And coenzyme Q10 is actually a used. And coenzyme Q10 is actually a part of the oxidative phosphorylation part of the oxidative phosphorylation mechanics, if you will, which is what mechanics, if you will, which is what creates the energy. It creates ATP creates the energy. It creates ATP generation. So, ox phos creates ATP generation. So, ox phos creates ATP generation. CoQ10 is a piece of that.

generation. CoQ10 is a piece of that. So, it's again, especially when So, it's again, especially when chronically ill, CoQ10 can be very chronically ill, CoQ10 can be very useful. If you've been on certain CoQ10 useful.

Trace Minerals Your Mitochondria Rely On

If you've been on certain CoQ10 depleting drugs, like statin drugs, depleting drugs, like statin drugs, again, we usually give you extra for again, we usually give you extra for that. The next is sometimes overlooked, that. The next is sometimes overlooked, but that's trace minerals, and that's but that's trace minerals, and that's because in a lot of cases, not all, but because in a lot of cases, not all, but in most cases where there's a B vitamin in most cases where there's a B vitamin that's a cofactor, there's a mineral, that's a cofactor, there's a mineral, usually a trace mineral mineral along usually a trace mineral mineral along with it. So, a common example is with it. So, a common example is normally when we see vitamin B6 as a normally when we see vitamin B6 as a cofactor, magnesium is with it. So, cofactor, magnesium is with it. So, they're coenzymes that go together, and they're coenzymes that go together, and they work better together. Well, your they work better together. Well, your mitochondria use a lot of trace mitochondria use a lot of trace minerals, and rather than having people minerals, and rather than having people supplement like, you know, one or two supplement like, you know, one or two trace minerals in high amounts, what is trace minerals in high amounts, what is better for your overall body health, and better for your overall body health, and also not getting toxic with trace also not getting toxic with trace minerals, is essentially to do a minerals, is essentially to do a multi-trace element as a supplement. So, multi-trace element as a supplement. So, you want to get it from your diet first, you want to get it from your diet first, but as a supplement, you can take a but as a supplement, you can take a multi-trace element or multimineral, and multi-trace element or multimineral, and usually it will have a bunch of trace usually it will have a bunch of trace minerals in there, and they kind of go minerals in there, and they kind of go better together. Now, the last two, as I better together.

Methylene Blue for Mitochondrial Recovery

Now, the last two, as I said, are sort of somewhere between said, are sort of somewhere between pharmacologic interventions and pharmacologic interventions and supplement, and they they kind of supplement, and they they kind of straddle a line somewhere in there.

straddle a line somewhere in there. Number six is methylene blue. We've got Number six is methylene blue. We've got a ton of methylene blue content. Again, a ton of methylene blue content. Again, like NAD support, if you take too much like NAD support, if you take too much methylene blue too fast, your methylene blue too fast, your mitochondria may speed up too much and mitochondria may speed up too much and you might feel over

caffeinated or get you might feel over caffeinated or get jittery or tachycardic. So, be very jittery or tachycardic. So, be very careful with that. Also, methylene blue, careful with that. Also, methylene blue, you can look at the other content.

you can look at the other content. There's a lot of, you know, potential There's a lot of, you know, potential safety issues and stuff with it. Make safety issues and stuff with it. Make sure you have a very reputable pharmacy sure you have a very reputable pharmacy or supplier for methylene blue because or supplier for methylene blue because methylene blue that is not regulated and methylene blue that is not regulated and not tested can have a lot of heavy not tested can have a lot of heavy metals in it. So, make sure you have a metals in it.

Red Light Therapy for Cellular Energy

So, make sure you have a supplier that is testing for these supplier that is testing for these things. Then, the final one actually is things. Then, the final one actually is something we have a lot of other content something we have a lot of other content about, too, and that is red light. Red about, too, and that is red light. Red light actually goes in and helps to light actually goes in and helps to directly stimulate the mitochondria directly stimulate the mitochondria through oxidative phosphorylation. And through oxidative phosphorylation. And so, red light therapies, in addition to so, red light therapies, in addition to being used as maybe antioxidant or pain being used as maybe antioxidant or pain therapies, are also direct mitochondrial therapies, are also direct mitochondrial therapies. And again, we've got other therapies. And again, we've got other content on red light, but that puts it content on red light, but that puts it in. So, NAD support, B complex, alpha in. So, NAD support, B complex, alpha lipoic acid, coenzyme Q10, trace lipoic acid, coenzyme Q10, trace minerals, methylene blue, and red light.

minerals, methylene blue, and red light. Those are the seven I wanted to talk to Those are the seven I wanted to talk to you about. Thanks for all your you about. Thanks for all your questions. I'm Dr. A. Use this channel questions. I'm Dr. A. Use this channel to answer those questions. We really to answer those questions. We really appreciate all of the subscribers that appreciate all of the subscribers that we have and the new community that's we have and the new community that's growing. And we really just try and keep growing. And we really just try and keep this channel to talking about things this channel to talking about things that you guys want answered and getting that you guys want answered and getting those answers for you. So, I'll see you those answers for you. So, I'll see you all in the next video and check out all in the next video and check out these videos we're going to suggest end these videos we're going to suggest end