The REAL Cause of NAD Decline (And Why NMN Isn't Working) Transcript

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Why NAD Optimization Is Not Working

You've probably heard that You've probably heard that NAD levels drop with NAD levels drop with age because the age because the body produces body produces less of it. So less of it. So just take just take more, right? But more, right? But that's not the whole story. The that's not the whole story. The bigger problem is not that bigger problem is not that you you you produce less NAD, but that produce less NAD, but that you destroy you destroy it faster. And when you it faster. And when you find out what exactly find out what exactly causes it, the whole causes it, the whole strategy will change.

strategy will change. So, by the end of this So, by the end of this video, you'll understand the video, you'll understand the real reason real reason NAD levels decline with NAD levels decline with age, the enzyme age, the enzyme behind it, what behind it, what activates it, and how that should activates it, and how that should change your approach to change your approach to optimizing NAD.

optimizing NAD. Welcome back to Dr. Greg Jones' Optimization Academy. Dr. Greg Jones' Optimization Academy. I am Dr. Greg Jones, a I am Dr. Greg Jones, a naturopath and founder of naturopath and founder of Innovative Wellness Center here in Innovative Wellness Center here in Phoenix, Arizona. I have been. I have been lecturing on lecturing on longevity medicine for years and educating longevity medicine for years and educating specialists on specialists on peptides and NAD. And peptides and NAD. And today we're today we're going to look at three things.

going to look at three things. Why a decrease in Why a decrease in NAD levels is real. Why a NAD levels is real. Why a general explanation is only half the story, and is only half the story, and what the full what the full picture looks like. Let's start with what picture looks like.

The Real Evidence of NAD Decline

Let's start with what is the real is the real truth. NAD levels truth. NAD levels do drop as you do drop as you age. And it's not just something age. And it's not just something you you you see in mouse studies. This mouse studies. This happens to people.

happens to people. This is a molecule that This is a molecule that performs two functions in performs two functions in every cell. First, it helps First, it helps convert food into convert food into energy through energy through mitochondria. Secondly, it triggers, it triggers repair systems repair systems that support the that support the functioning of our cells.

functioning of our cells. When NAD levels When NAD levels are low, cells are low, cells produce less produce less energy and recover less well energy and recover less well. That's. That's why so many people have why so many people have focused on focused on supporting and supporting and optimizing it in the areas of optimizing it in the areas of longevity and longevity and biohacking. Here is biohacking. Here is evidence from evidence from people. The researchers people. The researchers measured energy measured energy directly in the directly in the skin tissues of people skin tissues of people ranging in age from ranging in age from newborns to 77 newborns to 77 years old. The decrease was years old. The decrease was consistent and consistent and measurable in both measurable in both men and men and women. This wasn't a women. This wasn't a computer model or computer model or animal data. These animal data. These were real were real tissue samples from real tissue samples from real people, people, people, showing a clear showing a clear trend of trend of decline with age.

decline with age. So, NAD levels are So, NAD levels are not dropping hypothetically. He is not dropping hypothetically. He is really falling. And this really falling. And this drop coincides with drop coincides with the symptoms that the symptoms that people are reporting.

people are reporting. Fatigue, slower Fatigue, slower recovery, recovery, recovery, brain fog, brain fog, mood swings. And that's why the mood swings. And that's why the optimization community optimization community became interested in became interested in increasing it. But here's something increasing it. But here's something you've heard hundreds of you've heard hundreds of times. As we age, times. As we age, the body produces the body produces less NAD. So less NAD. So the answer is obvious.

the answer is obvious. Just produce Just produce more and accept more and accept more. Take a more. Take a precursor, such as precursor, such as NMN or NR. You NMN or NR.

Meet CD38, the NAD Destroyer

You raise the bar, raise the bar, people do just that, people do just that, and often get and often get disappointed. So, disappointed. So, if the problem is if the problem is slow slow slow production, production, production, adding it should adding it should help everyone.

help everyone. But for some people, it doesn't But for some people, it doesn't help. This is a help. This is a signal that something is missing in the picture signal that something is missing in the picture.

.. Part of the story about Part of the story about production is real, production is real, but not complete. Imagine a but not complete. Imagine a bucket with bucket with water flowing from a tap at the top and water flowing from a tap at the top and leaking out at the bottom. Everyone leaking out at the bottom. Everyone is focused on making sure the is focused on making sure the faucet is faucet is open, but open, but no one checks the drain. And no one checks the drain. And this is the part that this is the part that almost no one almost no one talks about. Meet: talks about. Meet: CD38. CD38 is an enzyme CD38. CD38 is an enzyme whose job is to whose job is to break down and break down and consume NAD. This is the consume NAD. This is the drain in the bucket. That's what drain in the bucket. That's what changes everything. With age, changes everything. With age, the amount of CD38 increases: the amount of CD38 increases: both its both its production by cells and its its its activity increase.

activity increase. Research Research Research shows that CD38 is shows that CD38 is actually actually actually responsible for responsible for age-related declines in age-related declines in NAD levels. So it's NAD levels. So it's not just that you're not just that you're producing less NAD, producing less NAD, you're actively destroying you're actively destroying more of it. The drain more of it. The drain opens wider opens wider than the than the flow of water from the tap slows down. This flow of water from the tap slows down. This completely changes the completely changes the perspective on the problem.

perspective on the problem. You can take You can take any any any NAD precursors, but if the drain is NAD precursors, but if the drain is wide open, you will wide open, you will still lose.

still lose. That is why taking That is why taking more more more supplements seems supplements seems ineffective to many. They ineffective to many.

How Inflammation Drives NAD Loss

They try to add try to add water, ignoring the hole water, ignoring the hole in the bucket. So if CD38 is a drain, what makes is a drain, what makes it bigger over time?

it bigger over time? The answer links NAD The answer links NAD to the aging process itself to the aging process itself. The trigger is. The trigger is chronic inflammation, chronic inflammation, that low-level background that low-level background inflammatory state that inflammatory state that accumulates accumulates accumulates over decades. But there is a over decades. But there is a specific specific specific culprit that culprit that you should know about.

you should know about. Old damaged Old damaged cells that don't cells that don't die and don't die and don't do their do their job. They job. They are called are called are called senescent senescent senescent cells. Consider cells. Consider them zombie cells.

them zombie cells. They stay in They stay in your tissues and, your tissues and, instead of instead of working or dying, working or dying, release inflammatory release inflammatory signals. These signals signals. These signals directly instruct directly instruct immune cells immune cells to produce more CD38.

to produce more CD38. When this happens, When this happens, immune cells immune cells begin to consume begin to consume NAD more quickly. So NAD more quickly. So the chain looks like the chain looks like this. Senescent this. Senescent cells create cells create inflammatory signals. These inflammatory signals. These signals stimulate signals stimulate the production of CD38, and CD38 the production of CD38, and CD38 destroys more NAD. The drain destroys more NAD. The drain does not open does not open accidentally. Inflammation accidentally. Inflammation opens it wider.

opens it wider. And why is this important? And why is this important? Because NAD is not Because NAD is not just a tank just a tank that you fill that you fill separately. It depends separately. It depends on how much on how much inflammation and inflammation and cellular debris cellular debris your body has accumulated.

your body has accumulated. And that's actually good And that's actually good news, because it means there news, because it means there are levers that are levers that can be pulled. And this is where the can be pulled. And this is where the whole picture whole picture changes. Don't just changes. Don't just fill the bucket, but also fill the bucket, but also slow down the drain. I slow down the drain. I understand. Choosing understand. Choosing supplements can be a supplements can be a real real real challenge.

challenge. challenge. There are hundreds of There are hundreds of brands. There are brands. There are conflicting claims, and conflicting claims, and it's impossible to know what's it's impossible to know what's truly beneficial and what will truly beneficial and what will actually help actually help improve your improve your health. That's why I health. That's why I created the created the Dr. Supplement Store. Jones. Every Dr. Supplement Store. Jones. Every product in the store— for energy, for energy, gut health, sleep, gut health, sleep, hormonal hormonal hormonal balance, recovery, balance, recovery, and more—is personally and more—is personally reviewed, reviewed, reviewed, tested, and tested, and recommended by me.

recommended by me. These are the formulas I These are the formulas I use and use and recommend to my recommend to my patients, friends, and patients, friends, and family. So, family. So, go to go to drjonupplements.com, drjonupplements.com, drjonupplements.com, subscribe to our subscribe to our newsletter, and you newsletter, and you will receive a 10% discount on your will receive a 10% discount on your first order. You will first order. You will also receive also receive exclusive exclusive exclusive protocols and tips protocols and tips that I share only that I share only with my community.

with my community.

Why Precursors and IVs Fall Short

So let's cut through the So let's cut through the noise and get noise and get down to what down to what really works. really works. Supporting Supporting Supporting NAD production is important, but it's just as NAD production is important, but it's just as important important important to stop the destruction to stop the destruction of what you already have.

of what you already have. And it is this second And it is this second part that no one part that no one talks about. So, " patching the hole" patching the hole" means combating the means combating the factors that factors that cause inflammation cause inflammation and aging. These are things and aging. These are things you hear about you hear about all the time. Sleep quality, all the time. Sleep quality, muscle condition, muscle condition, metabolic health, metabolic health, and the latest and the latest research on research on CD38 regulation and CD38 regulation and clearance of old clearance of old cells. These are real cells. These are real levers that you levers that you can pull.

can pull. What about precursors like What about precursors like NMN or NR? They are NMN or NR? They are not useless. They not useless. They work on one work on one side of the problem—the production side. But don't

expect. But don't expect them to fix a them to fix a leak that leak that has been open for years has been open for years due to inflammation. And due to inflammation. And the results may the results may seem modest seem modest or temporary or temporary because you are because you are only solving only solving half of the equation. The half of the equation. The same goes for same goes for NAD droppers. A NAD droppers. A large dose really large dose really boosts your levels.

boosts your levels. But if But if you have an " open hole" due to inflammation, open hole" due to inflammation, the level doesn't the level doesn't stay high.

stay high.

How to Actually Reduce Inflammation

The results seem The results seem fleeting fleeting fleeting because you are pouring water because you are pouring water into a bucket with a hole in the into a bucket with a hole in the bottom. And here is the bottom. And here is the mindset shift that matters mindset shift that matters. Stop. Stop asking, "How do I asking, "How do I get more NAD?" get more NAD?" and start asking, and start asking, "Why am I spending it so quickly "Why am I spending it so quickly?" The?" The second question is almost second question is almost never answered, never answered, and it is the most useful, and it is the most useful, because once you because once you understand the cause of understand the cause of the leak, your the leak, your strategy strategy strategy will completely change. So, how do will completely change. So, how do you reduce chronic you reduce chronic inflammation? And here inflammation? And here the answer becomes the answer becomes complicated. First, complicated. First, you need to determine you need to determine the source: sleep, diet, the source: sleep, diet, alcohol consumption, alcohol consumption, stress, chronic stress, chronic infection, or infection, or intestinal dysbiosis. This is a very intestinal dysbiosis. This is a very long list, and it's long list, and it's not the whole list, but not the whole list, but identifying the trigger identifying the trigger will give you a will give you a strategy for where to strategy for where to start. This could be a start. This could be a change in diet, supplements change in diet, supplements such as turmeric and such as turmeric and quercetin, vitamin D, quercetin, vitamin D, omega-3s, lifestyle changes omega-3s, lifestyle changes such as such as drinking less drinking less alcohol. And alcohol. And I mentioned alcohol I mentioned alcohol because it depletes because it depletes NAD stores. Some NAD stores. Some studies studies studies show that one show that one molecule of alcohol molecule of alcohol depletes two to three depletes two to three molecules of NAD. When molecules of NAD.

Advanced Peptide Interventions

When it comes to it comes to advanced peptide advanced peptide therapy, this is something that therapy, this is something that should be discussed should be discussed with a specialist. But with a specialist. But peptides such as peptides such as thymosin alpha-1, thymosin alpha-1, thymosin beta-4, BPC 157, and thymosin beta-4, BPC 157, and KPV can affect the KPV can affect the production of some production of some chronic inflammatory chronic inflammatory cytokines. But again cytokines. But again, this is a more, this is a more targeted and targeted and advanced intervention.

advanced intervention. Friends, I want to Friends, I want to thank you for thank you for watching and watching and listening. And listening. And if you know someone who is considering who is considering taking taking taking NAD or its NAD or its precursor supplements to precursor supplements to combat fatigue, brain fog, and brain fog, and aging, please share this share this video with them. Please like and and subscribe to my subscribe to my channel and we channel and we will continue to will continue to post content post content about peptides and about peptides and longevity medicine almost every week.

longevity medicine almost every week. Dr. Greg Jones was with you Dr. Greg Jones was with you,,, see you in the see you in the