



# What To Expect

What To Expect During Your NAD+ Treatment With Fusion Wellness

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# Overview

- Dr. Close introduced NAD+ to Indonesia in 2017 after being in private practice for over 16 years.
- Fusion Wellness has served hundreds of patients from over 10 countries since 2020 including celebrities, high-profile executives and more.



## ABOUT NAD+

NAD+ IV Therapy is a brain-boosting, anti-aging treatment with far-reaching neurological benefits. NAD+ stands for Nicotinamide Adenine Dinucleotide and is an essential molecule in every cell of your body.

It is a coenzyme of Vitamin B3 (niacin), which means it's a small helper molecule that binds to a protein molecule in order to activate an enzyme.

Enzymes are responsible for over 5,000 different biochemical reactions throughout the body and NAD+ participates in more reactions than any other vitamin-derived molecule.

NAD+ affects a wide variety of functions such as DNA repair, digestion, cognition, slowing the aging process, increasing overall energy levels, and boosting the metabolic processes. NAD+ also increases your body's levels of serotonin, to aid with mood regulation, which can improve symptoms of depression and anxiety. This coenzyme also reduces cravings and withdrawal symptoms, as well as boosts brain regeneration, which makes it helpful for those undergoing therapy for substance abuse or addiction recovery.

NAD IV Therapy has been shown to:

- Repair DNA damage from Mold toxicity, Lyme disease, and other chronic infections
- Boost energy levels
- Improve depression
- Restore muscle function
- Improve athletic performance
- Improve mental clarity
- Improve brain health / Improve memory function
- Increase neurological function
- Improve brain regeneration
- Prevent damage to DNA
- Reverse and slow the aging process
- Reduce overall fatigue
- Restore healthy skin & reduce wrinkles
- Mood enhancement
- Improved metabolism & weight loss
- Cell restoration

# WHAT TO EXPECT TIMELINE

2 WEEKS	6 WEEKS	3 MONTHS	1 YEAR	5 YEARS
Many users report feeling more energized, calm, or sleeping better. Others experience improved cognition.	Many users report visible signs of skin improvements.	Further improvements in skin texture and look, improved metabolism.	Continuously increased general well-being, slower pace of aging.	Compounded benefits from improving health and slowing down aging can be apparent; increased youthfulness.

The levels of this coenzyme in the body determine the speed of the aging process. In younger tissues, the NAD levels will be higher, which is why younger people typically have better energy, physical activity performance, cognitive function, and cell regeneration. NAD levels naturally decline with age but can be naturally boosted with certain methods such as oral supplementation and IV therapy.

## How Often Should You Take NAD?

It depends on your health goals. IV treatments typically take place several times per week over the course of several weeks. Following the initial course of treatment, you can get booster shots or follow-up infusions every few months to maintain results

We will do a full analysis of your current state of health and recommend the best NAD dosage for optimum effects. These recommendations are based on over 20 years of research by our lead doctor and proven protocols used around the world.

People with chronic or more intensive needs may receive IV treatments several times per year. People who are receiving treatment to maintain optimal health may only need one or two infusions.

# Outcome Measurements

What We Want To Realistically Accomplish & What We See Improve Consistently

## A Few Things We Like To Monitor & Where We See Results.

- Improved REM
- Improved VO2
- HRV Improvements
- Increased Motivation
- Metabolic Improvement
- Decreased Anxiety
- Decreased Nightmares
- Sleep Improvement
- Increased Energy
- DNA Repair (Methylation or telomere length)

# Standard Baselineing

## Data Driven Decisions & Planning

If you use an apple watch, Fitbit, Oura ring, or another wearable - please Google how to download the raw data in CSV format with a time frame of 3-4 months prior to the estimated treatment start date.

After we will look at data 1-month & 3-months post-treatment and run an analysis to determine the objective outcomes (things you do not feel).

## Standard Data - Case Specific.

- A standard blood test (CBC with differential), including inflammatory markers: hs-CRP, erythrocyte sedimentation rate (ESR).
- Resting heart rate and blood pressure.
- Heart rate variability. (wearables)
- Sleep Scoring (wearables)
- DNA Methylation (if possible)
- Subjective Markers

# Your Visits

## What To Expect

Our highly experienced nurse and often the practice manager will be at your first visit.

Your vitals and subjective finds will be recorded, the procedure will be explained and your consent to treatment will be signed..

From there, any preliminary medications will be administered.

If at any point you have a question or concern, please express it and it will be answered.

## What NAD+ Feels Like & Temporary Side Effects

- Tightness in chest, stomach cramping
- Headache
- Pain in areas that have been in trauma
- Increase in heart rate
- Nausea
- The need to use the toilet

All of these are rare except for the initial tightness in the chest and stomach. These symptoms pass and can be adjusted by the rate of the drip.

If it's too much, inform the nurse (who will be consistently asking about your comfort) and the drip will be adjusted to your comfort.

# Starting Out

## Self-Suppliment Recommendation

NMN - [click here](#)

Resveratrol - [click here](#).

Quercetin & Fisiten - [click here](#).

Self-Peptide Ordering - [click here](#)

Helps maintain and support

### Discovery Call

30 Minute Call (No Fee)

- Post Intake Survey
- Review Of Health History
- Review Of Family History
- Medications & Diagnosis
- Mental Health History
- Expectations & Goals
- Supplements
- Lifestyle History

### Preperation

- The Doctor will use your information to determine if you are a suitable candidate.
- If accepted, the doctor will briefly discuss the plan, and answer any questions and explain risks/benefits.

### Intake

- The invoice is prepared by the practice manager
- Payment is due prior to scheduling as medicines are compounded and prepared specifically for you and many have limited shelf lives.
- Once payment is completed - your schedule will be confirmed for other onsite of clinic appointment.

# First Visit

## Self-Supplements

Regarding self-supplements - we encourage anyone over the age of 40 to begin these at least one week prior to infusions although not always necessary. It will be discussed during planning

### What To Expect

- The nurse and possibly the practice manager will greet you in the clinic or at your home.
- The process will be explained again prior to starting and you will sign an informed consent.
- Specific medications may be administered prior to infusion start. e.g. Zofran for sensitive stomachs or metformin for NAD+ absorption.

### Prior To Treatment

- Please avoid alcohol the night before and eat a full meal the day prior to treatment
- Must be between 8-11 am to avoid circadian rhythm interference.
- It can feel like a "CrossFit" workout however we work closely to maintain your comfort.

### Time Frames

- NAD+ - the first day is usually the longest depending on the amount of inflammation in your body and past injury.
- Day one - 90-120 min is average.
- Day two - 60-120 min
- Day three - 30-60 min
- Day four and beyond: 30-60 minutes or less.
- Stem Cells - 15-20 min
- GSH - 20 min
- Infusion Pushes (Myers) - 2 min
- Cerebrolysin - average 2-5 min
- Antagonist - 5-10 min recovery time

# Ongoing Management

## Self-Supplements

NMN

Resveratrol

Quercetin & Fisetin

*\*On top of current supplements*

## Treatment Mapping

- If you desire, we will continue to map your treatment journey. Our philosophy is to start minimal and expand yet never use more than a few modalities at once so we can determine what is working best.
- This can be peptides, GSH treatments, Stem Cells, Exosomes, Peptides, or Infusion Bags.

## NAD+ Maintenance

- NAD+ naturally declines as we age. Therefore, maintenance is necessary
- You do not grow dependent on it - it will not make your body produce less.
- It recycles in the body every 14 days so we recommend either 2x per month or 1x per month if NMN is taken consistently (every day) during the maintenance phase.
- We provide competitive pricing for those that continue. 80% of patients continue on some form of maintenance.

## Our Services

- NAD+
- Glutathione Infusions
- Cerebrolysin Therapy
- Nootropic Infusions
- Stem Cell Therapy
- Ozone Therapy
- Exosome Therapy (Coming Soon)
- Infusion Bags (Set and Modified)
  - All In
  - Einstein
  - Anti-Ager

# Scope and Limitations

## The Main Concerns & Risks

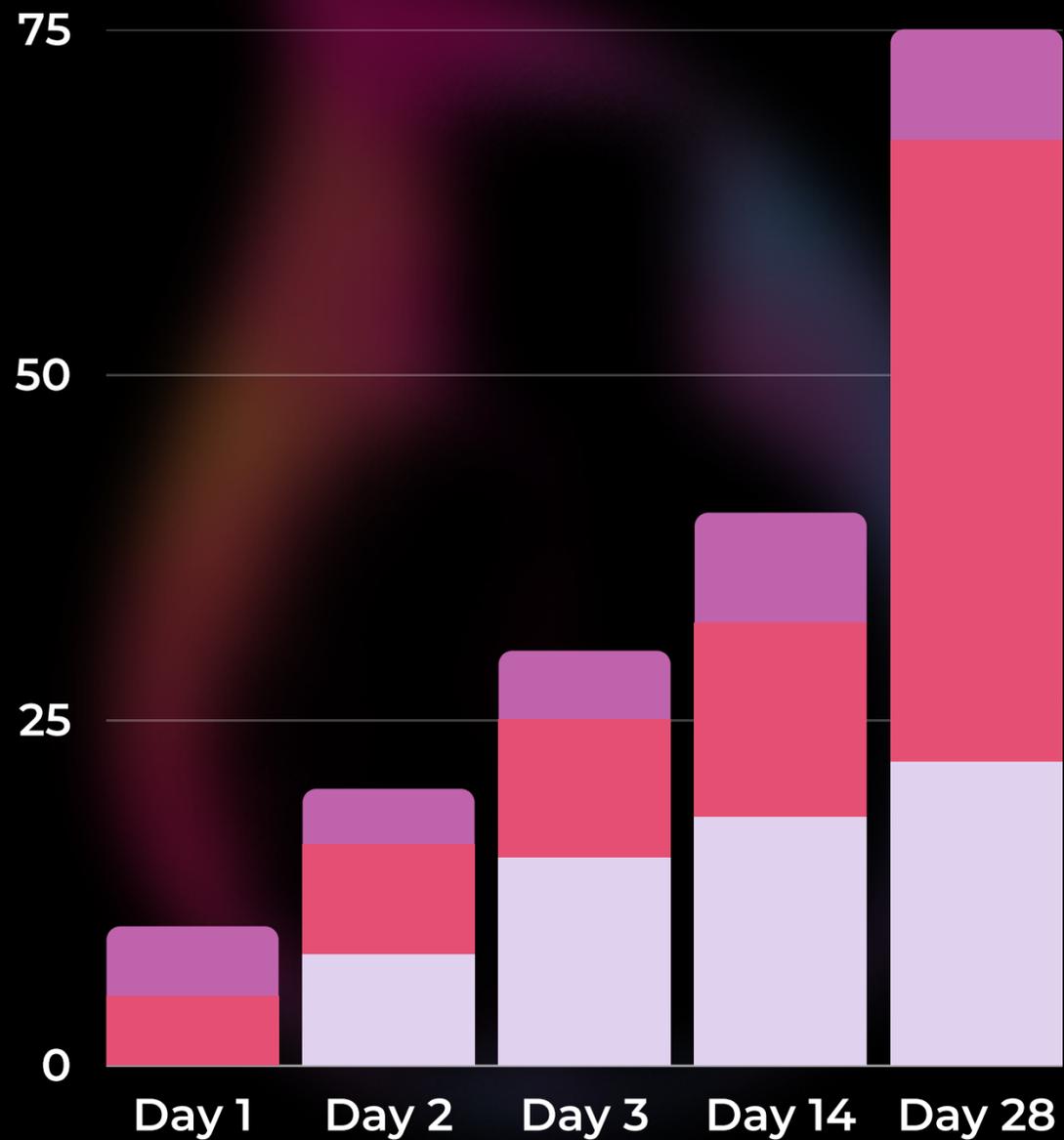
- Discomfort During Infusion
- Diarrhea (rare)
- Headache (medium)
- Vomiting (rare)
- Infection at the injection site (very rare)
- Bump or lump at injection site (rare)
- Allergy or reaction to peptides (common)

## Limitations

- While we have a 90% perceived improvement rate.
- We can not promise you will have the results you desire.
- Everybody is different.

## Our Promise

- The stated primary goal of our protocol is the marked reduction in the levels of chronic low-grade inflammation for an extended period of time.



# Results

## Your Input Is Required!

"We measure specific biomarkers both pre and post-treatment. We also follow up with patients at 3, 6, 9, and 12-month mark intervals with vitality questionnaires. These are extremely important because they enable us to measure patient satisfaction in relation to treatment efficacy."

# Additional Info On NAD+

[Read More](#)

NAD+ has two general sets of reactions in the human body: helping turn nutrients into energy as a key player in metabolism and working as a helper molecule for proteins that regulate other cellular functions. These processes are incredibly important.

NAD+ and its precursors such as NMN and NAM also improve memory and learning and mitochondrial function and increase lifespan in animal models of AD, Parkinson's disease, and hearing loss

It is effective in 93 percent of individuals suffering from depression. This is due to the fact that NAD+ causes an increase in the levels of dopamine and norepinephrine in the brain.

Increased Concentration: NAD IV therapy increases the amount of metabolic energy available to the brain cells enabling better function so you maintain focus over long periods of time. Improved Mood: Optimizing NAD levels helps protect against mental and emotional exhaustion caused by the stresses of everyday living.

Research has shown that people with critically low levels of NAD are at a higher risk for developing problems related to addiction, anxiety, and other mental disorders. When NAD is injected into the body through intravenous (IV) infusion, it immediately reaches the brain and performs the following beneficial functions:

NAD is a coenzyme that has been shown to be highly effective in elevating mood and reversing feelings of depression and anxiety. In addition, NAD has also been shown to replenish the neurotransmitters which have been depleted because of the constant state of activation of the nervous system and body.

*Tip: NAD+ is a form of the coenzyme nicotinamide adenine dinucleotide (NAD). It's used for energy metabolism, repairing DNA and cells, and other metabolic functions.*

# Additional Info On NAD+

[Read More](#)

## NAD+ and Anti-Aging:

NAD+ plays a very important role in anti-aging. As a person ages, the telomeres, which are protective caps at the ends of chromosomes naturally get shorter and “fray” like the end of a shoelace.

NAD helps lengthen these telomeres and reduces that “fraying” process.

Naturally occurring NAD in the body declines with age, and NAD+ IV treatments release this powerful coenzyme directly into the bloodstream making it immediately available for cells to combat the natural, gradual decline.

## Neurological Benefits of NAD+:

A decrease in cognitive ability is a hallmark of aging. There are many age-related neurological conditions including dementia, decreased focus, and memory problems. NAD+ rejuvenates and restores brain function by boosting sirtuins – proteins that function as anti-aging mechanisms that slow the effects of neurodegenerative diseases and natural cognitive decline.

Together, NAD+ and sirtuins protect against toxicities in the body and improve the cells’ resistance to stress. NAD+ IV treatments can help protect against neurodegenerative diseases, maintain and protect mental clarity, and focus, for a healthier and happier quality of life.

# Stem Cells & NAD+

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NAD+ has two general sets of reactions in the human body:

Helping turn nutrients into energy as a key player in cellular metabolism

Working as a helper molecule for proteins that regulate other cellular functions. These processes are incredibly important.

Therefore, it is the fuel for every metabolic action of your cells.

Together, NAD+ and sirtuins protect against toxicities in the body and improve your cells' resistance to stress. NAD+ IV treatments can help protect you against neurodegenerative diseases, maintain and protect mental clarity, and focus, for a healthier and happier quality of life.

**Rational:**

As you age or if your lifestyle hasn't been the best - your NAD+ pools are depleted. This leads to disease, cognitive decline, and overall aging.

Now, if you are introducing brand new cells (and the best ones you can possibly get) you can easily agree that having the extra fuel to support these fresh, young, powerful cells is.

After all, if you didn't have enough, to begin with, and you are adding in cells that have the power to become new muscle, nerve, collagen, or any other type of cell - then ask yourself:

"How optimized is my body to convert these cells into what they need to become?"

# Stem Cells & Glutathione

Glutathione is the one and only true anti-oxidant.

CoQ10, Vitamin C, and other supplements labeled as "antioxidants" are simply not. They can support the fight against oxidation but they do not stop inflammation.

Imagine a room on fire. These "anti-oxidants" are analogous to putting a fan in the room. Sure it blows the smoke out which helps but the fire still exists.

GSH (Glutathione) extinguishes the fire. It stops oxidation at the most fundamental part of the inflammatory pathway.

**Rational:**

If your body is in a state of inflammation then there is an issue.

Stem cells are very powerful but they are also new. Think of an embryo, the tiny cells that are becoming a baby. Inflammation destroys them on contact.

Meaning that they never get the chance to realize their full potential not only is that sad - it's a waste of money.

Running 1200-3200 mg of GSH just prior to your stem cell infusion is like having a molecular bodyguard clear a path for the stem cells to make their way through your body and live the life they were meant to live.

Ideally, having GSH every other day for 2 weeks prior to the stem cells really ensures they have a clear runway but just prior is still a great protector to your investment.

# "THE PERFECT PLAN"

## Starting With Yourself

Clearing out senescence cells (zombie cells) with liposomal fisetin and quercetin for 2 weeks prior to your treatment



## NAD+

Since this is the molecule that drives every cellular process in the body - it only makes sense that you add some fuel to the tank to ensure you and your new cells are prepared for the amazing transformation ahead.



## Glutathione

2 weeks of GSH leading up to your stem cell therapy is going to help ensure that they have a clear runway to get to where they need to go.

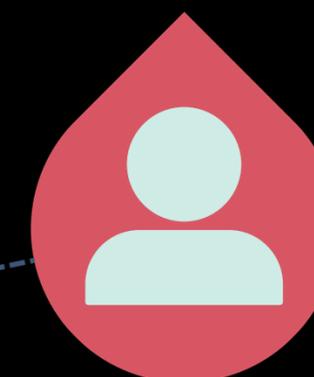


## Stem Cells

Totipotent stem cells are the most powerful form of stem cells you can get infused. They have the power to become anything and keep replicating for up to 12 months if your internal environment is optimized

## Self-Care

Now that you have invested in what is probably the most powerful regenerative therapy available - maintain that. Cardio and strength training, a healthy diet, and most important getting enough sleep.





## Client Testimonials.

Tarrus

Canggu, Bali



Prior injury discomfort during workout reduced by 80%. Elevated sense of confidence and wellbeing.

Paul W

Uluwatu, Bali



I felt my focus and my clarity increased significantly. I am feeling very calm and settled within my being. Very relaxed, very inspired. I'm feeling very fit and healthy.

Tim F

Seminyak, Bali



The results are unexpectedly overwhelming, I felt like I haven't slept like this in years. The mind clarity allows you to be more productive right the next day after the first treatment.

Duncan S

Uluwatu, Bali



I feel more supple, more physically agility, mental clarity and memory have improved. My 7 basic senses have improvement.

# Additional Support

You are allowed unlimited asynchronous messaging for questions, concerns, and feedback.

Your progress is continuously monitored via our EHR (electronic health record) which is HIPAA compliant. You can request your data to be deleted at any time by contacting [legal@fusionwellness.club](mailto:legal@fusionwellness.club)

Your patient information is highly confidential and never shared with any third party besides our nursing staff and practice manager.

Maintenance and referral discounts are provided. We reward referrals & public testimonies very well but only if you are 100% satisfied.

Please visit our website [www.FusionWellness.Club/NAD](http://www.FusionWellness.Club/NAD) to find further information and full list of FAQ's.

# Thank You For Choosing Fusion Wellness

We only offer treatments for conditions that have medical research backing positive results and no harmful side effects. Dozens of studies have shown the efficacy of NAD and peptide therapies for various degenerative diseases, and we have had great success with our past patients. Patients normally experience an increase in mobility, sensation, balance, strength, & energy along with a reduction in stress and pain levels.

However, it is impossible to guarantee any specific result for an individual, as every person's body is unique and will respond in different ways.

We know you have multiple clinics to choose from and we thank you for your trust in us.



### YIN-YANG

Just as the sun is as important as the moon, understand that within all of us we have darkness and light. Yin Yang represents us merging and balancing all aspects of our own human experience. Understanding that this dissolves the self, erodes the distinctions, behaviours preventing us living where balance and fulfilling life.

### OPTIMISED

A journey-not a destination. To be truly optimized is to live up to your potential at any given moment. At the same time, we recognize that your potential today is not the same as it will be in a year if you stay the course, so to speak. If today the standards of tomorrow is already start optimizing. Only now you only have to recognize that mind, body & spirit are interconnected & all work together as one.

### PREVENTION

Prevention is always better than a cure. Health and wellness comes from ensuring we consume the right nutrition NOW and not when we get sick. It's a journey and NOT a destination and does not mean we can't have fun or need to be on a strict diet. Prevention is about taking small and consistent steps now that will lead to living a long, prosperous and healthy

### LIFESTYLE

We measure time as moments that take you closer to who you become. Improvement in one area, speed will bring improvements everywhere while a deficiency in any one hold back everything. Therefore, time spent bringing one aspect of your mind, body & spirit today makes everything a bit better than it was yesterday. Ultimately, the only way to longevity and live a healthy sustainable life.

# CONTACT US



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