

# **Enada NADH Revolutionary Relief From Age Ailments and Fatigue** by Katie Ferren

NADH (Enada), also known as Coenzyme 1, has shown great promise in helping to alleviate the symptoms of Parkinson's disease, Alzheimer's disease, depression, Chronic Fatigue Syndrome, and other diseases. An FDA-approved Phase II clinical study in the United States will be conducted by late spring to Enada NADH's degree of efficacy in treating patients suffering from Alzheimer's.

NADH is a coenzyme found naturally in all living cells, and plays a key role in the energy production of cells, particularly in the brain and central nervous system. The more NADH a cell has, the more energy it can produce to perform its process efficiently. A growing body of scientific research shows that NADH stimulates the brain cells' production of the neurotransmitters dopamine, noradrenalin, and serotonin.

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As the body ages, the brain's energy is diminished, leaving it vulnerable to age-related disorders. NADH energizes the body and brain activities, improving alert lifestyle demands increased energy and mental activity.

In the early 1980s, NADH was discovered by Dr. Birkmayer, M.D., Ph.D., an internationally respected biochemical researcher in Vienna, Austria. Cells, like most biological organisms, need energy to survive. Dr. Birkmayer theorized that NADH's critical role in cellular energy production could be the answer to keeping cells, particularly nerve cells, alive.

Dr. Birkmayer initially studied NADH's effects in treating patients suffering from Parkinson's disease. In several clinical trials involving more than two thousand individuals, Dr. Birkmayer found that NADH not only alleviated the impairment in motor skills caused by Parkinson's but also effectively treated the corresponding cognitive dysfunction.

With the many similarities between Parkinson's and Alzheimer's, Dr. Birkmayer believed that NADH would also be effective in treating Alzheimer's. In an open trial conducted in Austria, 17 Alzheimer's patients were treated with NADH for eight to twelve weeks, by administering ten milligrams of NADH in tablet form every morning, thirty minutes prior to breakfast. This amount of NADH is equivalent to that found in four pounds of steak.

Before the trial began, the condition of the individuals ranged from mild symptoms of cognitive decline to moderately severe or severe dementia. Following two weeks of treatment, researchers observed a 240% increase in NADH activity and noticeable improvements in patients' cognitive function and memory. Results of monumental state and global deterioration scale examinations (two effective tests for measuring changes in cognitive function) conducted before and after NADH treatment confirmed the patients' improvements in every case, even those with severe dementia.