



LETTER FROM THE EDITOR: It is officially Spring! I love it. Many people wonder what we do here at Mind and Body Infusion Therapies so in the next couple of issues we will describe the various treatments we provide. I, of course, am the clinic's service dog. I am here to comfort and calm you. If you don't like my attention, I will not bother you. The first treatment on our list is NAD.

HAPPY SPRING! LOVE, BOBO



NAD (Nicotinamide Riboside, or niagen) is an alternative form of Vitamin B3, also called niacin.

NAD acts as fuel for many key biological processes such as:

- Converting food into energy
- Repairing damaged DNA
- Fortifying cells' defense systems
- Setting your body's internal clock or circadian rhythm

With age, the amount of NAD in your body diminishes. Low NAD levels have been linked to health concerns like

- Aging and chronic illnesses
- Diabetes
- Heart disease
- Alzheimer's
- Vision loss

Interestingly, animal research has found that raising NAD levels may help reverse signs of aging and lower the risk of many chronic diseases.

Nicotinamide riboside supplements, such as niagen, have quickly become popular because they appear to be especially effective at raising NAD levels.

Nicotinamide riboside is also found in trace amounts in cows' milk, yeast and beer.

NAD plays a key role in helping your brain cells age well. Within brain cells, NAD helps control the production of PGC- α , a protein that appears to help protect cells against oxidative stress and impaired mitochondrial function.

Researchers believe both oxidative stress and impaired mitochondrial function are linked to age-related brain disorders such as Alzheimer's and Parkinson's disease.

NAD (cont)

NAD infusion treatment consists of a series of 4 infusions over a week's time each taking 2-3 hours.

Some people have reported mild to moderate side effects, such as nausea, fatigue, headaches, diarrhea, stomach discomfort and indigestion.

During the infusion can experience chest tightness, flushing, sweating and overall discomfort. Symptoms usually resolve by slowing the infusion rate. Symptoms usually resolve completely shortly after completion of the infusion.

Protecting Our Pets From Our Plants



With the beauty of Spring also comes caution. Even plants that we have in our house and garden are beautiful and peaceful to look at, some of them are not friendly to our pets. In fact, they can be poisonous. If you aren't sure what your dog ate, you can call the ASPCA's Animal Poison Control Hotline at 888-426-4435. They're available 24 hours a day, 365 days a year. They can tell you how toxic the plant is and if you need to seek veterinary care.

Poisonous Plants

- | | |
|--------------|------------------|
| *Daffodil | *Star Gazer Lily |
| *Castor Bean | *Tiger Lily |
| *Easter Lily | *Cyclamen |
| *Sago Palm | *Azalea |

While some plants can just give your pup diarrhea, there are others that are extremely poisonous and can cause serious problems, like liver damage. On top of that, many of the more dangerous poisonous plants for dogs are also very common plants to have in your home, like sago palm plants.

Toxic Plants

Any plant can upset your dog's stomach, but the toxic ones can produce severe symptoms, like intense vomiting or organ damage, depending on the plant and how much your pup ingests.

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|----------------------|---------------|
| Aloe | Begonia |
| Bird of Paradise | Bougainvillea |
| Calla Lily | Carnation |
| Coleus Cosmos | Chrysanthemum |
| Dumb Cane | Elephant Ear |
| Fleabane | Gardenia |
| Hibiscus | Hydrangea |
| Iris | Peace Lily |
| Pansy | Plumbago |
| Pinks | Primrose |
| Poinsettia | |
| Mother-in-Law Tongue | |

The ASPCA has a site dedicated to poisonous and toxic plants for dogs, cats and horses. To get a full list of harmful plants with color photos check out this site: <https://www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants>

Cats And Lilies Don't Mix

Lilium species ("true lilies") such as Easter, Tiger, Asiatic, Oriental and Daylilies are highly toxic to cats.



Ingesting petals, leaves, pollen or even water in the vase can result in kidney failure and death.

Better choices for cats Peace lily, Peruvian and Calla Lilies are much less dangerous.

Cats and Lilies Don't Mix (cont)

Cut flower choices include: Roses sunflowers tulips, irises, carnations, mums baby's breath, hyacinth and daffodils. These flowers may cause vomiting and diarrhea but are not considered life threatening. Check out: www.noliliesforkitties.com for more detailed information.

STINGING INSECTS

Like people, dogs and cats can sometimes suffer severe anaphylactic allergic reactions when stung or bitten by insects. An anaphylactic reaction usually occurs within 20 minutes of the sting.



Stinging insects, including bees, hornets, yellow jackets, and wasps, can cause significant pain when they sting.

Symptoms of an allergic reaction include:



- Facial swelling.
- Hives.
- Difficulty breathing.
- Intense itchiness.
- Moderate to severe swelling at the site of the sting.

If you ever have any doubt about the kind of insect bite your dog got or don't know what to do next, it's always best to consult with a veterinarian as soon as possible

An excerpt from the

Proclamation on National Mental Health Awareness Month, 2023

During National Mental Health Awareness Month, we honor the absolute courage of the tens of millions of Americans living with mental health conditions, and we celebrate the loved ones and mental health professionals who are there for them every day. Treatment works, and there is no shame in seeking it. Together, we will keep fighting to get everyone access to the care they need to live full and happy lives.

We all have a role to play in ending the stigma around mental health issues. It starts by showing compassion, so everyone feels free to ask for help. If you are facing a crisis, dial 988 to reach the National Suicide and Crisis Lifeline. If you are a new or expecting mother, you can call 1-833-9-HELP4MOMS for confidential professional advice. If you are feeling overwhelmed or just need someone to talk to, ask your healthcare provider, contact the Substance Abuse and Mental Health Services Administration's National Helpline at 1-800-662-HELP, or visit www.FindSupport.gov. If someone you know is going through a tough time, reach out and tell them you are there for them. We are all in this together.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2023 as National Mental Health Awareness Month. I call upon citizens, government agencies, private businesses, nonprofit organizations, and other groups to join in activities and take action to strengthen the mental health of our communities and our Nation.

You can find the complete document at:

<https://www.whitehouse.gov/briefing-room/presidential-actions/2023/04/28/a-proclamation-on-national-mental-health-awareness>