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NAD IV THERAPY PROGRAM

In this document the term 'drug' refers to any substance which creates a dependency, which alters our normal physiology and biochemistry and relieves physical and psychological discomforts with inevitable unpleasant side-effects.

People seeking NAD therapy hope for three things or outcomes'

- To get off drugs
- To be free of side-effects
- To recover their physical and mental health.

If you've searched the web for clinics providing NAD for the recovery from addictions they all present pretty much the same approach which is 10 NAD IVs during a 10-12 day period.

This sounds very attractive but do not be naïve.

'You mean all I have to do is sit in a chair for several hours while I receive the IVs for 10 days in a row and I'll be well?'

This is the mindset of a passive recipient, whose belief system has been influenced by our present day medical model.

'Just give me a pill doc.'

'Just give me an IV doc.'



Believe us when we say this just doesn't work. Complete recovery will never be that easy.

It requires being a participant and taking responsibility, and a willingness to make changes in your nutrition and lifestyle habits.

It means opening your mind to new ideas and discarding engrained beliefs that no longer serve you.

How you are feeling and functioning today is the cumulative result of your entire lifetime.

And very likely the same reasons for why you started your 'drug' still exist.

We'll repeat this once again because it is vital that you comprehend this.

The underlying causes for why you were not well, which drove you to your first physician (drug), very likely still exist today.

By causes we mean insults, emotional traumas, biochemical and hormonal imbalances, exposure to toxins and poisons in your environment, low grade chronic infections (bacteria, viruses and mold) and nutritional deficiencies.

To succeed in restoring your physical and mental health we must accomplish two things.

- Determine what these original causes were, and are, and address them.
- Bring biochemical, hormonal and nutritional deficiencies into balance.
- Correct the damage that's occurred from drugs.

You probably believe that in the past your doctor thoroughly investigated the underlying biochemical and hormonal causes for why you were not well but there is a very good possibility that he or she did not!

This is why every person entering our program must first receive a full battery of lab tests.

First Consideration

The first step then in recovering your physical and mental health is to investigate underlying biochemical and hormonal imbalances to be sure all parameters pertaining to your personal chemistry are optimal.

This investigation is primarily done through lab testing and can usually be corrected through nutrition, supplements and lifestyle changes.

If these imbalances are not corrected then the NAD IV therapy will have only partial benefits.

Second

The second consideration is nutrition. Obviously nutritional deficiencies can lead to physical and mental symptoms.

Most people think that if they eat three square meals a day they could never be undernourished, but this is not true.

Most foods people consume these days are empty calories, deficient in nutrients, sprayed with chemicals and processed, which strips away essential nutrients.



For many people being thin has become an obsession so they follow low caloric diets, another cause for nutrient deficiencies.

People are cholesterol-phobic and don't consume enough fats. Cholesterol is one of our most important nutrients and is an essential component of every cell of the body and brain.

Cholesterol is also required by various glands to make all our steroid hormones; testosterone, estrogens, progesterone, cortisol and others.

No steroid hormones = no physical or mental energy.

People under duress (stress) can't digest their food completely and therefore cannot assimilate the nutrients from their food.

Nutritional deficiencies are a major cause of physical and mental symptoms and are seldom if at all considered by physicians as an underlying cause.

Third

The third consideration or cause for physical and mental symptoms is the negative effects of environmental toxins on human health.

We are exposed to thousands of chemicals every day in our food, water and the air we breathe.

Over time, as these chemicals enter our bodies through our lungs, digestive tract and skin, they accumulate in our cells leading to a wide variety of symptoms; nausea, headaches, fatigue, poor sleep, anxiety, depression, neurological symptoms, muscle weakness, exercise intolerance and increased susceptibility to flus and colds.

At this stage lab results will be normal and a physician will never suspect the cause for their patient's symptoms to be environmental in origin.

One insidious environmental cause of physical and mental symptoms is mold.

Some people are highly sensitive to molds and will experience the most bizarre set of symptoms; brain fog, sinus and lung infections, lack of motivation, dizziness and fatigue that is not relieved by a good night's sleep.

Even when they move out of their moldy environment their symptoms will often remain.

No physician will ever consider mold as the cause of mental symptoms and a lab test for a systemic mold issue is never considered.

Fourth

Then there are the pathogens, the fourth to consider as an underlying cause.

Here we do include mold as well as bacteria and viruses. Certainly there are some lab tests we can use to see if the immune system is producing antibodies or immunoglobulins but very often these tests have never been ordered in the past.

Doctors seldom consider a psychological issue such as depression or anxiety to have anything to do with a silent, low-grade infection.

We have seen hundreds of clients presenting with both physical and mental issues who have some degree of underlying pathogens. It is seldom the only issue but is in combination with other causes.

Remember that all pathogens are alive and secrete their waste products, called biotoxins or exotoxins, into the blood and have negative systemic effects.

NAD therapy is essential for your recovery but unless all the above causes are investigated and addressed you will not receive the full benefit of NAD and thus will never completely recover your health.



Why NAD?

We are made up of over 30 trillion cells and when all these cells are working optimally and in harmony we experience vibrant health.

But if their activity declines we will experience physical and mental symptoms.

All our cells, except red cells, have a nucleus which determines a cell's function. One type of cell produces thyroid hormones while another produces insulin.

But just as important as the nucleus are tiny organelles inside every cell called mitochondria which produce energy or ATP to drive the cell's function.

If the activity of a cell's mitochondria declines then the cell's function declines.

The hottest topic in medicine today is mitochondrial dysfunction or the lowering of mitochondrial activity, and we believe this dysfunction to be the primary cause of most chronic diseases.

There are several reasons or causes for mitochondrial dysfunction.

If mitochondria do not receive the nutrients they need then their function declines.

If chemical and drug residues enter cells, and **all** of them do, this leads to mitochondrial dysfunction.

In the case of drugs their residues inside cells cause mitochondrial dysfunction which explains side-effects, dependency and addiction.

This is why it's so difficult if not impossible to stop a drug because all the cells of the body and brain are functioning at 1/3 their normal speed.

Ideally then the way to vibrant physical and mental health is to speed up mitochondrial function.

This has two obvious benefits;

- When mitochondria produce more energy or ATP you feel better.
- As cells become more vibrant chemical and drug residues are flushed out of cells.

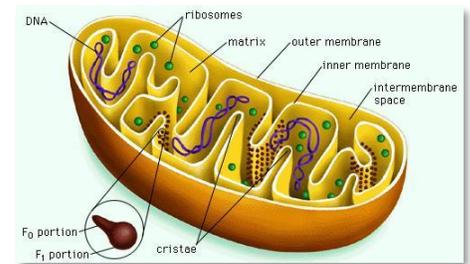
To nourish your mitochondria the first and most important consideration is nutrition and to consume foods rich in specific nutrients.

Juicing certain vegetables is sometimes the best way to get the highest quality and quantity of nutrients into the body since they are concentrated and easily assimilated.

There are also specific supplements which are formulated to feed your mitochondria.

Nutrition, juicing and supplements are extremely important but they take time and patience.

But is there a much quicker way to speed mitochondrial function and thus detoxify chemical and drug residues?



It's NAD!

We are amazed at how much research is now being devoted to mitochondria. Individual cells of the body such as the brain, heart and liver have hundreds of mitochondria. Since we are made of trillions of cells it gives you an idea of how many mitochondria are working within you at this very moment.

From an article in Trends in Endocrinology and Metabolism, 2012, here is a very simple statement.

'Mitochondrial ATP (*energy*) production and membrane potential require the universal cofactor nicotinamide adenine dinucleotide (NAD).'

And this is the beauty of NAD therapy which, through an IV, kick-starts all the quadrillions of mitochondria in your body to increase energy and detoxify residue from within all the cells.

Words of Caution

NAD IV therapy helps to remove drug residues from inside the cells of the body and brain.

But all of us have loads of other chemical residues inside our cells; pesticides, herbicides, antibiotics, over-the-counter medications, plastics, heavy metals and biotoxins from chronic low grade infections.

As our mitochondrial function increases from NAD therapy these chemical residues as well drug residues will be expelled.

So it is very, very important to improve and support all the pathways of detoxification to ensure the complete excretion and removal of all residues so they do not continue to circulate and end up reentering your cells and tissues.

When residues are excreted from cells they pass into the space surrounding our cells called the lymph fluid. Most people's lymph system is like a swamp. Toxins normally enter the lymph to then flow into the blood stream. There they are metabolized and cleared by the liver and kidneys.

But if the lymph is stagnant then these residues remain and inhibit our cells' ability to excrete more residues.

Lymph needs to flow like a river so lymphatic drainage is an essential part of our NAD program, to ensure the excretion of all residues.

Probably the most chemically, drug laden cells of the body are fat cells.

They are the first cells chosen to be the repositories for drug and chemical residues since they are the least important compared with the neurological, hormonal and reproductive systems.

Most fat cells are just under the skin in the sub-dermal fat layer.

Their proximity to the skin provides an easy exit pathway for detoxification.

This is why our sauna therapies play a very important role in our NAD purification program.



Recovery is much easier if we can get cells to excrete toxins through the skin rather than into the lymph.

You will be amazed at how much better you will feel after each sauna.

We have both a walk-in dry sauna with an adjacent shower stall for a cold rinse and a sauna steam cabinet with ozone at your disposal.

The next important pathway of detoxification is the intestinal tract.

As the liver breaks down toxins and residues in the blood they are filtered and shunted into the gall bladder and then into the small intestines.

These residues travel through the rest of the small intestines, then the colon and eventually evacuated with the stool.

Unfortunately these residues can be reabsorbed back into the body anywhere along the intestinal tract.

To minimize this reabsorption we provide colon hydrotherapy to speed up this evacuation using warm and cool waters to cleanse the colon and to remove residues more rapidly.



Brief Review

We want to emphasize a few points.

Intravenous NAD is absolutely essential for recovery and is the most important therapy we offer, yet to fully optimize its benefits we must also address and incorporate the following;

- Investigate biochemical and hormonal imbalances through lab testing.
- Correct these imbalances through nutrition, supplements and sometimes a prescription such as thyroid hormones.
- Using dark-field microscopy determine if a systemic bacteria and mold issue exists. A viral infection is determined through lab testing.
- If a systemic infection exists then specific supplements and intravenous therapies are administered to reduce their population.
 - UBI or ultraviolet blood irradiation
 - UVLRx through a UV fiber optic catheter inserted directly into a vein
 - Ozone using our Zotzmann unit from Germany to treat 2,000cc of blood during each session
- Incorporating a nutritional program including juices which is designed for each person
- Support the pathways of detoxification
 - Supplements and herbs
 - Saunas
 - Lymphatic hydrotherapy
 - Colon hydrotherapy
 - Massage
- The use of specific oral amino acids based upon history of use and symptoms
- Repair damage to cellular membranes through supplementation

- Provide other intravenous therapies as needed
 - Vitamin C and other nutrients
 - Alpha lipoic acid for liver repair
 - Curcumin as an anti-inflammatory
 - Plaquex, a special European phospholipid complex, to repair cell membranes

Everything mentioned above, lab testing, supplements, consultations and therapies, are included in our two-week NAD program and tailored to each person.

How to Proceed

If you have an interest in entering our NAD program, then here are the guidelines.

If You Are Using

If you are still using you are ineligible to enter our program but you will need to follow the guidelines below.

We recommend the following;

- Call or email our office and request our NAD Application Questionnaire.
- Complete this document and return it to us.
- Forward all your lab results from the previous year.
- Any labs which were never done but are vital for understanding your biochemical and hormonal imbalances will be ordered for you. We simply forward a LabCorp requisition which you can take to any of their centers nationwide.
- Once these results come to us two appointments will be scheduled.
 - Dr. Haskell will review your answers to the questionnaire and your lab results with the intent of improving your health and to support you during this time of tapering.
This consult is approximately one hour.
 - Our nutritionist and health coach will instruct you regarding nutrition, amino acids and other supplements, and therapies to help you taper.
This consult is approximately one hour.
- Once you have tapered you are eligible to enter our two-week NAD program.

If you are local these visits will be in person at our clinic.

If you are out of state these consultations will be over the phone.

The charge is \$400 and does not include lab tests and supplements.

If You Are Not Using and Live in Utah

For those who have not been using for at least one month (if you want to receive the most benefits from our program then you must comply with this prerequisite) the following applies;

- Call or email our office and request our NAD Application Questionnaire.
- Complete this document and return it to us.
- Forward all your lab results from the previous year.

- Dr. Haskell will review your answers and your labs.
- If important labs are missing, and this is always the case, we will forward a LabCorp requisition to have these labs done. There are many LabCorp centers nationwide for having the blood draw.
- Once these results arrive three appointments will be scheduled on the same day at our clinic.
 - In-house lab testing and a physical exam is first. This will help Dr. Haskell and our nutritionist to help us understand toxicity, the status of detoxification pathways and nutritional imbalances. This is approximately one hour.
 - Your second appointment is with Dr. Haskell who will review with you your answers to the questionnaire, your LabCorp results and the in-house testing. He will also look at a tiny drop of your blood under a microscope. He will make specific suggestions on ways to improve your health and outline the therapies that will be most beneficial in addition to the NAD therapy. This consult is approximately one hour.
 - The third appointment is with our nutritionist and health coach who will instruct you regarding nutrition, amino acids and other supplements.

Having completed this first visit you will then be scheduled for the two-week NAD program along with the additional therapies and IVs to enhance the benefits of the NAD IVs.

There will likely be a week or two between this visit and when you begin the program but incorporating the recommendations from your first visit will help you get a head start on your recovery.

Costs are covered below.

If You Are Not Using and Live Outside Utah

For those who have not been using for at least one month (if you want to receive the most benefits from our program then you must comply with this prerequisite) the following applies;

- Call or email our office and request our NAD Application Questionnaire.
- Complete this document and return it to us.
- Forward all your lab results from the previous year.
- Dr. Haskell will review your answers and your labs.
- If important labs are missing, and this is always the case, we will forward a LabCorp requisition to have these labs done. There are many LabCorp centers nationwide for having the blood draw.
- When your results arrive, a copy will be forwarded to you and two long distance appointments will be scheduled.
 - The first is with Dr. Haskell who will review with you your answers to the questionnaire and your LabCorp results, and design a program to improve your health which you will follow until you arrive for the two-week NAD program. This consult is approximately one hour.
 - The second appointment is with our nutritionist and health coach who will

instruct you regarding nutrition, amino acids and supplements which both she and Dr. Haskell recommend. She may also recommend beginning some preliminary therapies such as saunas if they are available in your area.

- You will also be scheduled for our next available two-week NAD program.

All two-week programs begin on a Monday.

On your first Monday you see Dr. Haskell in the morning for a dark-field microscope and his assistant for in-house lab testing and a physical exam.

This information will help us to clarify which therapies and other IVs you will receive in addition to the NAD IVs.

Cost of Our NAD Program

For those who are eligible to enter our program, whether you are in Utah or out of state, here is the breakdown of services and therapies which are included;

- Initial consultation with Dr. Haskell whether in office or long distance (one hour)
- If you are coming from outside Utah the initial consult with Dr. Haskell which includes the microscope.
- Follow up consult with Dr. Haskell at clinic (second week of NAD program)
- Consultation with nutritionist and health coach whether in office or long distance (one hour).
- If you are coming from outside Utah the in-house testing on the Monday of the first week.
- Follow up consultation with nutritionist in clinic (second week of NAD program)
- All lab testing whether long distance or in clinic
- In-house testing and physical exam
- All supplements and herbs which are provided prior to and including the two-week NAD program
- Daily fresh organic juices during the two-week program
- Snacks available throughout the day
- All ten NAD IVs
- All other IVs during the two-week program if indicated
 - Nutrient IVs which include vitamin C among others
 - Alpha lipoic acid
 - Plaquex
 - Curcumin
 - Ozone (Zotzmann)
 - UBI
 - UVLRx
- All therapies
 - Walk-in dry sauna
 - Cabinet sauna with ozone
 - Colon hydrotherapy

- Lymphatic Hydrotherapy
- Massage

The total cost of all the above is \$7,000. If you've researched the cost of IV NAD therapy at other clinics then you realize what a bargain this is.

We require a deposit of \$2,000 at the time when we forward to you any lab test requisition or test kits and schedule your first appointments. The remaining \$5,000 is due when you are scheduled for our two-week program.

It is important to know that NAD is a prescription made by the compounding pharmacy Anazao and is a proprietary blend of liposomal NAD and specific amino acids.

Liposomal means that all the ingredients easily cross the lipid membrane layers of cells.

We do not use and do not recommend what is called Coenzyme 1 which some clinics use. It is not the same blends developed years ago by Dr. William Hitt.



There are five NAD formulas and yours is chosen based upon your history of drug use and must be ordered as a prescription for you.

Your order is placed the week before you arrive and since it is a prescription we cannot legally use your NAD formula for anyone else. NAD is not inexpensive so it would be our loss if you do not keep your appointment.

We require a week's notice if you need to cancel. If you cancel within the week before your appointment then only 40% of your \$7,000 will be refunded.

There are several reasons for this;

- At this point you would already have received consultations with Dr. Haskell and our nutritionist.
- All lab tests requisitions and kits
- All supplements
- We may not be able to fill your appointment on such short notice.
- We have already ordered your NAD IV vials which cannot be returned or used for another client.

We suggest that if you are not serious about how important this program is to you, and to us, then do not waste your money and our time.

Another point is that our staff has a cumulative experience in the field of health and wellness of 40 years.

We certainly respect you as a client but you must be willing to follow our recommendations.

This means that when we design a program tailored to your needs that you are willing to follow it.

Purification is not an easy experience to go through and if, as an example, we advise saunas and lymphatic hydrotherapy then this must be followed no matter how uncomfortable you are feeling.

When we recommend a combination of various therapies our intent is to amplify the benefits of the NAD and to assist your body to pass through the discomfort of detoxification as easily and quickly as possible.

We also retain the right to drug test anyone at any time.

We do not accept anyone into our NAD program who is using and if you fail a drug test, which means you are using, you will no longer be admitted to our clinic and you forfeit your \$7,000.

We have the right to test at any time. Your consent to do random drug testing is explained in the Application for NAD Therapy Questionnaire and requires your signature.

Accommodations

We are an out-patient facility but we will provide you a list of places to stay once you've scheduled your appointments.

Encouraging a Successful Outcome

Going through the NAD program and all the supportive therapies is not easy.

When your body and mind are passing through the phases of detoxification and residues are begin released and circulating systemically, they will provoke physical and mental reactions.

This process takes patience and determination.

Being at the clinic is a supportive and compassionate experience but when you leave at the end of the day to return to the outside world it is best to have a companion. It is not the best time to be alone.

So we highly recommend that you bring someone with you, someone whom you feel comfortable with and not dependent upon.

You can also bring any form of entertainment to use while you are having the IVs as long as it does not disrupt the peaceful clinical environment we try to maintain.

Cell phones are discouraged but you can always go outside the building even with an IV to have a conversation.

Our Primary Staff

Dr. Alexander Haskell is licensed in the state of Utah as Naturopathic Medical Doctor and has been in practice for 33 years since his graduation from The National College of Natural Medicine in Portland, Oregon.

He has been using NAD IVs for around eight years and studied with Dr. William Hitt, the originator of the protocols we use in our clinic.

He has had extensive training in ozone, ultraviolet blood irradiation, prolozone, a wide range of intravenous therapies, purification and detoxification therapies, hydrotherapy, dark-field microscopy, homeopathy, colon hydrotherapy, bio-identical hormones and neural therapy.

Lori Clayton-Heller is a licensed massage therapist, a teacher of yoga, a certified colon hydrotherapist and a certified health coach.

She brings over 20 years of experience and wisdom to our clinic and is the Director of Clinic Services.

Donavan Terranova is our licensed medical assistant and oversees our intravenous services and lab.

Other staff members manage our reception and front desk and assist clients during our purification therapies.