

TYPES OF IV THERAPY INFUSIONS & THEIR BENEFITS



IMPROVE YOUR HEALTH
AND WELL BEING WITH A
VARIETY OF IV INFUSIONS.
INCREASE ENERGY,
DETOX, REDUCE STRESS,
REJUVENATE YOUR BODY,
IMPROVE YOUR SKIN AND
MUCH MORE!




The ART of LIFE
HEALTH CENTER



What is I.V. Vitamin Therapy you may ask?

Intravenous Vitamin Therapy is a type of drip therapy infused with lots of vitamins, minerals, nutrients, and amino acids which are beneficial for a variety of medical conditions and overall health management.



Intravenous Vitamin Drip Therapy has been clinically proven to be an effective treatment for many chronic and acute conditions. It has been used worldwide for decades in hospitals and private clinics to assist people in vitamin and nutrient intake as well as overall health management. IV Vitamin Therapy is also one of the primary focuses of Naturopathic Medicine.

Now that we have established the position of IV Therapy in world's medicine, let us dig into why it is so important in our daily life, its benefits and the vast selection of infusions available.

In an ideal world, the food we eat such as fruits, vegetables, meats, fish, poultry, etc., would provide us with the optimal amount of essential nutrients we need for our diet, health, and survival. Unfortunately, in our modern lifestyle and agricultural practices, it is becoming harder and harder to find food that is not modified and is purely organic as once were. As we all know, what we eat is vital to our health.



OUR IMMUNITY & DIGESTION

The importance of mentioning food is because a healthy diet is always the key to maintain a good immune system, a balanced hormone level, and proper organ function. For nutrients to reach our blood, food has to be digested and absorbed efficiently. Gut health must be optimal for this to occur. When we ingest foods that our body cannot properly digest, we develop allergies, bloating, lactose intolerance and other health conditions.

The emphasis here is on the Immune System! Our immune system helps with the proper function of white blood cells which help fight bad bacteria. Our organs such as the liver, kidneys, and lymphatic system are responsible for removing toxic particles from our body but if they are not functioning properly, our health is compromised therefore making us vulnerable to colds, flus, viruses, and other invading pathogens.

HERE IS A FORMULA FOR YOU:

Nutrients/ Vitamins/ Minerals=Healthy Cells/ Organs=Healthy Immune System=Healthy You

A healthy and balanced diet is not the only answer to a healthy you. Let me explain. Most of the nutrient-rich foods we consume get digested and exit our bodies in various ways. Therefore, our body does not absorb 100% of those vitamins and minerals.

This is where IV Vitamin Therapy comes in. It provides a way to receive 100% of these nutrients, minerals, and vitamins directly into our bloodstream. IV is a scientifically formulated intravenous solution that is an effective treatment for health maintenance and a variety of other health conditions.

Keep in mind that there are other possible causes which may impact our immune system such as:

- Stress
- Genes
- Viruses
- Illnesses
- Medical Conditions
- Lack of Sleep & more



BENEFITS OF CHOOSING IV THERAPY

Intravenous Vitamin Therapy is a powerful option and is beneficial to achieve better and faster results.

- Customized treatment plan
- It is fast and effective
- Saves you time and money
- It is safe
- It is THE IDEAL preventative therapy

WHY CHOOSE IV THERAPY?

This treatment offers many health benefits:

- Increases Energy
- Reduces Symptoms of Stress
- Improves Hydration
- Boosts immune/ metabolic system
- Reduces symptoms of chronic illnesses
- Treats autoimmune disease
- Improves skin quality
- Reduces headaches
- Reduces symptoms of depression/ anxiety/ fatigue
- Reduces symptoms of asthma
- Shorten recovery time for athletes
- Provides optimal physical performance/ endurance
- Relieves allergies/ colds/ flus
- Detoxes organs and body
- Helps fight viruses/ bad bacteria
- Reduces morning sickness during pregnancy



IV DRIPS HELP WITH VARIETY OF HEALTH CONDITIONS/ CONCERNS

- Rheumatoid Arthritis
- Cancer
- IBS/IBD
- Chronic Fatigue Syndrome
- Asthma
- Depression/ Anxiety/ Stress
- Drug addiction
- Autoimmune Conditions
- Neurological Conditions
- Memory Enhancement
- Infections/ Viruses
- Detoxification
- Immune and Metabolic System Boost
- Mental Clarity/ Concentration
- Fibromyalgia
- Bronchitis
- Cold/flu
- Food Poisoning
- Anti-Aging
- Hangovers
- Respiratory Tract Infections
- Seasonal Allergies
- Hormonal Imbalances
- Athletic Boost
- PMS/ Cramps
- Migraines/ Headaches
- Chronic/ Acute Pain Management
- And much more

The most popular type of IV Therapy is “Myers’ Cocktail”.



WHAT IS MYERS' COCKTAIL?

Intravenous Therapy (IV) has been with us since the mid 19th century and is widely known for its potential as preventative medicine for managing ongoing chronic, and acute conditions.

Myers' Cocktail is a specially formulated IV vitamin drip therapy administered directly into your bloodstream via a needle that is inserted into your vein in the forearm. This process is done in order to bypass our digestive system.

Myers Cocktail is named after Dr. John Myers MD, a physician from Baltimore, Maryland, who pioneered the use of this treatment as preventative therapy. It works by increasing the blood concentration of essential vitamins and minerals much more efficiently than taking them orally.

Today, many doctors use the Myers' Cocktail, and some have made further modifications according to their own preferences.


IV Therapy is advocated by numerous medical experts. During the past 16 years, clinical results have been presented at more than 20 medical conferences to several thousand physicians.

"Nutrition and nutrient therapies are safer, cheaper, and more effective than most other medical treatments. Patients need adequate nutrition, not drugs, to recover from any illness, and sometimes they need that really fast."

INGREDIENTS IN MYERS' COCKTAIL

Composition of Myers' cocktail vary according to the patient's needs and conditions.

- **Vitamin B1**-helps with the nervous system, brain, muscles, heart, stomach, and intestines.
- **Vitamin B2**-helps with growth and overall health. Helps break down carbohydrates, proteins, and fats to produce energy.
- **Vitamin B3**-used to treat respiratory and vascular disorders, aids in good blood circulation, normal functioning of the brain and boosting memory
- **Vitamin B5**-helps convert food you eat into energy.

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- **Vitamin B6**-plays an important role in mood regulation. This vitamin is necessary for creating neurotransmitters that regulate emotions, including serotonin, dopamine, and gamma-aminobutyric acid.
 - **Vitamin B12**- Helps keep your body's nerve and blood cells healthy and helps make genetic material in all cells. It also helps prevent megaloblastic anemia that makes people tired and weak.
 - **B Complex**-Are the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function, and cell metabolism. It helps prevent infections and help support/promote cell health.
 - **Folic Acid**-used in dietary supplements and fortified foods. It helps your body produce and maintain new cells (red blood cells).
 - **Multi-Minerals Complex**- Is a multivitamin product used to treat/ prevent vitamin deficiency due to poor diet, illnesses, or during pregnancy.
 - **Magnesium**- is important for many processes in the body such as regulating muscle and nerve function, blood sugar levels, blood pressure, making protein, bone, and DNA.
 - **Zinc**- Helps your immune system fight off invading bacteria and viruses.
 - **Chromium**- Is an essential trace mineral that can improve insulin sensitivity, enhance protein, carbohydrate, and lipid metabolism.
 - **Calcium**-helps build and protect your bones. Calcium also enables our blood to clot, muscles to contract, and heart to beat.
 - **Selenium**- is important for reproduction, thyroid gland function, DNA production, and protecting our body from damage caused by free radicals and infection.
 - **Glutathione**- is a powerful antioxidant that our body naturally produces. Its levels decrease when we age, stress, and have toxins in our bodies.
 - **Hydrochloric Acid**-helps your body to break down, digest, and absorb nutrients such as protein. It also eliminates bacteria and viruses in the stomach.
 - **Vitamin C**- is necessary for the growth, development, and repair of all body tissues. It is involved in many body functions, including the formation of collagen, absorption of iron, immune system, wound healing, and maintenance of cartilage, bones, and teeth. Powerful for cancer and virus treatments.
 - And Much More

Treatments usually take anywhere between 30 min -120 min. At The Art of Life, the cost for IV is \$150. Treatment frequency can range from weekly to monthly sessions. IV is customized according to your needs and if you are unsure about the treatment, our Naturopathic Doctor will be happy to address any of your concerns

11 TYPES OF MYERS' COCKTAILS INFUSION THERAPIES YOU CAN CHOOSE FROM

#1 WELLNESS

When we say wellness, we are talking about your emotional state as well. In order for us to cope with our daily life stressors, we need to maintain mental clarity and strength. When we undergo stress, our immune system weakens and we become more prone to infections, viruses, and are vulnerable to experiencing depression and anxiety. Vitamins and nutrients function as fuel for our cells, body, and overall system.

- Boosts energy level
- Reduces depression/ anxiety/ fatigue
- Improves mental clarity/ cognitive function
- Reduces migraines/ headaches
- Enhances mood
- Improves immune/ metabolic systems
- Improves sleep and much more





#2 BEAUTY

This IV is formulated with a special blend of vitamins, nutrients, and antioxidants that improves your health, skin, hair, and nails. It is designed to detox your body and rejuvenate your appearance inside and out. It contains antioxidants that target molecules that contribute to aging and tissue damage. This IV contains ingredients that help naturally reduce the appearance of wrinkles, repair UV damage, and help your body remove toxins.

- Slows aging process
- Strengthens hair, nails, and skin
- Brightens skin
- Improves blemishes
- Reduces appearance of wrinkles



#3 ATHLETIC PERFORMANCE

Our body needs strength, nutrients, and vitamins in order to perform our best. Intensive training and exercises are very demanding on the body which leads to the gradual buildup of free radicals. This IV is designed to flush out these radicals, promote healing, hydrate, and help heal muscles and tissues.

- Provides fast and effective hydration
- Improves athletic performance
- Reduces recovery time
- Supports muscle building
- Maintains healthy muscle and tissue
- Flushes out free radical
- Provides endurance boost



#4 HANGOVER RELIEF

Alcohol causes dehydration (hangover effect) which removes nutrients from the body. Tissues in our body and brain shrink, which leads to headaches and muscle aches. Our liver takes a hit, which means it has to work harder to get rid of these toxins (alcohol). Therefore, putting a strain on the liver. In time it can develop scar tissue and will not function properly which can cause liver diseases or liver failure.

Symptoms of hangovers include:

- Headaches/ Dizziness/ Fatigue
- Nausea, Vomiting, Stomach aches
- Muscle aches
- Sensitivity to light and sound

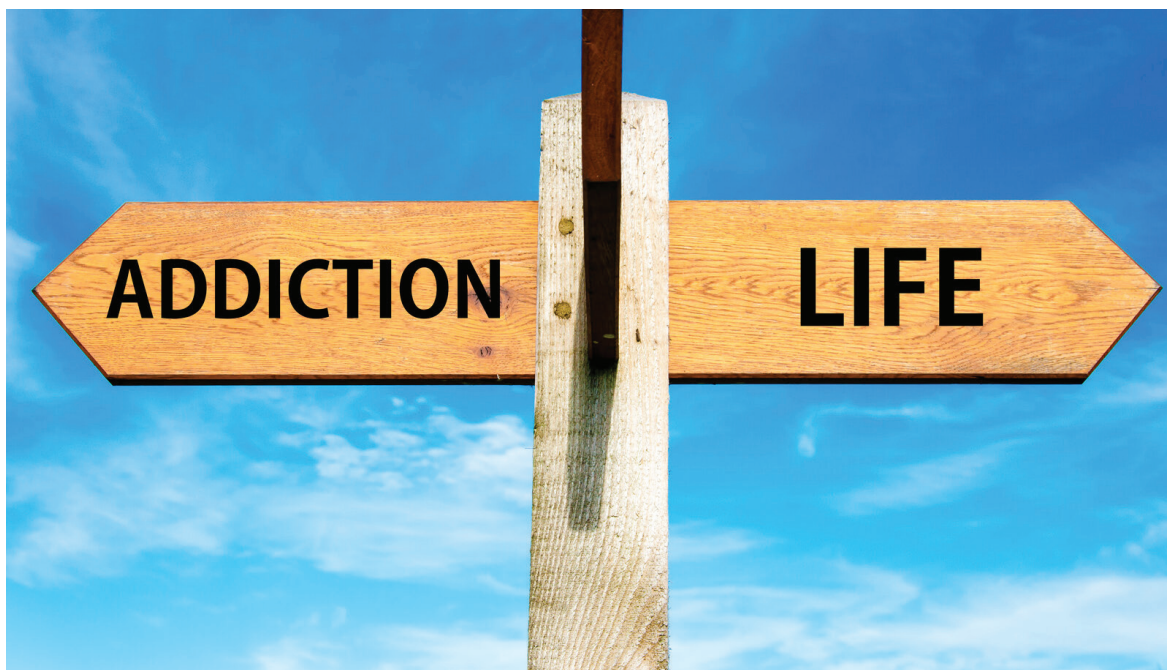
Staying hydrated is the best way to prevent a hangover. This IV contains electrolytes, saline solution, vitamins, anti-inflammatory and anti-nausea medication.



#5 ADDICTION RELIEF

Addiction is a state where an individual seeks the effect of a drug and cannot control its usage. Addiction can impact relationships, friendships, and employment. This IV contains Nicotinamide Adenine Dinucleotide (NAD) which is a co-enzyme that your body naturally produces and can help you on the journey to recovery.

- Reduces symptoms of withdrawal
- Detoxifies your body from free radicals
- Repairs neurotransmitters in your brain
- Restores cognitive function and clarity
- Restores metabolic function and improve energy levels





#6 ANXIETY & RELAXATION

This IV consists of a high dose of B Vitamins and Magnesium. It provides immediate relaxation, helps stabilize blood pressure, and reduces anxiety. It also helps with symptoms of mild to moderate depression and aids stress management.



#7 ANTIOXIDANT/ DETOX

This IV contains glutathione and/or alpha-lipoic acid. Glutathione is one of the most effective antioxidants, especially for our brain and liver. Alpha-lipoic acid is an extremely useful and powerful antioxidant that has been shown in medical studies to reverse nerve damage and treat liver conditions.



#8 IMMUNITY BOOST

This IV consists of a high dose of Vitamin C which helps fight flus, viruses, bacteria, and other pathogens. Anyone suffering from immune disorders or just need immune system boost will benefit from this treatment.





#9 CELL REJUVENATION

This IV can help with a variety of disorders and is effective for detoxifying cell membranes by replacing bad fats/oils with good essential fatty acids by creating younger and healthier cell membranes. This can reverse age-related changes in its membrane composition, therefore rejuvenating all inner and outer cells.



10 CANCER

High Dose of Vitamin C has shown to be beneficial in cancer treatments for over 25 years. Vitamin C is destructive to tumor cells. This therapy has shown to improve the quality of life for breast cancer patients, reduce inflammation, and decreased tumor in 77% of prostate and pancreatic cancer patients. It does not interfere with chemotherapy and in fact can reduce the side effects such as pain, nausea, decreased appetite, fatigue, and compromised immunity.


- Decreases side effects of surgery/ chemotherapy/ radiation
- Improves energy, well-being, and overall quality of life
- Boosts immune system
- Helps support mind, body, and spirit
- Provide strategies for cancer prevention and ongoing health maintenance



11 COLDS, FLUES & VIRUSES

How Can IV Therapy help speed up recovery time and fight colds, flues, and viruses? Before the polio vaccine was invented, Vitamin C injections were commonly used for severe infections, colds, flues, and viruses. Recent studies have shown the direct effect of Vitamin C against influenza virus. Antioxidants such as Glutathione and Alpha Lipoic Acid also shown to lessen symptoms associated with H1N1 and are considered an important add-on for the flu. Vitamin D has shown to be beneficial for the immune system and in preventing bacterial and viral infections. The duration of your cold depends on the exact strain of the rhinovirus and the way it interacts with your immune system. Your health plays a big role in the severity of your illness.





THIS IS WHERE IV THERAPY COMES IN!

Myers Cocktail IV contains a blend of antioxidants and hydrating fluids that can help reduce the severity and duration of your cold/ flu symptoms.

This IV contains:

- ✓ High-Dose **Vitamin C** which gives your immune system a chance to fight the virus while binding to and removing free radicals from your body.
- ✓ It also contains **Magnesium** which helps to keep your cells healthy and strengthen your body and immune response.
- ✓ **Vitamin B12** can support healthy immune function and create healthy blood cells.
- ✓ When you are ill, your body will use more liquid than usual as it fights bacteria. The **Saline** solution in Myers Cocktail helps hydrate your body.
- ✓ Anti-inflammatory or anti-nausea minerals can also be included in the IV.

This powerful combination of ingredients may help shorten the duration of your cold and help you feel better faster.

**Vitamin C cannot prevent a cold, but it can shorten the duration and symptoms of this illness.*



TIPS ON AVOIDING COLD & FLU

- ✓ Wash your hands regularly
- ✓ Do not share your food/ drinks with anyone
- ✓ Take Vitamins
- ✓ Get plenty of sleep
- ✓ Avoid people who are sick
- ✓ Get IV Vitamin Therapy to boost your immune system

DIFFERENCE BETWEEN COLD & FLU

Influenza is a potentially dangerous condition that can lead to some serious complications and in worst cases even death. Many people think of the fl u as a more severe version of a cold, but there are some significant differences in symptoms and possible consequences. While fl u can sometimes include common symptoms of a cold, like runny nose, sneezing, and sore throat, it has symptoms that are more severe than a regular cold. These symptoms can include:

- Breathing difficulties
- Nausea
- Dizziness /Confusion
- Chest/ Abdominal discomfort
- Fever
- Muscle aches
- Extreme fatigue /chills
- Severe headaches

Flu can lead to conditions like pneumonia, bronchitis, sinus, and ear infections. Vitamin IV Therapy can help restore your energy, provide you with nutrients and minerals your body needs to fight the infection-

IN THESE CHALLENGING TIMES, PLEASE STAY SAFE & HEALTHY!



We are The Art of Life Natural Health Centre and we are committed to helping people on their journey to better health and well-being.

If you are interested in knowing more about us, visit our website, give us a call, or email us. We will be happy to answer any of your questions or concerns you may have. Our goal is to help you to make the right decision regarding your health and well-being.

TAKE CARE OF YOURSELF AND YOUR BODY!