

Dr. JJ Stresses Benefits of Vitamins and Minerals and Naturopathic Intravenous Infusion Therapy

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Dr. JJ Dugoua, a naturopathic doctor in Toronto, has stressed the importance of vitamins and minerals because they are nutrients that the body is unable to produce on its own. Furthermore, Dr. JJ provides intravenous infusion therapy to solve nutritional deficiencies. These IV therapies typically contain a healthy and safe dose of natural vitamins, minerals, and amino acids delivered directly into the patient's circulatory system. Dr. JJ focuses on the basics of vitamins in an article/video that can be accessed at <https://askdrjj.com/basics-on-vitamins/>.

Dr. JJ explains, "Of course, it's always preferable to get your vitamins and minerals through your diet. This is because there are other benefits to your body when you process whole foods. The problem is that our diets are often overly-processed and genetically modified. As a result, they tend to contain less of the good things that we need. Fresh, raw, organic vegetables are best. When you irradiate it, salt it, freeze it, or heat it, you lose a lot of the nutrients. However, you can take an oral multivitamin to top things up. Another good solution is to talk to your naturopath about getting multivitamin doses by IV formulated to your needs."

Dr. JJ points out that a broad range of vitamins and minerals is vital for optimal body functioning, longevity, and energy. Vitamin deficiencies cause health problems. For instance, vitamin C deficiency can result into scurvy. Nevertheless, it is easy to remedy such a deficiency because vitamin C can be found in various fruits and simply eating them can solve vitamin C deficiency.

Meanwhile, vitamin A deficiency can result into nyctalopia or night blindness. It should be noted that nyctalopia may also be the result of other conditions, such as glaucoma, diabetes, cataracts, side from vitamin A deficiency.

Vitamin B deficiency is commonly found in women, particularly those who take the birth control pill, particularly deficiencies in vitamins B6, B9 and B12. Vegetarians also tend to suffer from vitamin B12 deficiency because this particular vitamin is difficult to find in sufficient amounts in plant-based foods.

Dr. JJ points out that the best way to get these vitamins and nutrients is through the food that people eat. However, a lot of these nutrients get lost during the processes that foods undergo before they get to the table. Eating raw, fresh and organic fruits and vegetables would be best. Unfortunately, foods are often salted, frozen, irradiated or heated with the result that many of those nutrients get destroyed. For those interested in the clinic of Dr. JJ, they can check out <https://www.yelp.ca/biz/liberty-clinic-toronto>.

A common way of getting the vitamins and minerals is taking them in oral form. Dr. JJ suggests that people choose minerals in citrate form because they are better absorbed by the body without other interventions. He warns against the possibility of the presence of binders and fillers, such as aluminum and dyes. He advises women to ensure that they get the complete spectrum of the B vitamins.

And for those who are concerned on which vitamins and minerals they really need, Dr. JJ advises people to consult with a naturopath because it really depends on the particular individual. A naturopath will likely have some tests performed to determine a particular person's vitamin levels. A good naturopath will also be able to customize a course of vitamins and minerals for a specific person.

Dr. JJ is a licensed naturopathic doctor in Toronto. He obtained a PhD in pharmaceutical sciences, which provides him with a unique perspective for both the naturopathic and medical world.

He points out that intravenous infusion therapy is the most streamlined method for treating nutritional deficiencies. It is the best alternative for people who are unable to swallow pills or those who have a problem with their digestive tract. This results in the direct delivery into the circulatory system. High quality materials are also used to optimize bio-availability and absorption of the vitamins and minerals.

People who would like to know more about intravenous therapies can visit Dr. JJ's website at <https://askdrjj.com/services/iv-therapies/>, or contact them through the telephone or via email.

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Dr. JJ

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