

5 Reasons Why IV Hydration Therapy May Help People Achieve Wholesome Health, Explained in New Blog Post

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The IV Lounge, based in Toronto, Ontario, Canada, has recently published a blog post that discusses why IV hydration therapy may help a person attain optimal health. According to the article, hydration therapy with IV fluids may bolster a person's health given that 55 percent of an adult's body weight is made up of water. People know intuitively that water is essential to life and if a person is dehydrated, certain health issues emerge like fatigue, migraine headaches, dizziness, and more. The newly published article explores five reasons why hydration through intravenous therapy may help enhance people's health.

The first reason is that IV hydration therapy may prevent dehydration, which occurs when a person is not taking enough fluid to replace the amount of fluid that is being lost resulting in a failure of the various parts of the body to perform their normal functions. The risk of dehydration is high when the environment is hot thus causing a person to sweat a lot, when a person is engaging in robust physical activity, or when the person is vomiting excessively or suffering from excessive diarrhea.

Another reason why hydration therapy through IV fluids may help improve a person's health is that the cells of the body get nourishment quickly. The fluids used in this instance contain a combination of vitamins, minerals, amino acids, and other nutrients and these enter the body directly through the veins and immediately get into the bloodstream, which distributes these nutrients to the cells of the body. The cells are nourished at a rapid rate because the nutrients don't have to go through the digestive system and the liver. Cell nourishment may help the body recover more quickly from wear and tear and may help enhance performance levels.

The third reason is that IV therapy may help promote recovery and improve performance. When a body is dehydrated, the body temperature is altered and the person feels fatigued and unmotivated. In addition, the

person may have difficulties in achieving physical and mental clarity. On the other hand, if IV vitamin therapy is provided, this may help the person achieve peak performance. Unlike drinking fluids that take around 120 minutes for the fluids to be completely absorbed by the body, IV hydration allows the cells to become hydrated swiftly.

The fourth reason why IV hydration therapy may help in achieving optimal health is that it may promote detoxification. Hydration therapy vitamin drips that contain glutathione may help in supporting detoxification. Dr. Amauri Caversan, ND at The IV Lounge says, "Glutathione is an antioxidant that is naturally produced in the liver and has various roles. It may help in counteracting inflammation, cellular detoxification, cellular proliferation and death, and maintaining mitochondrial function."

Research has demonstrated that Parkinson's disease, macular degeneration and chronic exposures to alcohol and various toxins have all been associated with lower glutathione levels. Hydration IV therapy containing glutathione may help in replacing fluids in the body while getting rid of harmful free radicals.

The fifth reason why IV hydration therapy may help in attaining optimal health is that it contributes to a person's ideal brain function, alertness, and mood. The human brain is composed of 73% water, and we must hydrate to support brain and body functions.

It is important to note that the body is constantly losing fluids through urine, feces, the skin, and even through breathing. This may be exacerbated by conditions such as diarrhea, vomiting or when a person simply gets dehydrated. Research studies have revealed that dehydration affects brain function, mood, and energy levels. According to studies when a person is approximately 1 to 3 percent dehydrated, various parts of the brain are affected.

The IV Lounge offers various kinds of IV therapy in Toronto. These include customized IV drips, the immune drip, methylation support, high dose vitamin C, relaxation IV therapy, migraine support, detoxifying IV drip, anti-aging IV drip, IV glutathione treatment, NAD IV drip, max hydration drip, the energizer treatment, and pre or post exercise amino acid drip.

<https://www.youtube.com/embed/9uLLol10sRk?list=PLV7x993ZMN24VDamRA3QVVq6-DNXXz7fY>

Those who are interested in learning about the benefits of IV hydration therapy may want to check out the website of The IV Lounge, or contact them on the phone (647) 549-3484 or through email at info@theivlounge.ca.

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For more information about The IV Lounge, contact the company here: The IV Lounge Dr. Amauri Caversan, ND (647) 549-3484 info@theivlounge.ca The IV Lounge 1200 Bay Street #1102 Toronto, Ontario M5R 2A5

The IV Lounge

Relax and de-stress. Jump start on a recovery plan to improve your health. If you need a hand in reaching the road of recovery, we encourage you to live life to the fullest with the help of IV therapy and naturopathic medicine support.

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