

IV Therapy Toronto Clinic Discusses Reasons Why IV Vitamins and Minerals May Help Support Health

February 09, 2021

February 09, 2021 -

The IV Lounge in Toronto, Ontario, Canada, has revealed that they have recently published a blog post that describes five reasons why intravenous (IV) vitamins and minerals may help nourish the body and contribute to good health. Vitamin drip therapy directly feeds the vitamins and minerals directly into the bloodstream, allowing these nutrients to be immediately available to the different cells of the body. Intravenous delivery of the nutrients means that they don't have to go through the digestive system and liver, which makes them instantly available in the bloodstream.

Dr. Amauri Caversan, ND from The IV Lounge says, "In our new blog post, we discuss the reasons why IV vitamin and mineral therapy may possibly offer health benefits for both physical and mental fatigue, and psychological and cognitive functions. However, always make sure that the supplementation you are getting is safe and efficient. Discuss the dosages of vitamins and minerals, whether delivered orally or intravenously, with your naturopathic doctor or IV therapists. This should include the details about bioavailability and the length of time needed for personal treatment and avoid any unexpected side effects."

One of the reasons discussed in the article for the health benefits of IV vitamin and mineral therapy is that it may help in promoting cellular energy production that, in turn, may promote tissue growth and help support physical activity. The intravenous infusion of zinc, B vitamins, magnesium, zinc, and other nutrients, may aid in the transformation of the cellular energy obtained from food into a chain of chemical reactions that result in the synthesis of adenosine triphosphate (ATP), which is the major energy carrier in living organisms.

Another good reason is that IV nutrient therapy may help in reducing fatigue. For example, intravenous infusion of high dose vitamin C has been observed in a study involving office employees to increase their energy levels. There were 141 healthy volunteers between the ages of 20 to 49 years old who participated in a double-blind, randomized, controlled clinical trial. The trial group received 10 grams of vitamin C with normal saline through IV, while the placebo group only received normal saline. Meanwhile, intravenous B

vitamins, particularly B6 and B12, have also been observed to counteract fatigue.

Another important reason is that IV vitamin drips may help in the recuperation of cognition and physical performance. This pertains to both physical and mental fatigue, which results in problems with concentration, mood, memory, decision-making, and other physical condition and mental problems. To assist cognition and physical performance, people may want to discuss oral or intravenous vitamin therapy that includes vitamin C, B vitamins, magnesium, zinc, and other nutrients, with their naturopathic doctor.

The fourth reason is that IV vitamin therapy may be used to help relieve nutritional deficiencies. This may help in the recovery of patients from different kinds of illnesses and health conditions, including dehydration, eating disorders, dysphagia, food poisoning, and more. This is especially helpful for patients who have difficulties in fully absorbing oral supplements, such as those who have inflammatory bowel disease like Crohn's disease and colitis. An inflamed gastrointestinal tract has less capacity to absorb essential vitamins and nutrients, such as vitamins B1 and B2. Since IV therapy bypasses the gastrointestinal tract, patients may be able to receive the full impact of the essential nutrients.

And lastly, the IV vitamin therapy may help maintain a person's immune function. This is because vitamins, such as vitamin C, have immunity-supporting characteristics. Vitamin C is an antioxidant that protects the cells from the damage caused by free radicals. Vitamin C may also help in decreasing the duration of upper respiratory illness, such as cold or flu. Meanwhile, IV vitamin D may also help strengthen the immune system, particularly in decreasing upper respiratory tract infections.

Those who would like to learn more about the potential health benefits of IV vitamins and minerals may want to check out the website of The IV Lounge, or read this recent article to get additional details about IV therapy treatments. One may also contact them on the phone (647) 549-3484 or through email at info@theivlounge.ca.

###

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.

Website: <https://www.theivlounge.ca/>

Email: info@theivlounge.ca

Phone: (647) 549-3484

