

The IV Lounge Explains Why Some Vitamins and Minerals Are Included in Custom IV Therapy

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The IV Lounge in Toronto, Ontario, Canada, has explained why some vitamins and minerals are included in custom IV therapy. In a recent blog post, they listed five reasons why certain vitamins and minerals are included. The lack of a number of vitamins and minerals has been linked to fatigue, weakness, pain, including cognitive and emotional issues. Intravenous or IV therapy may improve health through the intake of much-needed nutrients. However, it is important to know that IV therapy is recommended to be custom-fitted to the specific needs of a particular person. That is why naturopathic doctors and IV therapists often develop a customized combination of vitamins and minerals for a specific person to help support energy and wellness.

Magnesium is a mineral that may help in the production of energy and also in muscle, nerve function and bone maintenance. Oral magnesium supplements in the form of tablets or capsules are available to increase a person's magnesium intake but these may result into diarrhea. The appropriate dose of magnesium administered by IV therapy may avoid such uncomfortable side effects because it bypasses the digestive system as it goes directly into the bloodstream. Meanwhile, magnesium supplementation has become necessary because research has revealed that the magnesium content of food sources has been declining and lack of magnesium has been observed in people with some chronic diseases. Studies have also revealed that the lack of magnesium plays a part in migraine and depression.

Dr. Amauri Caversan, ND from The IV Lounge says, "This post is part of a series of blogs titled "5 Reasons Why," that are designed to help people understand why IV therapy when combined with ongoing naturopathic medicine care, is an alternative way of achieving optimal and natural health in Toronto. A customised IV therapy designed specifically for you may help you reach your personal health goals as a result of your body getting much-needed nutrients."

Vitamin C is an antioxidant that combats free radicals. It is also needed in the production of adrenaline, noradrenaline, and amino acids; the maintenance of tendons, blood vessels, and ligaments; and the

signalling of molecules inside the brain. Without adequate vitamin C in the body, the collagen strands become abnormal and weak. Antioxidants like vitamin C are needed because the brain constantly uses oxygen and it is packed with polyunsaturated fatty acids that easily break down without antioxidants. Thus, vitamin C is known to have neuroprotective effects and to help mediate the central nervous system. Large oral doses of vitamin C, however, have been known to aggravate the digestive tract, often resulting into diarrhea. IV therapy may prevent that by bypassing the digestive system.

Zinc is another nutrient that may be used in IV therapy. This mineral affects the production of proteins, RNA, and DNA, and it is a cofactor for more than 200 enzymes, specifically those that are involved in energy metabolism. Furthermore, the British Medical Association has also determined that zinc deficiency is associated with several diseases, such as chronic liver disease, chronic renal disease, malabsorption syndrome, diabetes, malignancy, sickle cell disease, and other chronic illnesses. It has also been observed that people suffering from depression have low zinc levels.

The B vitamins can also be administered through IV therapy because they may help in fostering cellular health and brain function. Studies have shown that the collective effects of the B vitamins have to do with brain function, including DNA/RNA synthesis/repair, genomic and non-genomic methylation, energy production, and the synthesis of various signaling molecules and neurochemicals.

And finally, calcium when combined with vitamin D may help in protecting the body from diabetes and high blood pressure. Calcium is also involved in the regulation of various enzymes, particularly those involved in metabolizing cellular energy.

Those who are interested in knowing more about visiting a Toronto IV drip lounge may want to visit the website of The IV Lounge, or contact them through the phone (647) 549-3484 or via email. They are open from 11:00 am to 7:00 pm on Mondays; from 10:00 am to 5:00 pm on Tuesdays and Thursdays; from 9:00 am to 7:00 pm on Wednesdays; from 9:00 am to 7:00 pm on Fridays; and from 9:00 am to 4:00 pm every other Saturday.

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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

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recovery, we encourage you to live life to the fullest with the help of IV therapy and naturopathic medicine support.

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