

Dr. Amauri Wellness Centre In Toronto Shares Insight On Potential Benefits Of Visiting An IV Therapy Clinic

May 22, 2021

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The Dr. Amauri Wellness Centre recently published a blog post titled "Why Visit An IV Therapy Toronto Clinic: 5 Benefits and Why We Do It." The article talks about some of the ways in which IV therapy in Toronto might offer certain benefits. IV therapy, for instance, may help with a wide range of issues, and the article serves to introduce readers to the subject.

IV Therapy is meant to provide a ?helping hand? of sorts to those looking to address a particular health concern. IV Therapy involves the direct delivery of high doses of certain essential vitamins and minerals to the system via an IV Infusion. This process makes it so the nutrients do not need to pass through the digestive system. This makes it possible to deliver high amounts of essential vitamins without risking making the client uncomfortable or sick. Led by Dr. Amauri Caversan, ND, the clinic is located in Downtown Toronto. With the help of Arv Buttar NP, a co-service provider, Dr. Amauri strives to help people along their wellness journey.

The first possible benefit of IV therapy listed in the article is athletic recovery. ?Hydration plays an important role in improving muscle recovery time for athletes,? the article says. ?For example, triathletes and marathon runners need to maximize their hydration after exercising. IV therapy is a method for replacing fluids lost from physical activity and delivering vitamins, minerals and amino acids that the body needs for recovery. It?s important to note, however, that IV drip treatments are not a substitute for proper rest and nutrition during periods of intense exercise. Hydration through an IV vitamin drip though may be helpful for recovery after a challenging workout session. In his IV therapy Toronto clinic, Dr. Amauri Caversan, ND, offers the Pre- and Post-Exercise Amino Acid Drip IV. Not only does it help rehydrate your body and replenish vital nutrients for muscle recovery, it may also promote the cleansing of free radicals. Improved cognitive performance or cognitive health may also be a beneficial effect from this intravenous drip, as the treatment encourages optimal hydration.?

IV therapy may also help alleviate migraine headaches. Migraines make it difficult for most people to function normally but research shows that increasing one?s intake of magnesium may help reduce both the frequency and severity of migraines. Other benefits of increasing magnesium intake may include improved mood, better stress management, reduced anxiety and more. A naturopathic doctor can provide IV therapy treatments that could potentially help with migraines.

Mood disorders are another ailment that IV therapy might help with. Depression and anxiety are usually treated with antidepressants and other similar medicines which can sometimes have negative side effects. It is, however, possible for depression to be caused by low vitamin D levels, and it may be possible to alleviate the symptoms of depression by injecting vitamin D intramuscular injections. Vitamin D also improves the immune system, the nervous system and bone health.

Another potential benefit of IV therapy is detoxification. The article says, ?Free radicals are a natural by-product of our bodies? metabolism. If the production exceeds elimination, free radicals can accumulate in cells and tissues, which can compromise your healing response, immune function and overall health. This may lead to cellular damage, illnesses or diseases. Natural detoxification through an IV vitamin therapy is a process that helps flush the toxins out of your system. This may aid in cellular functioning and increasing wellness, while helping to handle other health conditions such as chronic fatigue syndrome, fibromyalgia, heavy metal toxicity and autoimmune diseases, to mention a few.?

Lastly, the article also states that IV vitamin and mineral infusions combined with ongoing naturopathic medicine care could potentially help the body battle fatigue ? without side effects. The Toronto IV therapy clinic offers customized intravenous therapy to help optimize your unique health needs . Find out more about Dr. Amauri Caversan, ND and IV therapy by calling (416) 922-4114 or through the clinic?s official website.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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