



Myers' +

IV THERAPY



In the 1960s, an internist at Johns Hopkins hospital in Baltimore, **John Myers theorized that the gut can absorb only a limited amount of nutrients and that providing these nutrients directly to the bloodstream was a quick and efficient way of helping patients.** Dr. John Myers, who originally was an electrical engineer before going to medical school in 1935, *pioneered the use of IV quality vitamins and minerals in a mixture known as the Myers Cocktail.* He found that the **infusion of certain vitamins helped several conditions including depression, fatigue, and heart conditions.** Since that time, the infusion of Myers Cocktail of vitamins and minerals in thousands of patients has been *shown to be a very effective and safe method in supporting the treatment of numerous medical conditions.*

Why IV?

When we consume foods or supplements they need to travel through our digestive system before they can start being utilized by our bodies. It's estimated that as much as **50% of the population has issues with absorption in their digestive systems**, meaning that they *never get the full benefits of the nutrients that they take in.*

Pills, in particular, are associated with low absorption rates.

Additionally, **as foods are stored and cooked, they can lose vital nutrients.**

With the Myers Cocktail IV therapy drip, you know that you are getting every bit of the benefit with the most efficient administration method possible. *When you send vitamins, minerals, and hydration directly into the bloodstream, you bypass the digestive system altogether. There are no issues with nutrients being changed during metabolism or failing to be absorbed. Your body gets 100% of the benefit of these powerful ingredients* that are exactly the right recipe for you.





How is IV Administered?

It starts with getting labs drawn and having them reviewed by your healthcare provider. The results of your baseline assessment will be used to determine if in addition to the Myers Cocktail, other key nutrients can be added to benefit you the most.

Even though IV therapy involves placing a needle into the arm, the experience is comfortable and **almost pain free** in the expert hands of our IV nurses. *A typical IV infusion takes approximately 20 minutes to 1 hour to administer* depending on the type of IV required.

Benefits

Often, the body cannot tolerate high doses of vitamins and minerals via the oral tract, thus causing abdominal discomfort and pain. **The Myers Cocktail infusions allow higher dosages of targeted supplements, with better absorption, and faster delivery to the cells throughout your body.** Often, a few weeks of therapy will:

- **Show markedly improve symptoms related to chronic disease.**
- **Allow quick and easy transition to the appropriate oral supplements.**
- **Support your immune system to help fight off infection.**
- **Improve your overall health.**
- **Give you more energy naturally.**

Known to Help Treat/Improve



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|-------------------------------|-------------------|----------------------|
| Alzheimer's Dementia | Constipation | Macular Degeneration |
| Amyotrophic Lateral Sclerosis | Depression | Multiple Sclerosis |
| Anxiety | Diabetes mellitus | Neuropathy |
| Arthritis | Eczema | Parkinson's Disease |
| Asthma | Headaches | Scleroderma |
| Autoimmune Disease | Hypertension | Shingles |
| Celiac Disease | Immune Disorders | Toxicity Syndrome |
| Chronic Epstein-Barr Virus | Lyme's Disease | Vitiligo |
| Chronic Fatigue Syndrome | | |



Our treatments emphasize natural solutions. Typical treatments for vitamin and nutrient deficiencies include:

- **An appropriate nutritional program.**
- **An appropriate vitamin/mineral/nutrient replacement program (including oral and/or IV replacement).**

Myers Cocktail and nutrient infusions can be administered once or twice a week and over the course of many weeks. Follow up with your provider after 6-8 weeks to discuss your results and for additional treatment customization.

Myers Cocktail and nutrient infusions may offer the best alternative to improve your health and wellness naturally.

The Healing Sanctuary's Ingredients

Electrolytes

- **Magnesium**- An essential electrolyte that aids in heart function, blood pressure, improves lung function, improves glucose metabolism, regulates pain, regulates GI tract.

Only about 40-60% of magnesium in foods is absorbed.

- **Calcium**- Another crucially important electrolyte for heart function and blood pressure, pain reduction, bone strength and health, prevents menstrual cramps, and relieves depression.

Vitamin C

This important vitamin is crucial to tissue healing, cell repair, boosts immune systems, and in high doses vitamin C can destroy tumor cells.





Ingredients Continued:

Vitamin B Complex

This includes vitamins B1, B2, B3, B5, and B6. These are used for carb metabolism, energy production, cell function, DNA production, red blood cell production, skin and hair health, and are coenzymes to literally hundreds of other enzyme reactions.

Hydroxocobalamin B12

Vitamin B12 is essential for red blood cell production and maintaining a healthy nervous system. It helps your body convert fats and carbohydrates into energy and supports the creation of new proteins. Adequate B12 levels can also improve mood, memory, and overall cognitive function when deficiency is present



At the Healing Sanctuary, we strive to provide the most relaxed environment for your IV therapy. The Myers' + Cocktail can be a vital component in your health restoration journey. Come and enjoy the soothing and healing IV room at The Healing Sanctuary.

*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.