



# Myers' +

IV THERAPY

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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

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.

- **Potassium-** This important electrolyte is responsible for cell functions, muscle movement, heart function, and helps prevent kidney stones.

### 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:

### Amino Acid Blend

- Glutamine- boosts muscle hydration, aids in surgical recovery, improves leaky gut symptoms, improves ulcers, and is an important base molecule to neurotransmitters in the brain.
- Ornithine- improves serum growth hormone, improves lean muscle mass, and reduces ammonia in the blood which is important for exercise recovery and health in liver disease patients.
- Arginine- works with nitric oxide for blood flow regulation, important for mitochondria function, cellular communication, T-cell development, assists the pituitary in its production of growth hormone, and important for wound healing.
- L-Lysine- promotes healthy tissue function, aids in wound healing, promotes healthy tissue growth, and promotes calcium absorption.
- Citruline- important for the formation of L-arginine, promotes vasodilation for blood pressure control, and promotes ammonia excretion through the kidneys.
- Levocarnitine- essential component for energy production by assisting in the metabolism of carbs, fats, and proteins into energy.



### Taurine

Important amino acid found in the greatest concentration in the eyes. Taurine promote healthy eyes, as well as healthy liver, regulates muscle contraction and nerve receptors for the treatment of seizures.

### 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.



## Ingredients Continued:

### Trace Metals

- Chromium- improves glucose usage by aiding insulin receptors, and improves lipid levels by promoting healthy synthesis of cholesterols and fatty acids.
- Zinc- assists in cell division, cell growth, wound healing, infection prevention, carb metabolism, increases insulin function, and as an aid in enzyme actions.
- Selenium- an essential component of enzymes, protects the thyroid gland from free radicals, important component of thyroid hormone, production of T-cells, important in the function of DNA repair, decreases germ strength, and required for sperm motility.
- Manganese- essential for bone and cartilage development and maintenance, reduces pain and inflammation, production of insulin, promotes vasodilation for blood pressure control, important part of the metabolism of amino acids, cholesterol, and carbs.
- Molybdenum- essential co-component of sulfur containing amino acids that are important to the metabolism of nutrients, medications and toxins.

### Dexpanthenol

Precursor of Coenzyme A which is important for many enzyme related reactions.

### Pyridoxine

This is Vitamin B6, which is important for the breakdown of proteins, carbs, and fats, crucial for brain development, improves immune function, improves nausea with pregnant mothers, assists with serotonin production and other neurotransmitters, moderates steroid hormone functions, and is a potent anti-oxidant.



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.