



Injections

HealingSanctuary.clinic

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Inject



B12

An excellent way to get your body the vitamins it needs is through an injection of B12. It's **quick and easy** and you should see an **improvement of moods and energy within 1-2 days**. *Depending on how deficient you were in B12, you may feel symptoms returning within 5-8 days.* Studies and case reports have found that even those with normal blood levels of B12 benefit from B12 injections. *The key to feeling better and helping your body get this critical vitamin is maintaining a frequent weekly injection program.* Some may be able to decrease frequency of injections to 1-2 times/month as desired.



Slimming Shot

This quick, easy injection provides a **powerful combination of nutrients necessary for metabolism and mobilizing fat stores**. Many of these nutrients are also **vital for mood regulation and protection against depression and anxiety**.

Toradol

Toradol is used to relieve moderately severe pain, usually pain that occurs after an operation or other painful procedure. It belongs to the group of medicines called nonsteroidal anti-inflammatory drugs (NSAIDs). **Toradol is not a narcotic and is not habit-forming.** It may not cause physical or mental dependence, as narcotics can. It is sometimes used together with other medications to provide better pain relief than either medicine used alone.

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Procaine

Procaine is well-known as a safe and nontoxic local anesthetic; however, *its therapeutic value extends far beyond its local anesthetic effects*. Chemically, procaine is an alcohol ester of p-amino benzoic acid (PABA), and is broken down and detoxified by the enzyme plasma cholinesterase, which occurs in all body tissues. It is metabolized so thoroughly that only a small part of it needs to be detoxified by the liver and only 2% is eliminated through the kidneys.

In addition to PABA, (part of the vitamin B complex), procaine is broken down into diethyl-amino-ethanol. *Both have antihistamine effects*. PABA is an active agent against pathological sclerosing and hardening of tissues. Diethyl-amino-ethanol is a vasodilator, **which improves blood flow and can lower blood pressure**. It also has a **mild stimulant effect on the central nervous system and helps with anxiety**. The local anesthetic effect of procaine plays only a small part in its **many positive effects on the human body**.

IRR (Infraspinatus Respiratory Reflex)

During an asthma attack or other respiratory disorders, the infraspinatus respiratory reflex nerve bundle is *triggered by the nervous system that causes bronchial spasms*. The IRR injection induces a response that **relaxes the muscles** and in the long-term will **assist in resetting the nerves that stimulate the muscles to prevent future breathing problems**. *In some cases, for an acute asthma attack, often only one treatment during the attack is needed*. For chronic asthma, 3-5 IRR injections might be more successful at eliminating the condition altogether.

This technique consists of injecting a solution near the shoulder blade or scapula bone. *Ozone air may also be used with the injection*. **This helps reduce inflammation and increases oxygenation to the area to assist with healing the nerves and muscle tissue.**

Vitamin D

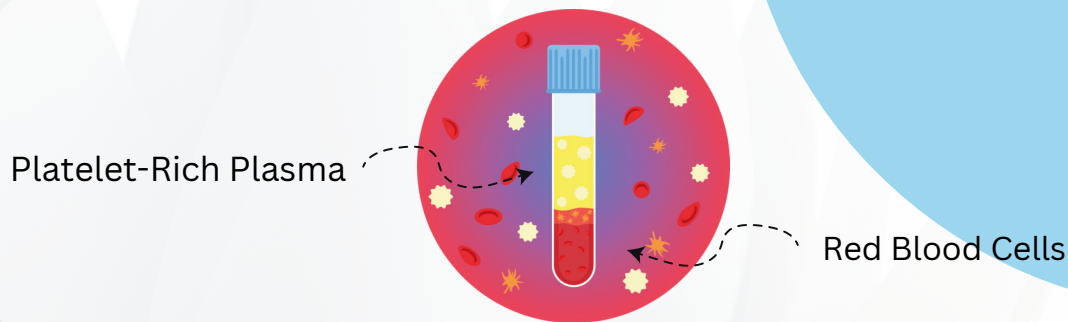
Vitamin D is a nutrient that is very important for the body. **It is necessary to absorb calcium and build bone**. It is also important as it helps regulate many other body processes such as a strong immune system. It is anti-inflammatory, antioxidant, and neuroprotective. Vitamin D is not found naturally in many foods so **supplementation is necessary for healthy bones and a strong immune system**.

Injections



PRP (Platelet-Rich Plasma)

This treatment uses your own blood cells to accelerate healing in a targeted area. **Platelets are a crucial type of cell in our blood that play an important role in healing.** PRP is produced by spinning the blood in a centrifuge to allow separation of blood contents. The purpose of platelets with PRP is to **introduce growth factors directly at the injury site.** These growth factors then help repair injuries and enhance healing. Common uses for PRP injections are: **Tennis elbow, Knee Osteoarthritis, Sports Injuries, Wounds & Hair Loss.**



Prolozone®

Prolozone® is a homeopathic/oxygen injection technique for treating all forms of **musculoskeletal and joint pain including chronic back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs, and shoulder and elbow pain.** The good thing about Prolozone is that because it **corrects the pathology of the disorder**, there is a 75% chance for the chronic pain sufferer to becoming permanently pain-free.

Prolozone is derived from the Latin word "proli" which means to regenerate or rebuild and the word ozone. *Ozone is the most highly active form of oxygen in the universe.* **Prolozone uses the power of oxygen to cause damaged tissues, joints, ligaments, and tendons to regenerate.** *This may cause complete healing and a permanent end to pain.*

The reason that some injuries completely heal and others don't, has to do with circulation. In order for a damaged area of the body to regenerate and heal, it must have the critical elements that only the blood can provide: vitamins, minerals, and oxygen. *For best results, prolozone injections are repeated several times over the course of one year, but some patients will see improvements after just one injection.*

*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.