



# YourHealth®

**LEADERS IN INTEGRATIVE MEDICINE**

## Intravenous Nutrient Therapy

### **Why IV Vitamin C?**

We need to replenish our water-soluble vitamins such as Vitamins B and C daily. While we can get these vitamins from various fruits and vegetables, many of us don't always consume enough on a daily basis. On top of that, many factors in our environment today deplete our body's supply. These include smoking, alcohol, caffeine, cooking, eating produce that is not fresh, and stress.

Vitamin C helps the body recover from inflammation, thrombosis and ischaemic damage. It is essential for healing and plays a profound role in heart and brain functions and our immune system. Our daily requirements for optimal function when in good health, has been estimated to be between 2000-4000mg. During illness or disease, we need more Vitamin C to speed up the healing process.

While you can increase your vitamin intake by eating more of certain foods e.g. citrus fruits and vegetables, or by taking oral supplements, there is a limit to how much you can consume before experiencing digestive disturbances. Often the amount of nutrients absorbed through the gut is less than ideal, due to various digestive problems. One way to ensure we get a large dose of Vitamin C is to have it injected straight into our system through the veins.

This is referred to as intravenous (IV) therapy.

Vitamin C in intravenous dosage is helpful when fighting acute and chronic infections, fatigue, pre and post surgery and to generally boost the immune system while undergoing cancer therapies.

## Conditions that may benefit from IV Vitamin C Therapy

- Allergies
- Anxiety / Stress
- Bacterial and Viral infections
- Cancer
- Chronic Fatigue Syndrome
- Common cold
- Glandular Fever
- Pneumonia
- Shingles
- Ulcers or Wounds
- Upper respiratory infections

## How does it work?

Firstly, you need to see one of our Integrative Medical doctors who will consult with you and assess whether or not an IV treatment would be beneficial and suitable for you. Then he or she will refer you to the IV Clinic for an appointment.

Vitamin C in a solution (made up of saline or Sterile Water) as an intravenous infusion, in doses ranging from 15g to 100g over a 30-minute to 2-hour session. The body will not actually hold onto such large doses of Vitamin C; however the goal is to supersaturate tissues with high levels. The excess is excreted in our urine, so it's important to drink water. Tissue saturation cannot be achieved without intravenous dosage.

Vitamin B complex, Magnesium, Selenium, Zinc, Trace Elements, Glutathione and Alpha Lipoic Acid are often added to Vitamin C solution. These vitamins, minerals and antioxidants boost the body's ability to deal with illness/disease and also prevent the Vitamin C irritating the vein. The combined effect of the Vitamin C and B injections is a rapid improvement in energy.

The number of treatments you will need depends on your condition. Single infusions are recommended for acute flare ups (like colds or other viral respiratory infections) while more are required for chronic conditions requiring long-term management.

## Are IV treatments safe?

Yes. All our intravenous treatments are carried out by fully qualified registered nurses of YourHealth. All equipment is used straight from the sterile packet, and discarded after use.

## Are there any side effects?

Large doses of Vitamin C may drop your blood sugar level. This is characterised by tiredness, nausea and feeling light-headed. It is therefore important to eat a good meal before your treatment. You may also like to bring a snack with you. Any drop in sugar level is easily rectified by eating food that contains carbohydrate, or by a glucose drink. Vitamin C may also make you thirsty. The B vitamins sometimes cause a warm flush of the face. This is harmless and temporary.

Occasionally some people show hypersensitivity to these or to minerals intravenously, so these have to be omitted. Your doctor may perform tests beforehand particularly relating to kidney function to reduce the possibility of side effects and to ensure safety during the treatment.

## Cost

The cost of IV treatments depends on various factors such as the dose of vitamins and the method of administration. It's best to check with the reception team for the current rates. IV Therapy is not covered by Medicare

## Bookings and appointments

Speak to the reception staff today or call YourHealth Brighton on 9596 0757

## Recommended Reading

*Vitamin C, The Master Nutrient* by Sandra Goodman, PhD (Keats Publishers Inc.)

*Vitamin C: Nature's Miraculous Healing Missile* by Dr Glen Dettman, Dr Archie Kalokerinos, Dr Ian Dettman (Federick Todd Publishers, Melbourne)

*Vitamin C Updated* by Jack Joseph Challen (Keats Publishers Inc.)

*Clinical Guide to the Use of Vitamin C* by Frederick R. Klenner, MD (Life Sciences Press)

*Nutrition & Vitamin Therapy* by Dr Michael Lesser, MD (Nutritional Medicine, 2340 Parker St. Berkeley CA 94704)

*High-Dose Vitamin C (PDQ®)* - Patient Version <https://www.cancer.gov/about-cancer/treatment/cam/patient/vitamin-c-pdq>

## References

References can be provided to you by speaking with your clinician.