

IV Vitamin Infusion FAQs and Aftercare

What is IV Vitamin Therapy?

IV Vitamin Therapy has become the new buzzword as celebrities and professional athletes alike praise its many benefits. However, IV Vitamin Therapy is not new. One of the most popular IV Vitamin Therapy treatments is the Myers Cocktail which was developed by Dr John Myers over 30 years ago. IV Vitamin Therapy works by infusing vitamins and minerals directly into the bloodstream. This has many benefits; the valuable nutrients are delivered to the cells much more swiftly; no nutrient goodness is lost as happens when nutrients pass through the digestive system and it is also possible to give much higher doses of these nutrients than is possible through oral consumption.

Intravenous (IV) Vitamin Therapy is a safe and effective method for delivering natural vitamins and minerals directly to your bloodstream. Bypassing the digestive tract allows for 100% absorption of all nutrients, which makes them immediately available for cellular use.

Is IV Vitamin Therapy safe?

Yes, IV Vitamin Therapy is a safe, effective, and minimally invasive method that is well tolerated by most people and has a low risk of serious adverse side effects. Doses will be adjusted to your individual needs, and every therapy session is conducted under strict supervision.

Does IV Vitamin Therapy work?

While IV Vitamin Therapy and vitamin infusions/injections are not a substitute for a healthy lifestyle, they can supplement what's missing from your diet and provide your body with the essential nutrients it needs to boost immunity, increase energy levels, and encourage the healing process.

With today's farming methods and our busy lifestyle it is getting harder to maintain a balanced diet offering the vitamins and minerals needed for our bodies and mind to function at their best.

Are there side effects of IV Vitamin Therapy?

With IV Vitamin Therapy, side effects are infrequent and minimal. The most common side effect is irritation at the IV insertion site. Some people may experience a sensation of warmth and flushing during treatment or have the taste of vitamins in their mouth shortly after the infusion. Though high doses of vitamins are more easily tolerated through IV Vitamin Therapy than oral vitamin supplements, it is a good idea to start with lower doses and work your way up to minimize discomfort or sensitivity. There is a very low risk of serious adverse side effect when used at an appropriate dose and range of infusion, there is a low occurrence of side effects. Rare side effects include fever and headache.

How does IV Vitamin Therapy improve your health?

IV Vitamin Therapy helps deliver antioxidants, vitamins, minerals, and other nutrients directly into your bloodstream, giving your immune system the building blocks it needs to repair and protect your body. You may experience a surge in energy, a lift in mood, or an increased feeling of alertness.

Can IV Nutrient Therapy make me look younger as well as feel younger?

Our approach to aesthetics and anti-ageing has always been a holistic one; rather than addressing a line here or a fold there, treat the patient from the inside out for true rejuvenation. This approach led us to discover the benefits of IV Vitamin Therapy to help clients shine from the inside out.

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As well as treating a wide range of health concerns, many of the nutrients in our drips are required for the maintenance of healthy skin and hair. Beauty truly is an inside job.

How soon will I start to see results?

Results will begin to show fairly quickly! Most guests experience mild improvements at the beginning, and those benefits continue to increase with subsequent visits. Depending on your prescribed IV Infusion treatment plan, there may be a “build-up” stage early on to get your body prepared for the full dose of vitamins.

There are many benefits of IV Vitamin Therapy, including: Patients that receive IV Vitamin Therapy experience an increase in energy levels, they usually perform better in their daily activities and feel more energized throughout the day. It improves the performance of cells and boosts the immune system making you less prone to infection. It washes away plaques within arteries that can contribute to heart disease.

If you've been wondering if IV therapy is right for you, consider these 10 benefits of the treatment:

• 1. Guaranteed vitamin absorption

Some medications and medical issues can interrupt your body's ability to properly absorb the nutrients it needs to function correctly. With IV therapy, you can rest assured the vitamins are completely and quickly absorbed into your bloodstream, which allows your body to utilize them immediately.

• 2. Boost your energy

If you are suffering from chronic fatigue, anxiety, depression, or even a common cold or respiratory illness, IV therapy can help boost your immune system to help you feel refreshed and energized.

• 3. Instant rehydration

IV therapy is the most efficient way to provide your body with optimal hydration to support all vital organ functions. It can help prevent medical issues like kidney stones, constipation, and damage to your muscles.

• 4. Fast treatment times

You won't have to spend a lot of time waiting for your treatment to be completed. Most IV vitamin therapies can be done in under an hour. You simply relax and enjoy the process in a comfortable, relaxed environment.

• 5. Customized treatments

There are several IV therapies available to meet your nutritional needs, including the popular Myers cocktail. This therapy is ideal if you are seeking relief from fatigue, allergies, or muscle spasms and contains important vitamins like calcium, magnesium, and vitamins B and C. Therapies are customized based on your nutritional deficiencies and treatment goals.

• 6. Reduced reliance on pills

With customized IV therapy treatments, you can decrease the need for costly nutritional supplements you may be taking several times a day.

• 7. Ideal preventive therapy

IV therapy can be a successful step on the road of preventive healthcare. Therapeutic doses of vitamin C have been shown to be toxic to cancer cells and are well-known for their effectiveness in building immunity. Regular therapy can also help prevent the development of chronic conditions, like respiratory illnesses and migraines.

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- **8. Immediate results**

It can up to two days to completely digest the foods you eat. With IV therapy, you can begin to feel the positive effects on your body almost instantly. Within several hours, you can feel the full effects of the IV nutrients, as you'll have more energy, think more clearly, and enjoy an improved mood.

- **9. Great choice for athletes**

People on the go often suffer with tired muscles, muscles spasms, and exhaustion. With IV therapy treatments, you can replenish lost vitamins and minerals to improve your recovery time from your workouts. IV treatments can also ensure you are properly hydrated after excessive sweating that accompanies many workouts.

- **10. Fights the effects of environmental toxins**

Toxins in your everyday environment can take a toll on your health and your appearance. IV therapy supplies your body with the antioxidants it needs to fight off premature signs of aging and help your body flush harmful toxins out of your body more effectively.

What is the difference between IV Vitamin Therapy and oral vitamins?

Only 5% of the oral vitamins are absorbed when taken by mouth. Not only the absorption is very low because of the acids in our stomach, but also the high doses of vitamin can cause irritation and sensitivity. Even when we increase the doses given orally, there is a threshold that is dictated by the absorption capacity of the stomach.

Should I follow a specific diet plan after my IV Vitamin Therapy?

At our centre, you are individually assessed to achieve specific goals for you. This is why, after IV Vitamin Therapy, we encourage patients to lead a healthier lifestyle by incorporating exercise,

proper hydration and good balanced diet. Our goal is to create a lifestyle change so that you can live healthier and longer with a beautiful healthy glow to your skin.

I eat healthily, so I should be getting enough vitamins, right?

That may not necessarily be the case. Highly processed foods, over-packaging and long shipping distances mean that some of our foods can lose up to 98% of their nutrients, including those all-important vitamins. And that's not the end of the problem. Modern farming practices have led to vitamin and mineral- depleted soil.

A landmark study on the topic by Donald Davis and his team of researchers from the University of Texas (UT) at Austin's Department of Chemistry and Biochemistry was published in December 2004 in the Journal of the American College of Nutrition. They studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding "reliable declines" in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over the past half century. Even with the healthiest for diets full nutrition can be hard to achieve in today's world.

Yes, prevention is the key. IV Vitamin Therapy will aid in maintaining a healthy and balanced. Most of us are exposed daily to numerous toxins, so IV Therapy will help us keep our circulatory system clean, which in turn will prevent many common conditions like arteriosclerosis, joint disease and some cancers. By doing this, we are helping the body get rid of substances that would normally not know how to "digest" or "break down"

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Why are vitamins and antioxidants important?

Our bodies need a consistent amount of vitamins and minerals for optimal homeostasis and functioning. Antioxidants are vital for detoxifying the body and removing free radicals that are generated in our system. This helps in many ways including cleansing your body, boosting the immune system and overall energy, improving complexion and enhancing brain function as well.

How is this provided?

The treatment takes around 30 min and is performed by Dr Tara in the clinic. You can relax, read a book, use your iPad or have a sleep! You can resume your activities immediately afterwards.

Can anyone not receive IV vitamin therapy?

Patients with allergies to any of the components, or moderate to severe kidney disease can not receive this treatment. We take a full medical history prior to any treatment to ensure it is safe to proceed.

What is the cost?

The cost varies depending on the bespoke concoction of nutrients and vitamins, but tends to vary between £200-400, with a 10% reduction for a course of 4 treatments booked in advance.