



Be Well Naturally NEWSLETTER

Intravenous Nutrient Therapy

Vitamin and mineral infusions have been used for decades and are popular with many professional athletes to help boost performance. However, they are now gaining much popularity from patients looking for alternative treatments for chronic conditions and prevention.

For many people with chronic conditions or severe digestive disorders, diet and oral supplementation may not be enough to achieve and maintain optimal nutrient levels in the body. When vitamins and minerals are taken in pill form, the amount that is available to the cells is approximately 10-30% of the amount ingested. By giving nutrients intravenously, we can achieve blood level concentrations not possible through oral supplementation. In the case of many nutrients, this is 10-100 times greater than what is achievable orally since IV nutrients are 100% bioavailable. This is because when given IV, nutrients do not have to be digested, absorbed through the wall of the intestines and are not immediately subject to metabolism by the liver, known as the first pass effect.

It is easy to see the clinical benefit of IV nutrient therapy is far greater than oral supplementation.

One of the most common formulas is known as the Myer's Cocktail originally developed by Dr. John Myers MD more

than 30 years ago. Since then, hundreds of doctors in North America have used the Myers cocktail to treat a variety of conditions including chronic fatigue, allergies, asthma, migraine headaches, fibromyalgia, infections and others.

The majority of patients who get this treatment have it once or twice per week until they notice an improvement in symptoms, usually within 3-6 weeks. Many patients then choose to continue with maintenance therapies approximately once every one to two months.

IV nutrient treatments are generally well tolerated. Side effects are extremely rare, however allergic reactions to calcium or B vitamins are possible. The most common side effect is a sensation of warmth or flushing that occurs when nutrients are administered quickly. This effect is primarily due to magnesium. The sensation typically begins in the chest and head and migrates to the vaginal area in women and to the rectal area in men. For most patients the heat does not cause excessive discomfort; indeed, some patients enjoy it!

The cost of each treatment is approximately \$100 plus tax. For more information please speak to one of our health care providers.

Michael Frosina, ND



Contact Dr. Frosina

East Stoney Creek Chiropractic

360 Hwy 8, Unit 1
Stoney Creek, ON
(905) 662-5604
www.StoneyCreekNaturopath.com
Frosina@StoneyCreekNaturopath.com

NexHealth Centre

3155 Harvester Rd, #409
Burlington, ON
(905) 634-5000
www.nexhealth.ca



Seasonal Affective Disorder

Some people call it the “winter blues” or simply write off the symptoms as normal ups and downs. Seasonal Affective Disorder (or SAD) is a mood disorder that occurs between the months of September and April when the days are shorter. It is estimated to affect up to 20% of people in North America, but is rarely considered as something requiring medical attention.

Complaints include:

- Depression
- Tiredness
- Irritability
- Weight gain
- Increased carb cravings
- Increased need for sleep

SAD is caused by a decrease in exposure to sunlight due to the shortened daylight hours during winter months leading to a shift in the normal circadian rhythm of the body. This results in increased production of the hormones melatonin and cortisol and a subsequent decrease in serotonin (a feel-good chemical in the brain). It is the combination of these effects that leads to the symptoms of SAD.

Fortunately, it may be possible to prevent SAD symptoms with a few simple lifestyle changes; for example:

- Keep windows uncovered during the day to allow more natural light to get in, while being sure to look outside frequently.

- Exercise at least 30 minutes per day, three times a week.
- Use full-spectrum lights in the home and office to mimic natural sunlight.
- Reduce intake of alcohol, caffeine, and nicotine.
- Vacation to a sunny destination.
- Maintain a regular sleep schedule to keep circadian rhythms normal.

However, even by following these guidelines, additional therapies are sometimes needed.

The first option for SAD treatment is often light therapy . It involves using a light box that delivers full-spectrum light for a time of 30 minutes to 6 hours per day. It helps to restore the normal circadian rhythm and is often effective in as little as 1-2 weeks.

Supplementing with appropriate amounts of melatonin can help to prevent a decrease in serotonin levels while improving sleep and mood.

Taking 5-HTP also helps to increase serotonin levels. It has been shown to be as effective as Prozac, Zoloft or Paxil, with much fewer side effects and is far less expensive.

It should be noted that melatonin and 5-HTP should not be self prescribed. Always check with your registered health care practitioner before beginning any treatment.

Michael Frosina, ND

Did you Know?

High dose vitamin C given I.V. is toxic to some cancer cells but not to normal cells, according to the Canadian Medical Association Journal. It has been used as an alternative cancer treatment for over 30 years.

A small dose of I.V. magnesium can rapidly stop an acute migraine headache in its tracks, often within minutes. It is as effective and a much safer option than Imitrex, which has been linked to heart attacks and severe increases in blood pressure.

Acupuncture is a simple and effective way to treat seasonal allergies without the hassle of daily anti-histamines. For best results, seek treatment at least one month before the usual onset of your allergy symptoms.

Most health care plans provide coverage for Naturopathic medicine. Check with your insurance provider to see if you are covered!