

# What is IV Therapy and How Can it Help Me?

contributed by Dr. Kelly McGuire, B.ScH, C.N.P., ND

**Intravenous therapy** is a way of delivering high doses of vitamins, minerals and other nutrients required by your body to perform its essential functions, directly into your bloodstream, where your body can easily and quickly access them.

When we become deficient in certain nutrients it can become the first step towards disease building processes in your body. You want to prevent nutrient deficiencies by eating a healthy diet and living a balanced lifestyle but this isn't always attainable due to stress and busy schedules.

## Can't I just take a multi-vitamin?

There are several good reasons why I might prescribe IV therapy over oral supplements:

- Absorption:** Many people don't absorb vitamins very well through their digestive system. Much of what you take orally never finds its way into your bloodstream, particularly if you have digestive troubles, or are taking medications. IV therapy ensures that nutrients get to where they're needed.
- Intolerance:** Your digestive system can have a hard time with high doses of vitamins. Taking large doses of vitamin C orally, for example, might upset your stomach—with IV therapy, your body can tolerate much higher (and more helpful) amounts.
- Accessibility:** Your body can access the nutrients better when they're in your bloodstream, and that means IV's can often give us better results, **faster**.



### Dr. Kelly McGuire, B.ScH, C.N.P., ND

Dr. McGuire is a licensed and registered Naturopathic Doctor in Ontario with 9 years of post-graduate studies including a biology degree with honours, an extra year on holistic nutrition studies (including sound macronutrient diet science) and 4 years of rigorous Naturopathic Medical training. She has successfully completed the College of Naturopathic Doctors Pharmacology course and Prescribing exam which is an important consideration when choosing a natural health care professional that is recognized to prescribe.

**What Can IV Therapy Treat?** IV therapy is used in a broad range of conditions, from fibromyalgia, arthritis, and immune boosting (especially with frequent infections), to cancer care and neurological disorders. IV's are also used to boost energy, balance the stress response, improve surgical recovery, improve sports performance, and relieve everyday complaints like headaches, allergies, fatigue, muscle spasms (including severe menstrual cramps), anxiety and depression, asthma and more.

An initial assessment and laboratory screening is necessary before treatments can begin.



This is an area of my practice that I'm really passionate about because I can really see the difference it makes in my patients lives.

I personally discovered the effectiveness IVs had to offer me as I nursed my way back from severe burn-out after medical school, discovered the cure for my severe menstrual cramps and also supported myself before, during and after 2 pregnancies.

If you require more information, I'm available for phone consultations and do offer a free 15 minute session to non-patients or curious individuals who are looking to make the life changing decision to see a Naturopathic Doctor.