

## **Intravenous Vitamin Therapy for Health**

By: Dileep Korah, ND

Vitamins and minerals provide the raw materials necessary for our cells to function properly. Usually we can get the nutrients through our diet if we are conscientious of what we eat. However, sometimes even a great diet may not translate to proper nutrition at the cellular level. There can be many causes of this which may include: poor digestion, food sensitivities, chronic inflammation, poor immune function, or any sickness. A vicious cycle ensues – our cells are not healthy and they need nutrients to heal. However, the nutrients are not available because our cells are too weak to transport the vitamins and minerals to where they are needed. This scenario describes a typical situation in which intravenous vitamin (I.V.) therapy would be indicated.

I.V. therapy involves the administration of nutrients in high concentrations to rapidly aid cellular healing. Normally cells require energy to transport nutrients. However, in I.V. therapy, the dose is high enough that the vitamins can actually enter the cells without using cellular energy. The advantage of intravenous administration is that the nutrients bypass the stomach and get directly to the bloodstream where they are needed. This will allow the cells to rapidly repair and regain strength. Once this happens the cells will be able to function normally again.

A knowledgeable naturopathic doctor can tailor the I.V. protocol by varying the type and amounts of nutrients. When this is done, IV therapy can be used for: migraines, fatigue and chronic fatigue syndrome, depression, fibromyalgia, detoxification, allergies, asthma, Parkinson's disease, chronic diseases, and malnutrition. It can even be used periodically in healthy people to enhance overall well-being or athletic performance. When cancer is a concern, high doses of vitamin C (15-65 grams per infusion) are often used as part of an integrated cancer care protocol. This must be closely monitored by your naturopathic doctor and medical doctor with corresponding lab tests to track its efficacy and ensure safety.

I.V. vitamin therapy has been used for over 30 years to help people boost or regain health. Since it is given intravenously and its impact is often rapid, it can be considered an aggressive treatment, and the patient must be informed of all treatment alternatives before commencing such a protocol. Nevertheless, when it is done by knowledgeable practitioner, I.V. therapy can provide effective results that may not be found in other therapies. When our cells are given the nutrients they need, they will be able to function properly and thus allow the restoration of our body's inherent healing mechanisms.

*Dileep Korah, ND is a licensed naturopathic doctor practicing at the Holistic Clinic. He is one of only a few practitioners in Eastern Ontario with advanced training to perform intravenous therapy. Insurance coverage is available for government employees and in most extended health plans.*