

# INTRAVENOUS THERAPY

Since its inception, our clinic has been committed to providing high quality naturopathic medical care to patients with various health ailments. Our care is focused on individualizing each case in order to determine the most optimal and efficient treatment strategy.

Intravenous therapy can be indicated for many diverse health concerns such as fibromyalgia, chronic fatigue syndrome, low immune states, chronic migraine issues, sports medicine, pain management to name a few. Moreover, intravenous therapy is an excellent support in cancer treatment. One of the most challenging and frightening health concerns is cancer. We take great pride in knowing that we can be an empowering and positive part of your support system during such challenging times. Our focus for treatment would support and optimize your overall quality of health which would include your physical, mental and emotional well being. Cancer rates are unfortunately on the rise and more individuals are seeking additional options for its treatment. With a rise in cancer rates, we believe that it is imperative to treat cancer with an integrative approach:

**“Integrative oncology combines the discipline of modern science with the wisdom of traditional healing. It is an evolving evidence based specialty that uses complementary therapies in concert with medical treatment to enhance its efficacy, improve symptom control, alleviate patient distress, and reduce suffering. Many of these therapies are used to improve coping and to help patients adhere to their medical treatment program”**

**SM Sagar. Integrative Oncology in North America. J Soc In**

## Meyer's Cocktail

The Meyer's cocktail was named after Dr. John Meyer, a Baltimore based physician. He successfully treated patient's who came in with chronic health concerns. Some of the health concerns (not all listed here) that responded well to a Meyer's infusion were:

- ✓ Fibromyalgia
- ✓ Chronic fatigue syndrome
- ✓ Asthma
- ✓ Migraines
- ✓ Low immune states
- ✓ Chronic pain
- ✓ Sports medicine related health concerns (pain management, improving endurance/recovery)

## HOLISTIC HEALING ARTS

FAMILY NATUROPATHIC MEDICINE AND PROFESSIONAL DISPENSARY  
274 KING GEORGE ROAD, BRANTFORD ON, N3R 5L6  
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## **A basic Meyer's Cocktail contains:**

- ✓ Magnesium chloride
- ✓ Calcium chloride
- ✓ Vitamin B complex
- ✓ Vitamin C
- ✓ Vitamin B6
- ✓ Vitamin B5
- ✓ Vitamin B12

The amounts of each ingredient and how frequent the sessions will be are determined by the licensed naturopathic doctor on an individual case basis.

## **Intravenous Vitamin C & Cancer**

Intravenous vitamin C therapy involves administering high dose vitamin C (50grams to 75 grams) and can be an effective and beneficial treatment to compliment chemotherapy/radiation. Since this therapy by-passes the GI tract, we are able to deliver large concentrations of vitamin C into the cancer cells.

Cancer cells rely on glucose as their primary source of fuel. As a result, cancer cells use a mechanism called glucose transporters to actively pull in glucose. Vitamin C has a molecular shape that is similar to glucose, so much so, that cancer cells actively transport vitamin C into themselves as well. When high amounts of vitamin C are administered intravenously, large amounts will be absorbed. As a result, vitamin C (which is normally an antioxidant) will start to work as a *pro-oxidant*. This in turn causes the production of *hydrogen peroxide*.

The reason high dose IV vitamin C is cytotoxic to the cancer cell is that cancer cells are relatively low in an enzyme called *catalase* (which is present in healthy cells). *Catalase* is an enzyme that breaks down *hydrogen peroxide*. Since cancer cells lack *catalase*, the high dose vitamin C induction of peroxide will continue to build up and become toxic to the cancer while not affecting healthy cells. Essentially, the cancer cell will begin to break down. Thus, IVC becomes an important consideration for someone who has received a diagnosis of cancer.

The frequency of treatment, how much vitamin C will be administered, is determined individually as each situation can be unique. However, it is safe to say that most individuals with a cancer diagnosis can be expected to receive IVC treatments 2x a week. IVC treatments would not happen on the same day of chemo/radiation and can be worked into an individual's schedule to allow for maximum benefit of an integrative approach to treatment.

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### **Benefits of intravenous vitamin C also include:**

- ✓ Boosting immunity
- ✓ Stimulating collagen formation to help the body wall off the tumor
- ✓ It encourages apoptosis, a process that helps to program cancer cells into dying early
- ✓ Allows patients to better tolerate chemotherapy thus minimizing side effects of the same
- ✓ Will support faster healing, promote resiliency to infection, and allow a better response to their overall cancer therapy

### **Although each cancer case is individual, our approach would include focus on:**

- ✓ Diet and nutrition
- ✓ IV therapy
- ✓ Complimentary supplementation

### **Our treatment would be designed to:**

- ✓ Minimize the side effects of cancer drugs, chemotherapy and radiation
- ✓ Maintaining your energy levels and well being
- ✓ Supporting you through all phases of your cancer therapy including pre and post treatment as well as emphasis on prevention
- ✓ Optimizing the immune response

## **Frequently Asked Questions**

### **Do you have to be a patient to get IV therapy?**

Yes. To become eligible for IV therapy, you must be a patient of the clinic and have an active file. If you are an existing patient of one of the ND's, you will be required to book an IV consult about 30-40 minutes in length. If you are a new patient to the clinic, you will book in as a new patient visit which will be an hour long.

### **Can anyone receive intravenous therapy?**

No. At our clinic, IV therapy is not administered to children. Generally, IV is indicated for patients who are 16 years of age and older. Moreover, before any IV treatment, the naturopathic doctor will go over your health history (which will include past health issues, hospitalizations, surgeries, diet/digestion, allergies/reactions, medications currently being used etc. with additional detailed questions) before deciding whether IV therapy is the most suitable route for you to consider at the time in question.

### **How often do I need to get IV treatments?**

This is case specific. In general, if a Meyer's infusion is recommended, the naturopathic doctor may decide to do 1-2 infusions per week for 6 weeks as an initial assessment. After this window of treatment, a decision will be made as to how frequent the sessions will continue thereafter and for what duration. In the case of cancer, high dose Vitamin C infusions are recommended 2x a week.

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**If I get IV treatments, does that mean I can go off my supplements?**

No. IV treatments do not replace healthy lifestyle and dietary practices which also include your high quality supplements. You should stay on the recommended supplements. IV therapy is meant to support your health towards a more optimal level of well being.

**Are there any blood tests that need to be done before considering IV therapy?**

If you are pursuing high dose vitamin C for cancer treatment, we will require current blood tests for G6PD, possible kidney function and liver enzymes. G6PD is a test for an enzyme. If you are deficient in this enzyme, you will not be able to get Vitamin C doses greater than 20 grams. If your kidney function is compromised, this may affect how frequently or how much volume you will be able to get infused with respect to IV treatments.

**Are there any side effects for IV therapy?**

Generally, IV therapy from a Naturopathic context is a safe treatment. Most side effects are limited to possible bruising at site of needle insertion (although not common) and in rare cases may feel light-headed/dizziness. Patients will be encouraged to hydrate well and have eaten before coming in for IV treatments.

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