

BioBites: IV Therapy for Whole Body Health

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Discussion

Who can IV Therapy help? Intravenous (IV) therapy has been used in medicine since the 1800s. IV utilizes a combination with vitamins, minerals, and other nutrients to address a range of conditions and needs, including migraines, depression, asthma, fibromyalgia, jet lag, upper respiratory tract infections, seasonal allergies, etc. Ozone therapy delivered intravenously can also be used to help with viruses, infections, skin issues, and protozoa.

What is IV Therapy? IV therapy delivers vitamins, minerals, and other nutrients to the body through a small needle that advances a catheter placed temporarily. Nutrients are delivered slowly and safely over the course of 30-90 minutes. IV Therapy is effective because it is delivered directly to the bloodstream and thus bypasses other blocks in the body which can reduce absorption into the body (typically these blocks arise in the GI). IVs are customized based on individual health goals and can help with detoxification, inflammation, pain relief, mental clarity, support to the immune system, and the appearance of the skin.

Infusion monitoring. Adverse events/side effects are rare, and IV therapy is treated as a medical procedure. For this reason, all labs, allergies, past medical history, and acute instances of disease/illness are taken into consideration ahead of the procedure. Patients are examined for vital signs pre- and post- and sometimes during the procedure. Patients are monitored every 15 minutes for signs and symptoms. Instructions are given upon discharge, as well, to help patients monitor their health.

Preparing for an infusion. Hydration is important. Patients are advised to drink 1 liter of water before bedtime the night before. During the treatment, patients are encouraged to hydrate, as well. Eating is also important; eat good meals before and after, and snacking throughout is encouraged. Patients should wear comfortable clothing. IV is typically opposite the elbow, on the inner arm. This is also meant to be a relaxing experience, so patients are encouraged to bring a book, magazine, music, etc.

Glutathione. Glutathione is a powerful antioxidant. It detoxifies the body, assists in DNA and protein synthesis, amino acid transport, enzyme activation, and immune support. Glutathione can help with a number of conditions/diseases.

Myers' Drip. Originated with Dr. Myers who formulated this type of IV. It can help manage a number of discomforts and ailments. It's especially helpful for people with digestive issues.

Other offerings. The BioMed Center New England offers a range of IV therapies. For more information, please review the slides or video or contact the BioMed Center NE directly.

Benefits of IV Therapy. IV therapy provides numerous health benefits by delivering nutrients directly to the bloodstream, which is then available for immediate use by the body. IV therapy can be particularly helpful with a number of chronic conditions.

Ozone. BioOzone combines intravenous therapy with ozone. Ozone contains three oxygen molecules. Ozone is antiviral and antibacterial. It can help improve brain function, increase energy at the cellular level, improve the immune system, and decrease inflammation. Ozone can also be combined with UVBI (ultraviolet blood irradiation therapy) light to enhance the antimicrobial power of Ozone and the purifying effects.

Benefits of Ozone. Ozone therapy is very effective for a number of medical conditions and diseases. It helps modulate the immune system, increases oxygenation to the tissues and cells, affects cellular “respiration” and promotes healing, increases energy production within cells, reduces oxidation levels in the body, and reduces acidity in the body.

Q&A Synopsis

How safe is Ozone for treatment? Ozone is very safe and its effects are proven, consistent, and safe. Side effects are limited and preventable. With any needle or IV, staff are very careful not to infiltrate or to have any air in the tubing.

Do patients feel ‘oxygenated’ after receiving Ozone therapy? Patients don’t typically feel very different, except for the feeling of fatigue in some cases.

Are there other ways to receive Ozone into the body? Ear, nasal, rectal, and vaginal ozone.

Is there anyone for whom Ozone treatment wouldn’t be safe or recommended? The BioMed Center NE is very strict with its laboratory assessments. If G6PD (an enzyme) is off in numbers or if blood-thinning labs suggest things are not where they should be, Ozone therapy will not be undertaken.

What is the screening process like? At the BioMed Center NE, Anthony (RN) typically performs an initial IV/Nutrition consult, which is then reviewed with other medical staff. If the patient wishes to proceed, further blood tests are ordered. In most cases, there is a wait of 2-3 days until blood testing results are received before the IV can be administered.

What other risk factors suggest a patient is not a good candidate for IV infusion, apart from G6PD? Individuals with anxiety, sarcoidosis, arrhythmia, heart block, severe burns, certain muscle conditions, and/or certain paralyses that should not receive IV therapy. Additionally, if looking at labs, calcium levels are high, a patient may not be eligible. Finally, if a patient indicates an allergy or past medical history that would suggest complications, IV therapy may not be recommended or administered.

If you have a series of IV therapies within a short window of time, do you have labs drawn every time you have an infusion? It depends on the patient; at the BioMed Center NE, patients receive lab testing every 6-12 weeks to continue with IV therapy.

Is there a recommended length of time between IV infusions? Most IVs offered at the BioMed Center are offered once per week; twice per week is possible. At the BioMed Center NE, the most is typically twice per week; three or four days in a week is rare but possible.

What are some of the factors I should consider when trying to find someone to safely administer IV treatment? Balancing safety and convenience is very important. You might look at board certifications, expertise, experience, setting, will that person communicate with other physicians, and cost. You can also look at reviews - what are patients/consumers saying about the

facility? For help locating BioMed practitioners, visit the Marion Institute's [BioMed Program Care Provider Locator](#).

Does the BioMed Center NE coordinate care with other specialists? Yes, we coordinate with specialists including hematologists, gastroenterologists, oncologists, and other bioregulatory and functional medical doctors, as well.

What IV options exist for patients with cancer? High-dose Vitamin C and Ozone are both beneficial for patients with cancer. Ozone with UVB light is particularly supportive. Light can be very healing. Adding the UVB light is supportive of the immune system and can enhance the effects of Ozone.

Is it acceptable to ask for certain treatments or is it better for a patient to be guided for a practitioner. Any patient can ask what he/she desires. It's best for the provider to correlate the patient's needs and wants with past medical history, review of systems, diagnostic tests, medications, supplements, and perhaps even with referring practitioners. IV therapy is treated like a medical procedure; while we listen to patients' desires, we also try to guide the patient to what they need.

Do you have to be well to receive an IV treatment? If it's something like hay fever and vitals and labs are good/normal, the treatment may be recommended as helpful and supportive.

Are there any side effects? Can patients go about their normal day? Patients do not seem to indicate any side effects; they typically go about their normal day afterwards. With dehydration or under-nourishment, which may impact therapy outcomes, these can typically be detected ahead of time.

How long does it take for patients to see the benefits of IV therapy? Patients typically see some benefits after even just one IV. One IV is often typical; after six weeks, the patient and provider re-evaluate. If a patient is receiving IV twice per week, the re-evaluation may happen after 3 weeks. Moreover, patients are constantly monitored throughout the process.

Are there any benefits for COVID patients or persons who have experienced COVID? There's not enough research to answer this definitively. That said, there are so many nutrients offered in the form of IVs that support the immune system.

How does a compromised gut affect nutrient absorption? We develop enzymes in our gut over time, and we lose these over time. In many instances, providers see patients who have guts that require supplementation of enzymes and other nutrients to function optimally. Studies have shown the impact that a compromised gut has on supplementation; a compromised gut may derive little benefit from supplements, which may pass through with very little absorption. IV, on the other hand, is absorbed by the blood at high rates, which is why this tends to be a more effective option for many patients.

Do you have IV therapies that address skin conditions like plaque psoriasis? Many skin conditions relate to the condition of the gut. Improving the gut can benefit the skin. The detox infusion can also support improved skin condition.

How do I schedule an IV therapy appointment at the BioMed Center. Call 401-443-4007 and speak with the admin about your interests. You can either meet directly with a provider first and

consider a more comprehensive approach to healthcare that includes IV therapy; or, you can meet with a nurse about IV therapy - a more specific option if you are only interested in IV therapy.

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