HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

What IV's are best for replenishing?

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As part of our continuation of this months' and New Years' theme, "Resetting and Detoxifying Your Life", we turn to the concept of "Replenishment."

Replenishment is another vital part of life once we have undergone releasing. Whether it be releasing toxins in the body that have accumulated into our tissues and organs, or releasing the emotional traumas, negativity, stresses, and worries that weigh us all heavily. When we release these things we must also fill this void and replace, or should we say, replenish it with positivity. This replenishment should be centered around **love, hope, light, passion, and patience**. As naturopathic doctors (NDs), there are many tools in our toolbox to aid in such a process, both on a physiological level and mental/emotional state.

One means of achieving this replenishment is through intravenous therapies. Intravenous means delivering fluids of many kinds directly into the venous system and thus the bloodstream. As NDs, our focus is on delivering therapeutic levels of nutrients (ex: vitamins, minerals, amino acids) into the bloodstream which our cells can uptake immediately making it possible to quickly improve vitamin deficiencies, rehydrate your body, and revitalize how you feel.

With IV therapy, you can begin to feel the positive effects on your body almost instantly. Within several hours, you can feel the full effects of the IV nutrients as you'll have more energy, think more clearly, and enjoy an improved mood.

Keep in mind, there ultimately is no substitute for a healthy lifestyle which include:

- Wholesome diet
- Proper hydration
- Quality sleep
- Healthy movement & regular activity
- Managing stress levels which are critical to a healthy mind and body.

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These things are achievable only by taking a step back from our high-demand, high-pressure modern lifestyle and allowing time for self-care. This self-care can be achieved in many ways and finding what works best for you is what is important.

Examples of self-care include:

- prayer
- meditation/mindfulness
- conscious, deep breathing
- yoga or tai chi
- spending time outdoors in nature daily

These pillars to health and disease prevention will always remain the same and bears repeating. However, there are times when we need outside intervention and additional support. In the end, we are all humans and do not have full control of every aspect of our lives; this is where nutrient IV therapies can play a pivotal role.

IV nutrient therapies are superior to oral supplementation for the primary reason that it bypasses the digestive system and does not require it to go through the liver for metabolism. In cases of chronic disease and imbalance, the gut is one of the first systems which become compromised leading to poor absorption of nutrients whether it be through food or supplements. In such scenarios, almost always we see nutrient IV therapies to be beneficial. These nutrients are safe, effective, and can often be one of the quickest ways to restore and replenish the body. In a more acute setting, it can hydrate the body and prevent further decline or aggravation of symptoms.

At Holistique, we offer multiple IV therapies to suit the needs of each individual by restoring your general health and well-being. All IV's are prepared in-house with quality nutrients produced from U.S. pharmacies. Our IVs are mixed the day of your appointment in our state-of-the-art cleanroom. These therapies are customized to meet your specific health needs and ensure you are completely satisfied with your results.

Our highlight IV drip of the month is the "Detox IV." In today's world, we need all of the support we can get to detox daily exposures. This combination of amino acids, antioxidants, and vitamins is perfect to kick start your seasonal detox, support you during a detox diet, or just provide a little refresh so you can feel your best.

Key nutrients in this bag include:

- Vitamin C
- Calcium
- Magnesium
- Selenium

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- Zinc
- B-Complex & B-12
- And more!

To find out which therapy is right for you, book an appointment online or by calling our office.

Happy New Year and cheers to a newly replenished you!

> **Medical disclaimer:** This article is for educational purposes only and reflects the clinical perspective of Holistique Medical Center. It is not a substitute for individualized medical advice, diagnosis, or treatment. Consult a qualified healthcare provider before starting any new therapy or making changes to your health regimen.
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