

Cheers! Let's have a Myers' Cocktail

by [dr nor ashikin mokhtar](#)

**A Myers' Cocktail is a form of intravenous micronutrient therapy (IVNT) that delivers important nutrients right into your bloodstream where they are most needed.**

THINK nutrition and the first thing that comes to mind would be a balanced diet consisting of the right proportions of the essential food groups.

Yet, the World Health Organization reports that one in three people around the world suffer from a condition called "hidden hunger". Hidden hunger is where people have enough (or too much!) to eat, yet suffer from micronutrient deficiencies.

The real problem lies in poor absorption. Nutrients from food can only be useful to the body if they are fully absorbed into the bloodstream, where they can help in healing and cell regeneration.

Nutrient absorption is affected by various problems, such as poor gastrointestinal health, weak liver function and unhealthy cell membranes, resulting from poor lifestyles.

That is why good health and vitality seem to elude some people, no matter how much they invest in good food and nutritional supplements.

Many chronic diseases are believed to be the result of long-term nutritional deficiencies. When the body is not absorbing micronutrients from oral intake, the next best solution would be to obtain them intravenously through the Myers' Cocktail.

#### **IV your way to vitality**

The intravenous administration of vitamins and minerals is nothing new. However, they were often given independently, depending on a patient's deficiency.

This changed in the 1960s when Dr John Myers, a Baltimore doctor, first concocted the Myers' Cocktail.

Dr Myers believed that poor digestive and detoxification systems were affecting nutrient absorption in his patients, so he mixed a few key nutrients and administered them to his patients through an IV drip.

The original formula consisted of magnesium, calcium, vitamin C and vitamins B complex, B5, B6 and B12. The solution is slowly dripped into the vein for 20-30 minutes. Many of his patients reported an immediate energy boost, even after the first dose, and began to feel a difference after several doses.

The use of this nutritional therapy was only popularised many years later by Dr Alan Gaby, the president of the American Holistic Medical Association, who modified the concoction further.



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Today, the Myers' Cocktail is customised to your body's needs. It has been found to be helpful for people with conditions such as:

- \* Chronic fatigue syndrome
- \* Chronic depression
- \* Chronic stress
- \* Anxiety
- \* Insomnia
- \* Acute muscle spasm

- \* Fibromyalgia
- \* Severe migraine and headaches
- \* Allergic conditions such as rhinitis, sinusitis and asthma
- \* Narcotic withdrawal
- \* Respiratory problems
- \* Bronchitis
- \* Heart disease or congestive heart failure
- \* Ischaemic vascular disease
- \* Acute viral or bacterial infections
- \* Autoimmune conditions such as lupus and rheumatoid arthritis
- \* Diabetes
- \* Hyperthyroidism
- \* Cancer
- \* Poor memory
- \* To enhance athletic performance
- \* To improve mental alertness

It is also recommended for people who need higher energy levels during upcoming major events such as exams, weddings, sporting or athletic tournaments, travel, competitions and more.

Even generally healthy people will experience a new sense of vitality and level of wellness, as well as a reduction in infections.

People who are recovering from surgery or illness will benefit most, as it helps the body recover naturally through the regeneration of new cells.

The therapy is also increasingly used for aesthetics as an alternative to topical or oral medications to plump up saggy and ageing skin. Adding antioxidants into the concoction revives skin tone and smoothens the skin.

### **Instant rejuvenation**

A common question is how the Myers' therapy gives such fast results. This can be attributed to several factors, most notably the fact that the digestive system is bypassed when vitamins and minerals are given intravenously. This resolves the problem with malabsorption.

The nutrients enter the bloodstream directly in the most bio-available form, reaching the energy-producing powerhouses called the mitochondria and producing an instant energy boost.

Also, the oral intake of nutrients has limitations in intestinal absorption, as the liver and kidneys will eliminate high concentrations of nutrients such as vitamin C, which is necessary when battling a viral infection or boosting immunity.

Only 1-25% of nutrients can be absorbed through oral supplementation, as compared to 100% when delivered intravenously. By giving cells a kickstart with this “active transport” of nutrients, the body’s natural mechanisms can be activated to better utilise medications or other therapies.

High concentrations of certain vitamins such as vitamin C, can bring about side effects like loose stools, when taken orally. This problem is eliminated with intravenous administration.

### **What is treatment like?**

The number of infusions required will depend on your medical condition, family history and health status. Generally, most people receive one to two infusions a week, and follow up with a monthly or bi-monthly infusion after their condition has improved.

Treatment is safe and relaxing, where you can read, browse the Internet, reply emails or play games on your mobile gadgets.

A full Myers session may take around 45 minutes, while a Myers' Boost, a mini-version of the same therapy, may be over in just 15-20 minutes.

Some patients may feel a warm flush at the cheeks or lower body parts, and a metallic taste of vitamins in the mouth during infusion, which goes away after a few minutes. As with any IV therapy, there may be mild irritation or bruising at the injection site.

If you've tried various therapies with little success, the Myers' Cocktail may be able to help correct your body imbalances. Remember it's not a medicinal (drug) treatment, so you are spared of pharmaceutical side effects or addiction.

In summary, IVNT is a fast, safe, and extremely effective treatment for a wide range of clinical conditions. Correcting your nutritional deficiencies may be the first step towards a healthier you!

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