

10 MYTHS & MISCONCEPTIONS ON NUTRIENT IV THERAPY SIMPLY EXPLAINED



There's no shortage of research reporting the experience and effectiveness of IV nutrient treatment. You've probably come across news stories on IV nutrient therapy or reports on celebrities receiving vitamin B12 injections. However, what may grab the attention of readers isn't always the whole truth and it can be difficult to separate fact from fiction.

First, Let's Define What is IV (Intravenous) Nutrient Treatment:

Simply put, it's a safe and effective method of supplying the body with [natural vitamins, minerals, and amino acids directly through the bloodstream](#). Nutrient IVs are similar to those found at your local hospital. These natural nutrient infusions are administered using a small IV (intravenous) injection. This method ensures that all nutrients are absorbed at the cellular level to enhance your [energy level, improve your overall mood, and help prevent future health conditions caused by stress, poor nutrition, and dehydration](#). While it is safe and standardized, it is a medicinal practice that is frequently misunderstood and has developed numerous misconceptions and myths.

Here are the facts to 10 common misconceptions and myths you might have heard of about nutrient IV treatment:

Myth #1:

Nutrient IV Drips Are Not Safe

FACT: It is as safe as IV's found at your local hospital, and doctors endorse it.

It's simply false to think IV nutrient treatment is an experimental or dangerous medicinal practice. On the contrary, it's a very safe and simple process that uses the same quality ingredients used in hospitals around the world. Like in hospitals, no adverse reactions occur as a result of administering an IV. In some cases, people experience slight [cooling of the arm, mineral taste in the mouth](#), all of which is normal during the IV process.



Myth #2: Vitamin IV Therapy Is Too Painful

FACT: Discomfort levels vary from person to person. Liquivida Lounge uses a [smaller needle than what's used in children's hospitals](#).

[The entire process is relatively painless for most people. It can be a little painful if you tend to experience discomfort with needle insertion. But overall, IV nutrition therapy is](#)

comfortable and is not toxic to the body. In nearly all cases, once the immediate benefit of the treatment is felt, minor discomfort is greatly outweighed by the benefits experienced- both short and long-term.

Myth #3:

It Doesn't Help Reduce Common Cold Symptoms

FACT: It can be your preventive measure against the common cold.

While you can't always prevent a cold, IV nutrient treatment infused with vitamin C is a powerful and quick way to combat the symptoms. In fact, a comprehensive study published in the National Center for Biotechnology Information found that large doses of vitamin C could reduce the duration of cold symptoms. If you don't want your cold symptoms to last longer than they have to, IV treatment infused with Vitamin C (and other vitamins) will work wonders when you're starting to feel sick. Additionally, IV therapies infused with vitamin C can strengthen the immune system over time and reduce the chances of getting sick, as [vitamin C empowers various immune functions](#).

Read more about how nutrient IV therapy can help with cold symptoms in our blog titled: "[Boost Your Immune System This Cold Season with IV Nutrient Therapy](#)."



Myth #4:

It is less effective than ingesting the various nutrients

FACT: By the time you start consumption, some foods have lost their nutrients.

Additionally, the body can sometimes waste nutrients.

The traditional approach to getting nutrients into the body is by ingesting them in pills or by eating normally, but it's not as effective as you might think- even if you eat healthy.

Your body's gastrointestinal tract can sometimes fail to absorb the vitamins and minerals into the bloodstream, turning them into waste. Even when your body's digestive system is working properly, nutrient rich foods inadvertently lose vitamins and minerals when prepared and cooked a certain way. [Scientific American reports](#) that cooking vegetables lowers the vitamin levels found in them naturally. For instance, [a study published in the Journal of Agricultural and Food Chemistry](#) found that vitamin C levels in tomatoes declines by 29 percent when cooked for 30 minutes at 190 degrees F.

With IV nutrient infusion treatment; however, nutrients in their purest form are delivered right into the bloodstream, making it the most effective way to reap their benefits completely. Check out the infographic below to understand what happens to food when it passes through the digestive system:

HOW LONG DOES IT TAKE TO DIGEST FOOD?

The process that transforms the food you eat into the energy your body needs is called digestion. The time it takes for food to be fully digested varies (it takes longer to digest a steak than a slice of watermelon, for example), but it can take days!

HOW LONG?

MOUTH
1 MINUTE

STOMACH
3-4 HOURS

SMALL INTESTINE
3-4 HOURS

LARGE INTESTINE
6-40 HOURS

TOTAL DIGESTION TIME
12-48 HOURS

WHAT'S GOING ON?

1

The **mouth** breaks food down by chewing and moistens it with saliva making it easier to digest.

2

The **stomach** releases gastric juices to break solid food into a liquid sludge. Your stomach releases about 1.2 to 1.5 litres of gastric juice every day and about 400ml after each meal.

3

The **small intestine** absorbs nutrients from the food sludge and sends them to your bloodstream.

4

The **large intestine** extracts any remaining liquid from the leftovers and turns the rest into faeces which are then expelled from the body.

Sources: Gastroenterological Society of Australia (www.gesa.org.au); Encyclopaedia Britannica (www.britannica.com); Mayo Clinic (www.mayoclinic.org); Princeton University (www.princeton.edu) **Infographic by:** Mike Rossi (www.micrografik.com)

Myth #5:

It Takes a While to Feel the Effects

FACT: It can take the body anywhere from 12-48 hours to digest solid foods completely. IV therapy is an immediate way for you to feel the effects of all the essential nutrients, compared to when ingested. Once the IV is inserted, the vitamin infusion goes directly into the bloodstream. The body then uses the vitamins to [perform and facilitate many essential functions](#), including regulating metabolism, creating red blood cells, and maintaining the immune system. You may feel the physical effects, such as increased energy, right away depending on your nutritional and hydration levels. In some cases, you may even see better skin complexion and improved mood for subsequent days.

Aside from using an IV, an injection is another quick and effective way to get the full effects of vitamins. For instance, many people, especially athletes, often receive B12 injections since it's another fast way to feel the [the vitamin's full benefits](#). These can include increased energy levels, increased metabolism, and overall improved mood among others.

Myth #6:

It Doesn't Help Improve Quality of Life for People With Chronic Illnesses

FACT: Studies support the benefits of IV infusions with Vitamin C in cancer patients. Living with a chronic illness is never easy. Standard treatments for conditions like cancer often have painful and debilitating side effects. While IV nutrient treatment is not a substitute for these treatments, it is a complementary solution that can help improve the quality of life for people with serious illnesses or even allergies.

[The National Cancer Institute reports](#) that breast cancer patients undergoing chemotherapy and radiation therapy who received intravenous (IV) vitamin C had a better quality of life and fewer side effects than those who did not receive it. In addition, fibromyalgia patients report having reduced symptoms due to IV treatment. [Fibromyalgia Researcher David Katz, MD says](#) that about four out of every five people with fibromyalgia receiving an IV treatment of vitamin B, vitamin C, and other nutrients helps ease their symptoms, including pain and fatigue. While research on the effects of IV nutrient treatment on managing chronic illness must continue, it is very promising for enhancing quality of life overall.

Myth #7:

It is Not Suited for Active, Healthy Lifestyles

FACT: Not only can IV therapy be used for many types of health problems, it can mend sore muscles, boost the immune system, help with post-workout muscle recovery, dehydration, chronic fatigue and much more.

Not all IV nutrient treatments are the same. In fact, there are many types that address specific needs. While some help treat cold symptoms or side effects of chronic illnesses, others can help with more common ailments, such as migraines, exhaustion, stress, and memory loss. Whatever your need may be, IV nutrient treatments can target it by using specific infusions to alleviate your present condition. By undergoing consistent IV therapies, conditions can be lessened or completely eliminated.

Myth #8:

It's Only Needed Once

FACT: No one eats protein once; other nutrients are no different. You should be consistent with your IV nutrient treatments to empower your lifestyle.

Some IV nutrient infusions apply to a one-time use, such as after a night out using a hangover fix. However, IV nutrient treatment as a practice is focused on *maintaining* optimal levels of nutrients in the body. In order to do that effectively, regular administration of IV infusions must occur. As mentioned before, the body may not always get the proper amount of nutrients needed to perform essential physical and mental functions. IV nutrient treatment is a reliable way to ensure that you're not missing out on essential nutrients your body craves. You could receive iv infusion therapy every day, but you should tailor it to your body's demands. Consistent nutrient IV treatments will ensure stable (reliable) results in your overall health.

Myth #9:

It Takes Up Too Much Time

FACT: [Liquivida Lounge](#) provides a private and soothing ambiance, so you can relax the mind while you replenish the body.

You may think that IV nutrient treatment could take too long, but the session generally lasts for 30 to 45 minutes. While making time in your schedule may be difficult, doing an IV nutrient treatment takes even less time than going to the gym or preparing a meal. It's a quick, effective, and relaxing practice to add to a healthy lifestyle or health regime.

Myth #10:

It's Too Expensive

FACT: Treating ailments can be more costly than taking preventive measures.

When you hear about celebrities getting IV nutrient therapies and B12 injections, you probably think it's expensive and high maintenance. On the contrary, IV nutrient therapies and vitamin injections are affordable for most budgets since they are most effective when done regularly. It's always a good idea to ask for special offers or discounts if you intend to make intravenous infusion treatment a regular part of your lifestyle.

Very often, nutraceutical deficiencies that have been left unchecked for long periods of time are the cause of acute and chronic illnesses. These illnesses have a price, too.

Nutrient IV treatment will get your body rebalanced as quickly and efficiently as possible. Although IV nutrient treatments may continue getting attention and making headlines, remember to consider all the facts. Now that you know about the process and benefits of IV nutrient treatments, take advantage of [these high-performing treatments](#), and give your body the fuel it needs to function properly.