



## FAQ

- Conditions we can not treat: anyone on anticoagulant therapy, children, and pregnant women
- What is it?
  - Administration of vitamins, minerals, amino acids, and antioxidants and medications directly into your bloodstream (IV) or injected into the muscle (IM). Different blends can be tailored for individual health goals and wellness needs, as well as alleviating some symptoms. Most of the infusions take 30 minutes to 1 hour.
  - All infusions and injections are administered by one of our Registered Nurses or our Nurse Practitioners.
- Why IV or IM?
  - By bypassing the digestive system, these nutrients are 100% bioavailable providing increased cellular absorption.
  - Bypassing the digestive tract is helpful and sometimes necessary for those with chronic illnesses, particularly those that inhibit absorption (Weight loss/ bypass /bariatric surgery, Crohn's, GERD, IBS, IBD, Celiac, Colitis, etc)
  - As we age, digestion and absorption efficiency reduces, leading to mild deficiencies that can cause fatigue, brain fog, and faster aging.
  - The bioavailability of oral supplementations varies depending on many factors and is significantly less.
- Is it safe?
  - All of our therapies are administered by trained and certified IV nutrient health care providers.
- What are the side effects?
  - Minor bruising, bleeding, irritation, and swelling at the injection site.
  - Allergic reactions rarely occur. Side effects are minor and all are generally well tolerated. .
- How often do I get them?
  - Depends on the infusion.
  - Acute illness or hangover – one time treatment
  - Migraines – as needed. Call at the onset of symptoms, though we can often help as late as day 3
  - Fatigue, low immunity, chronic illness, GI issues causing malabsorption? May opt for weekly treatments.
  - Weight loss, detox, beauty, performance? Weekly, biweekly, or one time.

- If you are highly physically active, you may metabolize faster and desire more frequent infusions to enhance athletic performance.
- What are the contraindications?
  - Congestive heart failure, kidney failure, chronic kidney disease, dialysis, heart arrhythmia, liver cirrhosis, and bleeding/clotting disorders..
    - We will thoroughly review your health and medical history, all medications, and all allergies to screen for any contraindications.
  - We do not treat pregnant women at this time.
- How do we book:
  - Book through the link on our website
- Do you treat children?
  - Not at this time
- Can you come to my home or take calls outside office hours?
  - Not at this time
- Who gets the most benefit?
  - Everyone can benefit and we can help you choose the blend that will enhance your wellness goals.
  - Those with malabsorption disorders (Crohn's, GERD, IBS, IBD, Celiac, Colitis, etc)
- Can we book a group?
  - Absolutely! We love groups. We desire to be a location for social gatherings, evenings out, destination outings, corporate events, birthdays, bachelorette parties...
- How can we pay?
  - We are a cash based practice. IV infusions are not covered by insurance at this time.
  - We accept HSA, FSA, debit, and credit card payments.