

The Power of Intravenous Therapy

By: Alan R. Gaby, M.D.

Scientific research over the past 25 years has shown that nutritional supplements can be used to prevent and treat a wide range of health problems. Yet, while the value of nutritional therapies are becoming more accepted by mainstream medicine, many doctors are still unaware of the dramatic, almost unbelievable, results that can be obtained by administering vitamins and minerals intravenously.

I have given more than 15,000 nutrient injections over a 13-year period and have seen some remarkable results. For example, nearly all acute attacks of asthma have resolved completely within a minute or two; most migraine sufferers have experienced roughly 80% relief within two minutes; and about half of patients with chronic fatigue syndrome or fibromyalgia have found marked improvement after receiving three or four weekly injections, followed by maintenance treatments every two to four weeks. These are just a few examples.

I administer an IV injection that usually contains vitamins C and B complex, magnesium and calcium. Although the doses of these nutrients are relatively modest (such as 1.3 gm of vitamin C, 100 mg of various B vitamins and less than 100 mg each of magnesium and calcium), the results obtained with IV therapy are far better than those seen with high oral doses. While IV therapy produces remarkable results for certain conditions, it is not designed to take the place of oral supplementation. In fact, nearly all of the patients to whom I have given IV therapy are also taking various nutrients orally, both for general prevention and for their particular health problems.

I suspect that the superiority of IV nutrient therapy can be explained by the higher blood levels that occur with this route of administration compared to oral administration. For example, when magnesium is taken in supplement form, blood levels of the mineral only increase by up to 20%, no matter how much is taken. A small IV dose of magnesium, on the other hand, can increase blood levels of the mineral by 100 to 200%. Even though these high concentrations do not persist for long (maybe 20 to 60 minutes), they create a "window of opportunity" for the body. Cells that would otherwise be too sick to extract what they need from the bloodstream can, for a brief time, take what they need to begin the process of healing.

Although many of the benefits of IV therapy have not been confirmed by controlled studies, a lack of research should not deter physicians from administering a safe treatment that has been proven so helpful for several difficult-to-treat conditions. Fellow physicians have come up to me and said that once they try nutrient injections, they always continue because they are so impressed by their patients' marked improvement. With additional research, I'm convinced that it will become widely accepted as a part of the new medicine for the new millennium.

IV therapy is safe when used with appropriate precautions. It should be used with caution for people who are frail or elderly or who have low blood pressure. I have never seen an adverse reaction, although giving an injection too rapidly can cause lightheadedness, resulting from a fall in blood pressure.

For a list of doctors who offer IV nutrient therapy, call the American College for Advancement in Medicine at (800) 532-3688, or log onto www.acam.org.

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