

Myer's Cocktail

A Myer's Cocktail is a combination of vitamins and electrolytes given intravenously in high therapeutic doses. The name came from the late doctor John Myers who pioneered the use of these I.V. vitamins in this combination. There can be slight variations in the number and quantity of vitamins used. The formulation that we use has Magnesium Chloride, Calcium Gluconate, B-Complex, Vitamin C, Dexpanthenol, and Pyridoxine.

Myer's Cocktails can be a very attractive treatment modality and has become a very popular treatment for patients in our clinic. Common uses for Myer's Cocktails include:

1. Patients who come to us very ill, especially those that have been having chronic bowel issues and malabsorption. They often have a deficiency in necessary vitamins and minerals. Blood work will often show normal levels; however, at a cellular level patients can have severe deficiencies. If patients are quite ill or run down typically we recommend doing a Myer's Cocktail every 7-10 days for 3-4 times to get their levels back up. We would then recommend that patients follow their intuition. Patients can usually tell when they need another cocktail. It is common for patients to do one every month or two until they feel like they are back on track and then they may do one every 3-4 months for maintenance and then on an as-needed basis if they start to feel run down, get fatigued, or start to get upper-respiratory infections.
2. For people with poor immune function who tend to get sick easily or have chronic sinusitis Myer's Cocktails can be a very good treatment modality. As soon as you start to get ill if the Myer's Cocktail is given in time the progression of the illness is frequently halted for colds or flus or significantly reduce the longevity and severity of the illness.
3. Chronic Issues such as Fibromyalgia and Chronic Fatigue Syndrome tend to respond well to I.V. nutrient therapy.
4. Myer's Cocktails are popular among athletes. For example, marathoners will commonly do a Myer's Cocktail the week preceding their marathon and then again after the marathon to help speed recovery and avoid a down-turn in their training or immune function due to the severe exertion.
5. Myer's Cocktails are often used as an adjunct to therapy and treatment of cancer. They are often used in combination with natural treatment protocols and there has been good research done using high dose I.V. Vitamin C. It can also be used to help patients recover from radiation or chemotherapeutic regimens.
6. Hives of unknown origin will often respond well to I.V. Myer's Cocktails.

Benefits:

Most people experience an increase in energy, improved mind clarity, decreased depression and anxiety, improved mood, faster recovery times, and less illness.

Many people know they tend to get sick when they fly or travel so they will often do a Myer’s Cocktail before they leave on a trip and even when they return, if necessary. This often helps to prevent catching cold or flu, as we know the main cause of catching colds and flus is not simply being exposed to them it is our body getting run down and becoming susceptible to them as we are commonly exposed to them every day. As Pasteur states.....”the bug is nothing; the terrain is everything.”

Risk:

Risks of this procedure are very minimal, similar to that of any procedure that breaks the skin or enters a vein. The ingredients themselves are very harmless.

Often patients will immediately taste vitamins upon beginning the injection and will often feel a very warm feeling. This is not an adverse response to the therapy. If people feel overly warm or hot or feel faint they just need to lie back and advance the I.V. more slowly. Occasionally people may pass out but this seems to be largely due to a fear of needles, not the procedure itself. Occasionally a burning sensation is felt from the magnesium. This can be resolved by just advancing the I.V. more slowly. Occasionally some people just do not tolerate the magnesium and can request that it be left out of their I.V. in the future if it is a problem.

Risks of entering a vein include infection; phlebitis, which is an inflammation of the vein; and very rarely, a clot in the vein. If a patient has redness, warmth, or pain in the days following the injection, it is recommended that they follow-up in the clinic for evaluation. We have given thousands of these I.V.s over ten years and these things have happened less than one percent of the time.

Cost:

Typical clinics that give I.V. vitamins typically charge around \$150 per injection. We have kept them as inexpensive as possible so that our patients can get them for only \$55 per injection; \$45 if you are a member of the M.D. of Health program. Please ask your medical provider in the clinic or the staff if you have any questions.