

Episode 48 - IV Infusions

MERYL: Hello everyone. And welcome back to the Rebel Nutritionist podcast today. Actually, I was supposed to do this podcast all by myself.

And as, as luck would have it, I ran into, one of my oldest dearest clients/friends who happened to be in the chair, getting her IV vitamin as we were talking. And I figured, you know what, I'm going to drag her in and let her talk about her experience with the IV vitamins because there's been a lot of media coverage of this. I'm actually looking at an article that was posted not too long ago, really talking about the downfalls and the pitfalls and really bashing the whole IV vitamin therapy movement. So I figured what better way than to bring someone on who is non-biased more or less, and have a conversation about this because it's always more fun for me to have a conversation with than, certainly talking to this microphone alone. So Jackie, thank you for being here.

JACKIE: Thank you for having me.

MERYL: So as I said, Jackie's been a client for, wow. I want to say a long time, right? At least five, six, maybe more years. And I'm going to let you talk Jackie, just a little bit about your journey with us so that people have a jumping off point of where you started and sort of where you continue to evolve with all of this.

Take it away.

JACKIE: So originally we were doing testing and for whatever reason, **I'm on a wellness path and just trying to do everything possible that I can do to stay healthy.** And doing that, we've done testing and I draw my labs and we found that **I was having some issues with absorbing vitamin B.** So Meryl had suggested that **I do these IV infusions because it would hopefully allow me to absorb the vitamins better.**

And in doing that we definitely **had positive results.** We saw a definite difference in my lab work after she kept increasing them orally. And there was no change. The only difference was that we decided to do these IV infusions and found improvement in my vitamin B levels. So yes, I definitely pro IV infusions.

They make me feel great. I have been very healthy, so I don't have any cons on this one. I am definitely a pro IV person.

MERYL: I think a little bit of background is helpful. One of the things that it talked about in the articles is that if you are a healthy person, right, you don't need these infusions and so forth.

And look. Not only just looking at you, but knowing your history, we would say by all accounts, you're pretty healthy, but until we dug a little deeper, really, and until we even consistently do the, did the testing, right. There was some frustration on my part. And of course, on your part, like, okay, you're doing everything you're supposed to be doing.

We're following the protocols, as, as indicated, you were taking your supplements and after a while it gets prohibitive in terms of the number of supplements you can take and you were up there your pill counts were high because we were trying to get this stuff into you. And lo-and-behold, I'm like let's see if we can really.

Be a little more efficacious about your treatment, not only from the point of view of taking all those supplements and then not seeing the results that we wanted but really also from a cost perspective, right? **The cost the time and the energy that it takes to, to do all of that.** So I think that's important, but I think the other piece is to make sure.

That we're looking at it as objectively as possible. Meaning there are a lot of gimmicky IV infusion outlets out there, right? There's a lot of, I think there, there can be money to be made in this. And I think what we have to be very careful of with anything. I always say this about supplements too.

If you don't know who is doing your IVs if you don't have a qualified person and they could even be qualified, but you don't know what's going into those IV bags There have been reports about placebos, meaning you know, it's just sugar water. There's been all kinds of things and yes, I'm sure there's people out there who certainly take advantage of the system, but for anybody who knows me and Jackie has known me long enough to know that not only do I do the research, I do the research on the people that are going to be.

Representing us. And, and **I did my research on what are the doses that are going in the bags** not just, oh, they have these B vitamins and they have the minerals and so forth how much of it is going in. And so I think that's really, really important to look at and, there's been like a lot of celebrities who I've talked about IV and vitamin infusions and oh they give us energy and so forth and so on.

And yet the naysayers, right? There's a lot of, a lot of people in the medical community who were saying, well, we only need a small amount of nutrients and our body should be able to get

them through food and so forth. And what I can tell you, and I know what Jackie can also speak to, is that. It's not someone who's just severely deficient that needs these things.

It's really, if you go back and look at the testing, **most people are not consuming a diet rich enough in fruits and vegetables to get even adequate amounts of vitamins.** And really what these IVs help to do is **help support the the lag between what food is giving them and what, and what their needs are,** are really looking like.

So I guess Jackie, let's talk a little bit in terms of because these vitamin companies, there's a lot of claims that talk about boosting immunity, delaying aging, preventing serious diseases. And again, the article that I read were saying, well, this is all myths. And that is also not true now we are not making claims to cure any diseases with these things. Right. But we, we also know that **things like high dose vitamin C now, while it's not going to cure COVID, high dose vitamin C, we know will support the immune system,** you know? And so I think one thing that I'd like you to also speak to is. You've been doing a lot of work on your immune system.

JACKIE: Correct.

MERYL: And so how has doing the IVs, I guess maybe concurrently or even the work that you've been doing with us in terms of it collectively made a difference in what you see as your immune system?

JACKIE: I consider myself to be pretty healthy and knock on wood I rarely am sick it's just a very rare thing.

And I have to think that it has to do with all of the work that I do I put in, my husband had COVID twice and I did not get it from him. And I'm with him every day.

I did eventually get it, but I did not get it from him living with him. I got it purely by accidentally drinking from a friend's water bottle.

But. But my entire family had COVID and threw out that I never got it. And I was with them daily. And I have to believe that it is because of **all of the work that I put into boosting my immune system**. And I do, I feel great. I really am. And I hope that I'm not jinxing myself.

MERYL: And you know, I think the other piece of this is people want to know again, I always say there is no quick fix **a vitamin infusion will not fix a long-term deficiency** if you have over deficiencies. I think part of this is to understand. Where are you coming in? What is your baseline? Right. So even me, for example, I just had my infusion last week.

I even got a shot of vitamin D and we'll talk about that in a second, but my levels look, even though I also lead a very let's call it healthy lifestyle. **I'm not eating to the point where I can eat enough to make up for the deficiencies that I have**. And, and both you and I right. Do the testing. And I was tired of taking.

Like, I think the formula that I made was 14 pills. Right. And even, and then I went back and did my stool testing to see what was going on with my gut, because **we know gut microbiome plays a huge role in how well you absorb nutrients**. And again, looking at me and knowing my history. I generally have a good gut.

At least I thought I did. And then of course I did my stool test and was like, oh no, this is not so good. And I did the things I needed to do to repair whatever was going wrong. But again, if I wasn't absorbing the nutrients and I really was taking so many vitamins, that it was like I don't love swallowing, vitamins.

We know we can put them into a smoothie and pack them in. But I still don't know that I was getting enough of a supply to really make up for the deficiencies, and both you and I talk about **optimizing health as best as possible, and doing the infusions allowed me to bridge that gap with not having to take so many supplements consistently.**

Right. So maybe I went from taking 14 pills and now I'm taking eight. That's a big difference in the scheme of things. And so

JACKIE: I think I went from 14 to 10.

MERYL: Right. And so and then, and it's all encompassing, right? So that formula that we are able to make and we are able to compound is really not only does it provide therapeutic levels are what we would hope it'd be therapeutic levels of these vitamins.

It should correct the deficiencies. And then again, like you said, well, when you go back and look, and these deficiencies aren't corrected, we have to go back to our biochemistry and look at well, where are the missteps? So in theory, while all of these people who are writing these articles and the naysayers about this kind of therapy, I think information that has just been touted by the medical community that doesn't see the benefit to even vitamin supplementation period.

Right? I mean, how many people that I've spoken to that say, oh, you don't need vitamins. You don't need vitamins. Yeah. We look at all of the research coming out. **We know vitamin D is important. Vitamin E. Antioxidants.** And there's just been new reports about polyphenols and forget about the things called bioactives that are neither vitamins nor minerals and antioxidants they're compounds that actually talk to our genetics.

I talk about that all the time. **So I think we need to be really, really careful about what we are listening to in mainstream media** that really applies or doesn't even apply in my opinion to the masses when it comes to understanding IV vitamin therapy. Again, it's like anything else.

You don't want to just get on the bandwagon and go anywhere to get these IVs. **You need to know what's in them and who's performing them and making sure it's a reputable source. And knowing why you're getting.**

JACKIE: I think **more importantly what your needs are.** Yeah. In my case, I just wanted to know what are my needs. Because, yes, I could put the IV in, but I'm not one of those people, as he told me today if you have a hangover yeah.

You're going to feel fantastic regardless, because even though they're just putting electrolytes inside of you, you're going to feel fantastic. I want what I need. So that's what my goal is.

Is. **Give me what I need so that I can continue on the path of wellness,** which is what I wanna do.

MERYL: Yeah. And you brought up a good point. So there's a lot of these IV bars, IV centers that are saying, oh yeah, well, let's treat the hangover and all of that. And yeah, you can do that with them. Right. But again, that is not the goal.

It's, that's more, I always say it's better to be proactive rather than reactive. And treating a hangover is certainly reactive, but yeah, listen, it, it has its benefits, but. I think in our cases, we are looking at it a little differently. And even today, when I was talking with you, I had suggested that you get, we have some of your new lab work and I noticed your vitamin D is not where it needs to be.

And I was able to go back. And look at where your vitamin D is genetically, right? When, where it sits from a genetic perspective. And I did notice while you have a genetic misstep, as we call it in your ability to respond to vitamin D, right. Even if you take it orally. **So my suggestion today was get a shot,** right?

Get a shot so we can boost those levels without having to take it orally because. A, you need so much of it to take orally. And **this is a really easy way once a month, to be able to boost that.** And we know how important vitamin D is for every single system, right. You know, in our bodies. So I think from that perspective it's important to understand when.

When you are looking at whether it's an article, whether it's something in mainstream media really poo-pooing. This idea. Yeah, there's a lot of, of, I want to say centers that are out there saying, oh, well take NAD. NAD seems to be the new NAD and glutathione. Right. And **yes, I believe in glutathione, it's a tremendous antioxidant and it's hard to get orally because it just doesn't absorb all that well.**

And so I think the IV injection of, of glutathione as a push is a great option.

NAD there's less research on, and again, it's really about, I'm going to stand behind the things that have research while we know NAD is a very, very important molecule for energy. It's also very, very expensive, right?

So, we know the body can make it from other sources if you have the right amounts of those vitamins. So running on the bandwagon and going, oh, I need a shot of NAD or the latest and greatest supposedly quick fix is not necessarily what I would say that people should go do, but

knowing really where your numbers are at, it still goes back to, and I talk about this all the time is that **know where you are as an individual**, right?

Why the testing is so, so important to go back to, and, and even the genomics you know, you've done the genomics. Do you want to speak to a little bit of where you found some utility in that.

JACKIE: Well, I trust you for all that,

MERYL: which is a nice way of saying, I don't really remember what I'm supposed to be paying attention to, so you need to keep an eye on it, which is so true, right? It's so true. **Genomics and the nutritional genetics is such a complicated and complex story for people, and we unpack it.** I mean, this is what I use as my reference point for you.

Maybe you don't always even know it.

JACKIE: I know I do know that you use it, but it is extremely complex. And that's where I completely a hundred percent put my trust into you for that.

MERYL: I did not coach her to say that, but I think again, Knowing that **it's not just about finding the quick fix that I am taking a deep dive into everyone's individual biochemistry into their individual genetics.**

Like that is so important. And I feel like people are coming out of the woodwork post-pandemic and going, well, I need to do this and this and this. And I'm saying, well, really there's better value in knowing I always say the N of one, right? We are our own best. You want to call it experiment.

I've been experimenting on myself for years, right. With great results. Right. So I think I think we're definitely doing, I'm definitely doing something right, but it's always about. **Making sure that there's science and there's data to back up what you're doing** and not just going on the latest whim.

I have a client who basically, I want to say his list that he gave me originally was maybe 52 supplements that he was taking. And a lot of those supplements were these supposed yeah. Longevity supplements. How do I increase my longevity? Yeah. When I went back and spoke to him, His lifestyle was not supporting his longevity.

So he was trying to make up his, for his lifestyle. I'm like, you're drinking too much alcohol. You're not eating enough. You're not sleeping enough yet. You want to try and take these supplements to offset that. And, and you can't right. It's the same thing. **You can't take an IV to offset some of the things that your lifestyle really is deficient in.**

And I think that is the most important message that I want people to hear is that there is a reason why I make the suggestions and there's a rationale. And maybe you don't always understand the biochemistry or the genomics. Right. But I think the proof has been the fact, Hey, if it's not a Testament that you've been with me so long, right.

The proof has been that we are constantly taking it to the next level. How do I, if I'm sick, how do I make myself healthy? And then from there, how do I continue on that? You know, in your case, you've always been relatively healthy, but it's how do we improve and improve and improve? Right? I mean, osteoporosis was a concern of yours.

I think we've really managed to kind of keep that level.

JACKIE: Exactly. And that that's the truth. It's, it's not a quick fix. **It's a lifestyle change and learning what you need, whether it's what you eat, how you exercise it all ties in** and is so important. And. I mean, I do give you credit because you guided me through all that.

And I lived that way. That's how I live. It's not something I do 50% of the time I do it, I would say pretty much 95% of the time. So yes, all of that.

MERYL: And so speak to that because people always come back and say, well, this is hard work. How did you answer that?

JACKIE: I say that if I fall off. Let's say that 5% of the time and listen, **I don't feel like I really deprive myself of things.**

Whether it be diet. I do exercise pretty regularly, but if I fall off, I feel not great. So it's not a matter of **I know how I feel.** Yeah. So if I change back to other ways, and I always thought that I ate healthy because I ate healthy food for say but necessarily **I wasn't eating maybe the right food or eating enough food.**

And I've learned the balance of eating the right food and cutting things out that I don't necessarily need, or that are good for me or that make me feel good and I feel great. **So it's easy for me to continue the lifestyle because I feel great.**

And, and that piggybacks on our last podcast that I did with the coaches of the consistency.

Right. That it doesn't become hard work if you're taking sort of one thing at a time and you're incorporating it into your lifestyle. Right. And so, and, and as you said, if you're doing something and you don't feel well, right, why would you continue that?

JACKIE: I mean, I've get made fun of, because if I go out to dinner during the day are all like, let her go first because it's going to take 15 minutes.

Everybody else can look at the menu and figure out what they want, because I'm no butter. No salt, just put olive oil. I don't want

it fried. Exactly. I keep the dressing off.

I'll just have olive oil but I don't care. I don't care. It's what makes me feel good now do I, do I make, if I'm in, if I get invited somewhere or something, I don't, I just deal with it and I might not feel great the next day, but who cares?

I just. Go back and get right back on that wagon again it's easy because I, as I said, I don't feel great. So it's super easy for me to just say, okay, we did that.

MERYL: Let's move on. Right, right. Rather than some people's mentality of, oh, I messed up. So screw it. I'm just going to continue.

And that's really not a healthy, nor a beneficial way or, or a proactive way of really taking care of your health. So. All great pointers and thank you for popping in so graciously under pressure and at the last minute it certainly makes for a more interesting conversation, I think for our listeners, but really more importantly that look, none of this was rehearsed is literally been off the cuff.

And so you're, you're great at that. Yeah. And but you know, the, it. It speaks to the fact that you can talk about this. So honestly, and openly, and it just comes rolling off of your tongue

because this is how you've lived. You know, you're not making it up, right. This is the truth. And this is how you have lived and approached your health for.

For a very, very long time. So thank you.

JACKIE: Well, thank you for having me.

MERYL: And if anybody should have any questions about IV therapy, what we offer, what the concoctions are that we offer. Happy to discuss that with anybody who wants to ask, and as always, we wish you health make it a great day.

This is your Rebel Nutritionist signing off.