

Dr. Amauri Caversan ND's IV Therapy Toronto Lounge offers [IV Vitamins and Minerals](#) Therapies located in the heart of Yorkville, Toronto. Call us: (416) 922-4114



Welcome to Dr. Amauri Caversan ND's IV Therapy Toronto Lounge

Recover. Replenish. Relax. Transform your health now with a customized IV cocktail at Dr. Amauri Caversan ND's IV Therapy Lounge.

Why should you consider [IV vitamin therapy](#)?

Think of IV vitamin therapy as a fast-forward button or shortcut; it's a way to boost your health by bypassing your body's flaws or malfunctions.

When combined with a wellness program, IV vitamin therapy can help you feel better faster by delivering a safe dose of vitamins, amino acids and minerals straight into your circulatory system.

IV vitamin therapy is an effective way to hydrate your body and detoxify your liver, kidneys and lymphatic system. If you have trouble swallowing pills or you have a compromised digestive system, IV vitamin therapy may be your road to optimal health.

IV vitamin therapy is commonly used as an adjunctive support therapy to many ailments, including:

- Allergies
- Alzheimer's
- Auto Immune Diseases
- Cancer
- Cardiovascular Disease

- Chronic Fatigue Syndrome
- Chronic Lyme Disease
- Digestive disorders including Irritable bowel syndrome, Celiac disease, Crohn's, Ulcerative Colitis
- Epstein-Barr Syndrome (Mononucleosis)
- Fibromyalgia
- Flu/Colds
- Immune Balance and Support
- Infections
- Hepatitis C
- HIV Support
- Migraines
- Multiple Sclerosis
- Recovery from Mononucleosis
- Restless leg syndrome
- Revitalization after Chemotherapy
- Shingles

Are you ready for IV vitamin therapy?

Your next step is to consult Dr. Amauri Caversan ND, who will discuss mandatory blood testing and provide a complete checkup to determine any nutritional deficiencies. This allows Dr. Caversan ND to maximize the power of your IV vitamin therapy.

6 Things To Do Before Your Vitamin IV Appointment

By Dr. Amauri Caversan ND

Whether it's your first or regular IV vitamin drip, there are a few things to do before each appointment. Follow this checklist to make sure your vitamin drip runs smoothly:

1. Get as hydrated as possible

Isn't a vitamin IV drip supposed to *rehydrate* you? Absolutely! But the more *dehydrated* you are, the smaller your veins will be (which hide when we're low on fluids). We want to make sure your veins are as visible and palpable as possible to

make the best out of your IV therapy session. With that, drink, drink and drink water before your appointment begins!

2. Don't come hungry

Eat something, anything! It's important to keep your blood sugar levels up. Some of the vitamins and minerals in your IV drip could lower your blood sugar and blood pressure. So if you arrive at your appointment with an empty stomach, your vitamin drip could cause light-headedness afterwards.

3. Get moving

After a heart-pumping workout, do your arms appear more “vascular” than usual? Here's why: as we increase our bodily movement, we generate heat; the more heat we generate, the more our vessels dilate. Moving around before your vitamin drip appointment helps ensure a successful IV treatment. Here's an easy fix: park a few blocks away and walk over to the clinic!

4. Try to avoid antihistamines and decongestants

If you can, refrain from antihistamines and decongestants before your IV. Indeed, these meds relieve allergy symptoms and alleviate headaches, but they have a constricting effect on your blood vessels. This can cause you to experience a challenging IV treatment. But if you must take these over-the-counter meds, please do these things before your appointment: get hydrated, eat a snack and do a quick jog around the block.

5. Relax and breathe

Once you're seated in a lounge chair and waiting to be hooked up, take a few minutes to relax. Deep breathing will help release tension and prepare your body for your treatment. Try five deep belly breaths like this:

- Place one hand over your chest and one over your belly.
- Watch your belly hand expand outward with each breath.
- If your belly hand isn't expanding outward and your chest hand is rising instead, focus on your belly expanding outward as you breathe in.

6. Don't worry — there's nothing to worry about!

Most patients report very little pain. When the small needle is withdrawn, a soft catheter stays in place for the rest of the treatment. Depending on the infusion, you may get an energy boost or a relaxing effect. At the IV Therapy Lounge, often patients report a sense of calmness during the IV treatment and a good night's sleep in the evening.

Take note: The length of treatment depends on the IV formula being administered. The shortest IV is the *Quickie*, which takes about 20-30 minutes. Most of our formulas (including *Energy IV*) take 60-90 minutes, except for the high-dose vitamin C IVs, which may take 2-4 hours.

If you have any other concerns about preparing for your IV vitamin drip, [click here](#) to contact the IV Therapy Toronto Lounge.

Why do I need to take blood tests before my first IV vitamin treatment?

Generally speaking, most patients can tolerate most IV nutrient drips. However, each patient is still required to undergo blood testing before his or her first IV treatment. Here's why: occasionally, a patient may be allergic to a nutrient. As a result, he or she shouldn't receive any IV treatments which contain that particular nutrient. Plus, if you have kidney disease, heart disease or high blood pressure, some IV treatments may not be suitable for you.

Some of the blood tests that are required before receiving IV therapy include:

- Complete Blood Count (CBC) and Differential
- Kidney Function Panel
- Liver Function Panel
- Lipid Panel

Take Note: If you're receiving an IV that contains high-dose vitamin C, you must take a glucose-6-phosphate dehydrogenase (G6PD) test. Patients with G6PD deficiencies cannot metabolize high levels of intravenous vitamin C, which is why the IV Therapy Toronto lounge clinic tests your blood before administering high vitamin C doses.

Overall, IV therapy is very safe and well tolerated. Do you have more questions about IV vitamin drips and blood testing? [Click here](#) to contact Dr. Amauri Caversan ND's IV therapy Toronto office.

IV THERAPY ADVANTAGES

DIRECT DELIVERY OF NUTRIENTS THROUGH THE BLOOD STREAM

With intravenous vitamin treatment, when your infusion begins, vitamins, minerals, as well as other nutrients are rapidly circulated by means of your bloodstream and delivered to cells, where they can be instantly accessible to be used. It's like "direct deposit"; in IV therapy treatments, nutrients does not wait to be cleared by the digestive system as well as the liver.

LESS SIDE EFFECTS

Vitamin IV therapy avoids the gut and intestines. What this means is no upset stomach or intestinal problems like cramps, nausea, or diarrhea, which occasionally result from taking high doses of certain vitamins and minerals including Vitamin C and magnesium.

HIGH DOSE THERAPY ALLOWED THAT IS NEEDED FOR MORE POSITIVE TREATMENT RESULT

Studies have shown there are particular blood or tissue concentrations of certain nutrients that should be attained in order about them to be pharmacologically active. Vitamin C is an example of this type of nutrient. Many studies reveal that increased concentrations of Vitamin C are needed in the serum and intracellular fluid before it could exert its beneficial effects.

These elevated concentrations can't be accomplished by taking oral nutrients; the majority of vitamins and minerals taken in pill or liquid form is eliminated, with very little really absorbed into the bloodstream. Complicating this further is that lots of patients have conditions that hinder their intestinal absorption in the very first place. Eventually, as noted above, majority of patients cannot withstand high doses of specific vitamins and minerals because they cause upset stomachs. Thus, only IV vitamin treatment can straightaway deliver pharmacologically effective doses of the essential nutrients.

IV THERAPY BENEFITS

RAPID DELIVERY

Our [IV Treatments](#) can take as little as 55 minutes for a single IV bag of Joy Juice, Ultimate Anti-Aging Infusion, Exercise Boost and Glutathione Glow. Our Liquid Lunch and Total Body Purification IV typically takes about 1.5 hours

100% ABSORPTION

Delivering hydration & nutrients through intravenous route means you achieve 100% absorption of these fundamental elements. When drinking water, sports drinks, energy drinks or drinking oral vitamins, they all pass through your digestive tract and also you only consume about 50% of their benefits.

COMPLETE RE-HYDRATION

Dehydration can be very detrimental on your body. Skin and organ damages, and discomfort can result from 2% dehydration. Your body is restored to its maximum level through IV hydration.

VITAMIN LEVELS RESTORED

Proper vitamin intake is needed in order for your body to function at it's highest. Through IV therapy, essential nutrients are delivered directly to where they are needed.

ENERGY LEVELS RESTORED

Your body's energy level is based on full re-hydration and maximum nutrient consumption. Feel refreshed & re-energize.

Fast Effects

The beneficial effects of IV Therapy may be felt instantaneous or over the next couple of hours. Leave behind those days squandered feeling hungover, lethargic, jet lagged, recuperating from sickness or from strenuous exercise & activities.

Can anyone receive intravenous therapy?

Generally, IV is indicated for patients who are 16 years of age and older. Furthermore, before any IV treatment, the Naturopathic doctor will go over your health history (which will include past health issues, hospitalizations, surgeries, diet/digestion, allergies/ reactions, medications currently being used etc. with additional detailed questions) before deciding whether IV therapy is the most suitable route for you to consider at the time in question.

If I get IV treatments, does that mean I can go off my supplements?

No. IV treatments do not replace healthy lifestyle and dietary practices which also include your high quality supplements. You should stay on the recommended supplements. IV therapy is meant to support your health towards a more optimal level of well being.

Are there any side effects for IV therapy?

Generally, IV therapy from a Naturopathic context is a safe treatment. Most side effects are limited to possible bruising at site of needle insertion (although not common) and in rare cases may feel light-headed/ dizziness. Patients will be encouraged to hydrate well and have eaten before coming in for IV treatments.

Call today and book your appointment at our IV Therapy
Toronto Lounge:

Dr. Amauri Caversan ND

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<https://dramaurinaturopath.com/>

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