



Is Anybody Listening?

Sad to say, it seems that we've evolved into a society that, too often, talks at, rather than to, one another. As it drones on, with the American populous resembling the "odd man out" in a game of ringalevio, the issue of healthcare reform shows itself to be emblematic of the problem. But this piece is not about the healthcare bill, just its use as a prop. It is, however about the idea that regardless of the intensity of an issue, there is almost always a single point that can gain consensus. Our friend, Mel Schwartz, calls the it "the 5% rule". In grade school math, the term might be the "highest common factor". Now here's where healthcare reform fits in. Is there anyone who really doesn't buy into the concept of prevention as an imperative for contributing to individual sustainability, (not to mention fixing the system)? To hear tell, everyone does. Yet, given all we can do today to further this mindset/practice, its role is still diminutive. So, can we all agree to ratchet up the "well care" initiative; for ourselves, our families and wherever possible, to influence the world around us –including the powers that be? Post script: For our part, we advocate it, continually; practice it, routinely and offer it, extensively.



New report warns of fish oil contamination

A report on ABC News, sparked by a California lawsuit, cites dangerous levels of an industrial contaminant in fish oil supplements. PCB, a carcinogenic substance, was found in over-the-counter Omega3 capsules of at least ten manufacturers. The tainted product was on the shelves of a number of major retailers including Rite-aid, CVS and GNC. The product scrutiny, which tested a capsule from bottles of numerous manufacturers, showed levels of PCB in excess of 90 nanograms/day, significantly above California restrictions. In contrast, the World Health Organization deems these levels acceptable, illustrating the absence of standardization for consumer protection. The FDA does not oversee Omega3 or any nutraceuticals, which has prompted ElixirSpa to continually caution about the potential risk of non-regulated product and offer only

oral supplements (Promedis) that are government controlled. *Caveat emptor.*



GABY Cocktail targets health & aesthetic issues

This edition's feature has been devoted to *Intravenous Nutrient Therapy* (IVNT) and the GABY cocktail. Familiar to some of our clients, it is a new tool, administered by Dr. Erner, in our growing arsenal to help clients feel and look their best.



A sure sign of spring: Seasonal makeovers begin

As we celebrate our 10th anniversary, our lady clients are no strangers to this semi-annual event, which remains one of our most popular. It starts March 15th, so call today (227-1826) to schedule your appointment



Medical Tidbits

- Obese teens are

not only facing early mortality (in their 50's) but an increase in their risk of spinal abnormalities. Overweight conditions in youngsters should be interdicted as early as they are recognized.

- The currently available form of Accutane has been definitively linked to a significant increase in the risk of inflammatory bowel disease sometime in the user's future.
- Fructose is being considered a major culprit in the current increase in cardiovascular disease. Fructose intake soars with even modest consumption of soft drinks.



Stupak Wows at Seminar

Our thanks to the attendees of Dr. Stupak's lecture (3/4/10) on "Non-surgical face lifts" The group was very engaged in his uniquely enlightening review of the landscape of both credible and "incredible" practices. If you missed it and would like to be notified when we reprise the event, make sure to call us at 227-1826 to have you listed.



Infusing Good Health Intravenous Nutrient Therapy (IVNT) and the GABY Cocktail

by Stuart Erner, M.D.

Intravenous Nutrient therapy (IVNT) is a method of infusing vitamins, minerals and anti-oxidants directly into the blood stream. The use of this therapy applies to a broad range of goals, from correcting intracellular nutrient deficiencies, to targeting numerous common health complaints, to optimizing quality of life and personal performance.

The rationale for the therapeutic use of intravenous nutrients centers on the clinical benefits of bypassing the digestive system, thereby delivering higher concentrations of important agents directly to cellular receptors. .

IVNT was pioneered in the mid 20th century by Baltimore physician John Myers. Dr. Myers developed this therapy for use on a variety of acute maladies. In his time, he treated over a thousand different patients successfully with the nutrient infusion and would schedule “cocktail hours” for patients receiving regular treatments. The “Myers cocktail” was introduced by the Dr. solely as a tool to serve his patients. The treatment was never promoted and Myers did not seek to undertake “uphill battles” with the medical establishment to “get the word out”. In fact, his technique would likely have faded to extinction after he passed away in 1984, were the work not picked and built upon by another Baltimore practitioner, Dr. Alan Gaby. The Gaby cocktail, as it is more contemporarily known, is now used by hundreds of alternative medicine and anti-aging physicians across the country to benefit an extensive list of conditions that include:

- stress
- weakened immune system
- sub-optimal detoxification
- various infections
- inflammatory bowel disease
- food sensitivities
- fatigue
- depression
- fibromyalgia
- pre-mature aging of the skin

Case studies also have shown the GABY cocktail effective in quickening the recovery time from flu, acute Hepatitis A&B and infectious mononucleosis. Likewise, it is used to accelerate the recovery phase in elite athletes in training and during competition.

The GABY cocktail is a specific formulation consisting of:

Calcium Gluconate
Magnesium Chloride

Vitamin B5
Vitamin B12
Vitamin B Complex
Vitamin C
Trace elements
Glutathione can be added for liver detoxification and support

Iterations of the GABY cocktail are put to use routinely by drug addiction treatment centers such as N.O.R.A Clinic (a nationwide non-profit organization funded by public and private donations) to improve overall health and decrease withdrawal symptoms in recovering addicts.

The broad spectrum benefits of this therapy are linked to several fundamental premises:

- maximizing body functions is dependent on optimal nutrient intake;
- most individuals are deficient in key nutrients necessary to meet daily contemporary lifestyle demands;
- efficient delivery of therapeutic (elevated for remedial applications) levels of nutrients can boost the body's natural response and resistance to disease and stress

The superior utilization of nutrients through intravenous administration can be illustrated with the following perspective. As the oral dose of vitamin C is increased progressively, the serum (blood) concentration of ascorbate tends to approach an upper limit as a result of both saturation of gastrointestinal absorption and a sharp increase in renal clearance of the vitamin. Similarly, oral supplementation with other nutrients such as magnesium produces little or no change in serum concentrations. Conversely, direct infusions of the same agents can be shown to double or triple the serum levels.

At the same time, all of the agents used in the GABY cocktail are water soluble. Hence, any true excess, not actually utilized by the body is merely excreted.

Skin health and appearance can be enhanced with the GABY cocktail by achieving levels of vitamin C in tissue not obtainable with oral, or even intramuscular administration. This higher efficacy directly impacts the stimulation of collagen synthesis. With the further addition of DMAE (dimethylaminoethanol) from surface infusion, via the Mesofacial, a total inside/out strategy can be developed. Tightening and firming of the face and neck will become apparent after several treatments. Hence, the patient's skincare/age-management routine, including microdermabrasion, chemical peels, fillers and Botox can be upgraded to achieve optimal aesthetic and clinical results.

Methodology

A typical GABY cocktail "session" utilizes an intravenous "push" (as distinguished from "drip") of a modest amount (35-50ml) of IV solution as earlier described. The infusion, performed by a physician in a comfortable setting, lasts about 15-20 minutes. Most patients experience no side-effects except for an occasional sensation of warmth.

Medical evaluation by a physician, including appropriate lab studies, is pre-requisite, to establish that the individual is an appropriate candidate for IVNT and how it can best be applied for their particular situation and concerns.

Generally a series of treatments is needed to achieve noticeable/clinical improvements. However, depending on the specific condition and repletion required, certain benefits, such as improved energy levels, feeling of well being, improved sleeping are often reported early in treatment. IVNT can be received at intervals of 2-4 weeks, for 4-6 sessions. There is no “limit”, from a standpoint of safety, to the ultimate number of treatments that can be administered.

For more information on the GABY cocktail as an effective wellness tool, call us to schedule an appointment with Dr. Erner. Insurance may cover parts of this treatment protocol.