



# Sharpen Our Skills

IV Vitamin Therapy  
August 7, 2025  
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MICAHEALING Aesthetics + Wellness



Raise your hand if you've ever felt run down, foggy, or stressed. Now imagine plugging in, hydrating, and recharging your cells — from the inside out. That's IV therapy in a nutshell!

## Fun Facts & Benefits of IV Vitamin Therapy and Injectable Vitamins

### 1. Faster Absorption = Faster Effects

**Fun Fact:** IV vitamins bypass the digestive system and go straight into your bloodstream — meaning **100% absorption** compared to **15–30% from oral supplements**.

This is especially helpful for people with gut issues, malabsorption, or high nutrient demands.

### 2. Hydration & Nutrients in One Go

IV drips don't just deliver vitamins — they also hydrate you.

This can help with fatigue, headaches, and skin glow. It's a **2-in-1 solution** for wellness and rehydration.

### 3. Popular Among Celebrities & Athletes

Celebrities like Rihanna, Chrissy Teigen, Kristin Cavallari, Khloe Kardashian, and Justin & Hailey Bieber swear by IV therapy for energy, recovery, and immunity boosts.

Even pro athletes use it to recover faster and reduce inflammation after training.

### 4. Can Improve Mental Clarity & Mood

IV blends with **B-complex vitamins and magnesium** are known to help with brain fog, stress, and mood balance — often called the “brain boost.”

### 5. Immune System Support

IV infusions with **Vitamin C, Zinc, and Glutathione** are often used for cold prevention, flu recovery, and general immune defense — especially in travel season or during burnout.

## 6. Glutathione = The Master Antioxidant

Injectable **glutathione** is known as the “master detoxifier” — supporting liver function, reducing oxidative stress, and even promoting **brighter, clearer skin**.

## 7. Myers’ Cocktail Is the OG IV Drip

First developed in the 1970s by Dr. John Myers, this cocktail contains magnesium, calcium, B-vitamins, and vitamin C — and is still a top-requested IV formula today.

## 8. Vitamin B12 Injections = Natural Energy Boost

People often feel a **noticeable energy lift** within 24–48 hours of a B12 injection — especially those who are low or borderline deficient.

It’s often called the “**productivity vitamin**.”

## 9. Bypasses “Pill Fatigue”

Many clients feel overwhelmed by the number of oral supplements they take daily. IV and injectable vitamins **reduce pill load** and improve compliance.

## 10. Customizable for Individual Needs

IV therapy isn’t one-size-fits-all. You can customize for:

- Energy
- Immunity
- Skin glow
- Hangover/Athletic recovery
- Anti-aging
- Chronic fatigue or fibromyalgia support
- Weight Loss
- Hormonal Changes

*At MICAHEALING, we have over 70 protocols for vitamin therapy. This means we personalize our care to fit your body’s specific needs.*





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