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Is having a regular Myers' Cocktail the Secret to Good Health?

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WHAT IS THE MYERS' COCKTAIL?

Sorry to disappoint you but in this case cocktail does not refer to an alcoholic drink. What it does refer to is intravenous vitamin-and-mineral formula that has been used to treat a wide range of clinical conditions.

So could the Myers' Cocktail help you overcome chronic conditions like asthma and fibromyalgia and help feel better than you have in years?

Let's take a closer look at this interesting treatment first developed by a doctor in Baltimore, MD.

INTRODUCING DR. MYERS …

John Myers, MD, was a Baltimore physician who pioneered the use of intravenous (IV) vitamins and minerals as part of the overall treatment of various medical problems.

More specifically, Myers, through a syringe and IV push, administered a combination of magnesium, calcium, B vitamins, and vitamin C to patients to treat several conditions, including:

- Asthma
- Migraines
- Fatigue (including chronic fatigue syndrome)
- Fibromyalgia
- Acute muscle spasm
- Upper respiratory tract infections
- Chronic sinusitis
- Seasonal allergic rhinitis
- Cardiovascular disease
- And many other disorders

Upon Myers death in 1984, the cocktail was further developed by Dr. Alan R. Gaby, who began treating many of Myers' former patients.

Gaby made some minor modifications to the original formula of the Myers' Cocktail, which included magnesium chloride, calcium gluconate, thiamine, vitamin B6, vitamin B12, calcium pantothenate, vitamin B complex (including Folic Acid), vitamin C and dilute hydrochloric acid.

Gaby's changes included increasing the magnesium dose by using 20 percent magnesium chloride, which is the dosage level that has been reported as safe and effective for the treatment of cardiovascular disease.

Gaby also eliminated hydrochloric acid and increased the dose of Vitamin C to better treat problems related to allergy and infection.

Finally, Gaby eliminated Folic Acid from the formula because he said it tends to form a precipitate when mixed with other nutrients.

TREATMENT RESULTS …

In a paper entitled "*Intravenous Nutrient Therapy: The Myers' Cocktail*," Gaby wrote that upon prescribing the Myers' Cocktail it quickly became apparent that it was "*helpful for a wide range of clinical conditions, often producing dramatic results.*"

In the paper, Gaby went on to say that over an 11-year period he treated 800 to 1,000 patients with the Myers' Cocktail and that all the conditions listed in the previous section responded well to the treatment.

Gaby also said that his patients with congestive heart failure, angina, chronic urticaria, hyperthyroidism, dysmenorrhea, and other conditions showed marked improvement when receiving the Myers' Cocktail.

Gaby even said that relatively healthy patients who received the Myers' Cocktail enjoyed enhanced well being "*for periods of a week to several months.*"

SCIENTIFIC EVIDENCE

Few clinical studies have been conducted on the Myers' Cocktail, however in his paper entitled *"Intravenous Nutrient Therapy: The Myers' Cocktail*," Gaby cited numerous cases where the treatment worked. For example:

Asthma
A child who began treatment at age 5 received a total of 63 IV treatments (over a period of eight years and three months) for acute exacerbations of asthma. Gaby reported that in most instances, "*a single injection resulted in marked improvement or complete relief within two minutes, and the acute symptoms did not recur.*"

Migraine
A 44-year-old woman who suffered from frequent migraines was given Myers' Cocktail approximately 70 times over a six year period. Gaby said "*nearly all of these injections resulted in considerable improvement or complete relief within several minutes, although a few treatments were ineffective.*"

Fibromyalgia
Gaby said he gave the Myers' Cocktail to approximately 30 patients with fibromyalgia … "*half experienced significant improvement, in a few cases after the first injection, but more often after three or four treatments.*"

REPORTED SIDE EFFECTS OF THE "MYERS' COCKTAIL"

No long term side effects have been reported.

Short term side effects can include a sensation of heat that typically begins in the chest and migrates to the vaginal area in women and the rectal area in men. Gaby said in his paper "*Intravenous Nutrient Therapy: The Myers' Cocktail*," that "*for most patients the heat does not cause excessive discomfort; indeed, some patients enjoy it.*"

Gaby also said that some patients reported a sharpening of their visual acuity and color perception after an injection – an effect that could last as long as a day or two.

CONCLUSION

Thousands of doctors now regularly prescribe the Myers' Cocktail for treatment of a variety of conditions and to improve the well-being of healthy patients. Many athletes, musicians and performers use Myers' for increased energy and performance.

And an energy boost is just one of the many benefits that have been associated with this treatment. In fact, as Gaby himself noted in the conclusion to his paper, "*Intravenous Nutrient Therapy: The Myers' Cocktail*," "*in many instances this treatment is more effective and better tolerated than conventional medical therapies.*"

Gaby went on to say that he believed that more widespread use of the treatment could lower healthcare costs while improving the health of many people.

In my own practice, I've seen healthy patients gain energy and feel even better after receiving a Myers' Cocktail and I've seen unhealthy patients get healthier – all without suffering side effects or having to spend excessively.

If you are interested in receiving the Myers' Cocktail to treat a chronic medical condition or to enhance your well-being, please consult with your primary care physician.