

ESSENTIALS OF IV NUTRITION THERAPY

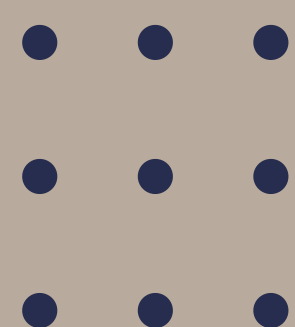
CBAM Aesthetic Mastery Series



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Dr. Reza Akef is a highly experienced and respected cosmetic physician, with over 15 years of experience in teaching and practicing cosmetic medicine. He is currently the Assistant Professor at McMaster University and the Chairman of the Canadian Board of Aesthetic Medicine (CBAM), where he shares his knowledge and expertise with other healthcare professionals to provide the best care for their patients.

Dr. Akef is board certified by the College of Family Physicians of Canada in both Family and Emergency Medicine. Additionally, he is deeply involved in interventional pain practice cooperation for the treatment of Migraines, chronic pain, TMJ, Myofascial pain, and Fibromyalgia. He is a leading cosmetic physician and an internationally recognized specialist in non-surgical cosmetic procedures.

Dr. Akef is dedicated to understanding his clients' concerns and creating personalized treatment plans that meet their needs and goals. He is committed to thoughtfully and strategically creating individualized combinations of leading, safe treatments that exceed client expectations. He is also the founder of Angel Gloss spa in Toronto, an established, leading destination for non-surgical cosmetic procedures for individuals seeking leading physicians with proven experience, the latest technology, and cutting-edge techniques.

Dr. Akef is actively involved in multiple training courses, webinars, and conferences all around the world, including prestigious international conferences such as IMCAS, AMWC, and Dubai Derma. He participates as a speaker at these events and is always looking to stay up to date with the latest developments in the field of cosmetic medicine.

Mohsen Talani is the Director of CBAM. He has over 18 years of experience teaching anatomy in Canada and internationally to students and healthcare practitioners in different fields of medicine such as physicians, dentists, nurses, chiropractors, and physiotherapists.

After graduating from medical school at a young age, he became a medical doctor in his home country, Iran, and practiced in the field of emergency medicine. While pursuing his Master's thesis in neuroscience at McGill University, he discovered his passion for teaching. Since then, he has been working in the field of medical science education, with a focus on anatomy.

He strongly believes that with the rapidly growing aesthetic industry, all practitioners should have a profound knowledge of skin basics, fat compartments, muscles, blood vessels, and nerves, in order to provide safe and effective care to clients and prevent or minimize post-treatment complications linked to lack of anatomy knowledge.

He is currently training healthcare practitioners who seek to have a deep knowledge of anatomy. He incorporates fun, innovative, and easy-to-understand methods of teaching in all of his classes, guest lectures, and presentations. Additionally, he supervises the cadaver lab dissections and hands-on practicals.



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INTRODUCTION



Introduction

Intravenous (IV) vitamin therapy, also referred to as IV nutritional therapy or IV nutrient therapy, is a growing field within modern healthcare. This innovative therapy is recognized for its ability to deliver essential vitamins, minerals, and nutrients directly into the bloodstream, bypassing the gastrointestinal system. As a result, it provides an efficient, rapid, and customizable method to address a wide range of health concerns while supporting overall wellness.

The popularity of IV vitamin therapy has surged in recent years, not only for its health benefits but also for its versatility in aesthetic medicine and beyond. This modality offers solutions for challenges ranging from immune system support and anti-aging to symptom relief for chronic conditions. Whether addressing nutrient deficiencies or enhancing a patient's overall vitality, IV therapy is a powerful tool that complements traditional treatments.

In today's healthcare landscape, where chronic illnesses and lifestyle-related stressors are on the rise, IV vitamin therapy fills a critical gap.

Nutritional deficiencies, often underestimated, remain prevalent despite advancements in modern medicine. These deficiencies can impair physical performance, cognitive function, and overall well-being. Intravenous delivery ensures up to 90-100% absorption of nutrients, significantly surpassing oral supplementation.

The appeal of IV therapy lies in its adaptability. Treatments can be tailored to the unique needs of each patient, offering a wide range of formulas designed for hydration, immune boosting, energy restoration, and more. Moreover, this therapy is equally beneficial for acute conditions, such as dehydration or viral illnesses, and chronic diseases, including autoimmune disorders and fatigue syndromes. In aesthetic medicine, IV therapy has emerged as a popular modality, offering benefits like skin rejuvenation, anti-aging, and overall enhancement of appearance.

Historically, IV therapy has been a cornerstone in healthcare, evolving from its early uses in emergency medicine to a mainstream wellness trend. It has even gained traction as a business opportunity, with clinics and mobile IV therapy services flourishing globally. This growth underscores its versatility not only as a health intervention but also as an entrepreneurial venture.

This book is designed to provide healthcare professionals, particularly those in aesthetic medicine, with the knowledge and confidence to implement IV therapy in their practice.



Fig 1.2. The journey to mastering IV therapy begins with a solid foundation in its principles, techniques, and applications.

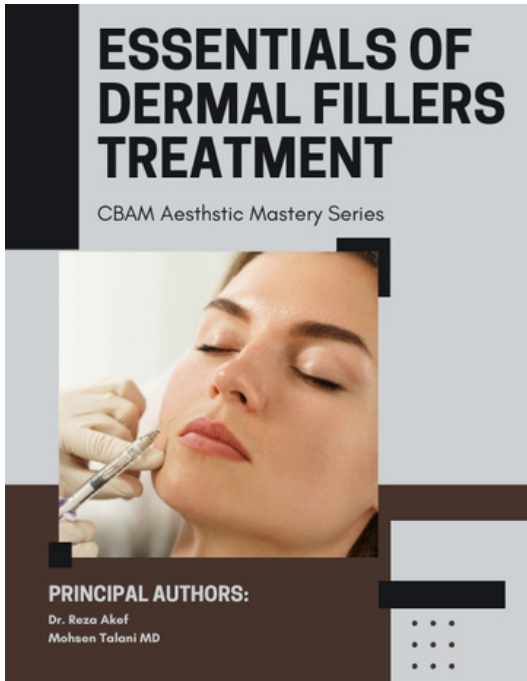
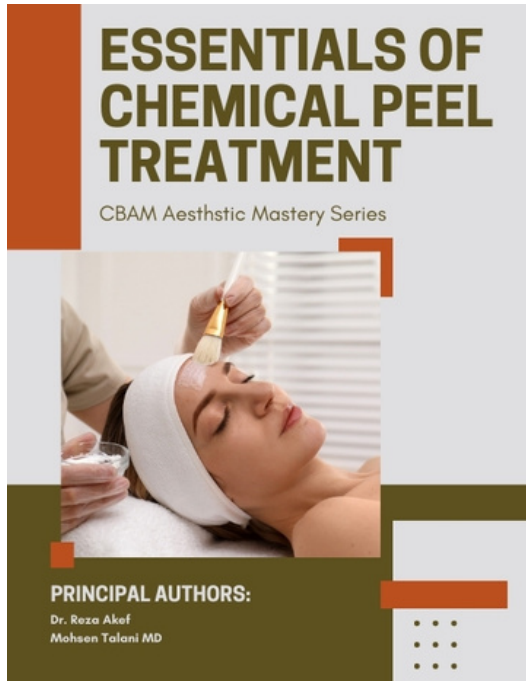
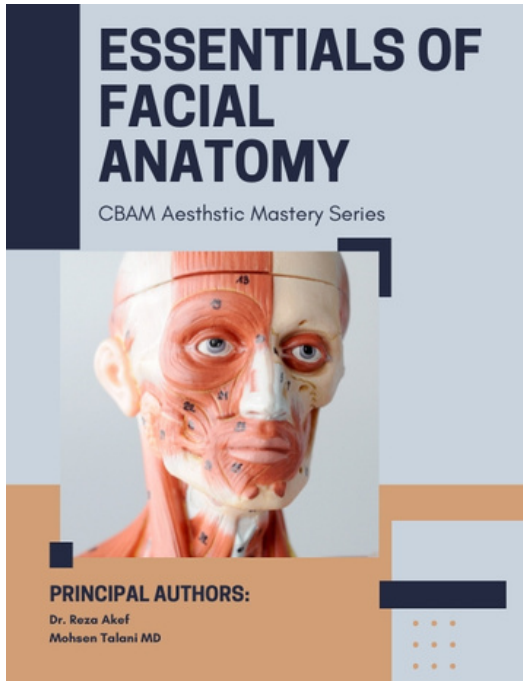
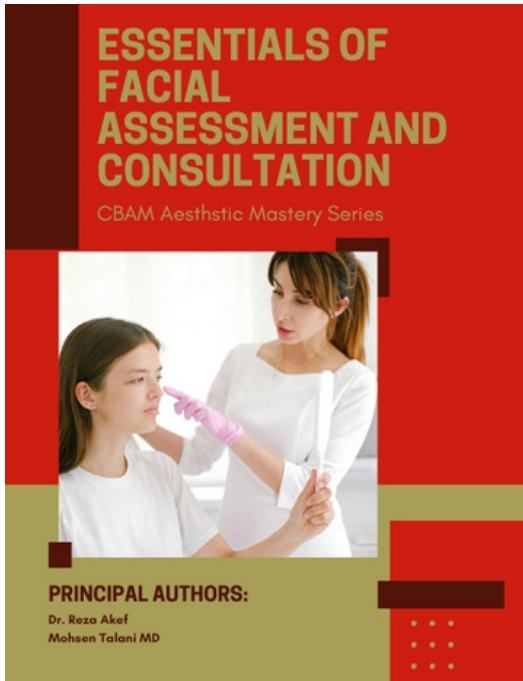
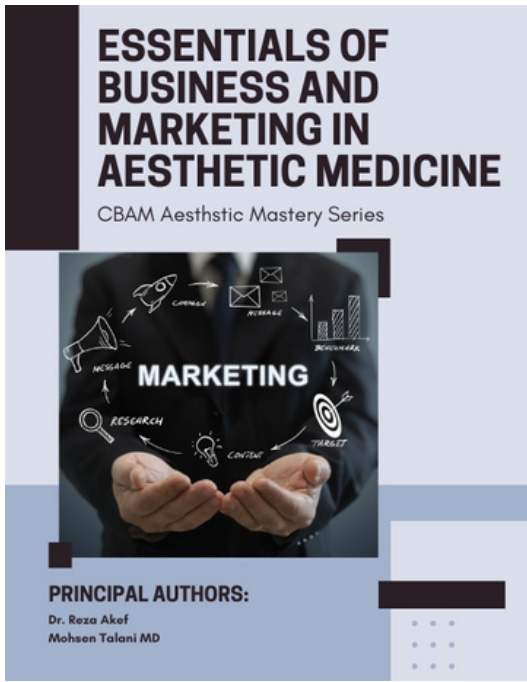
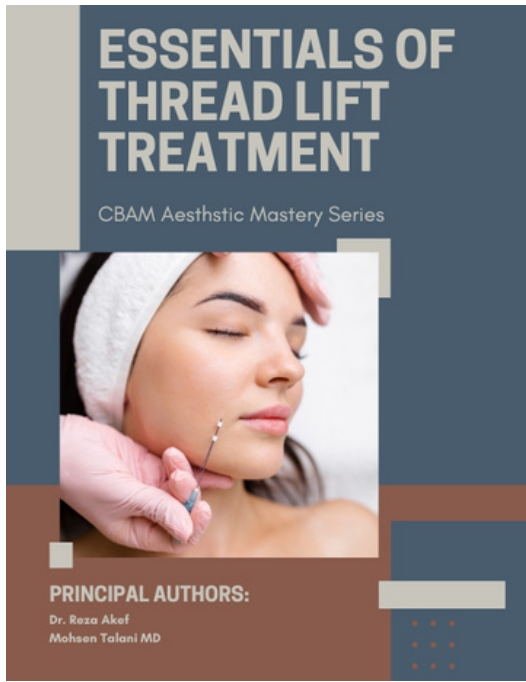
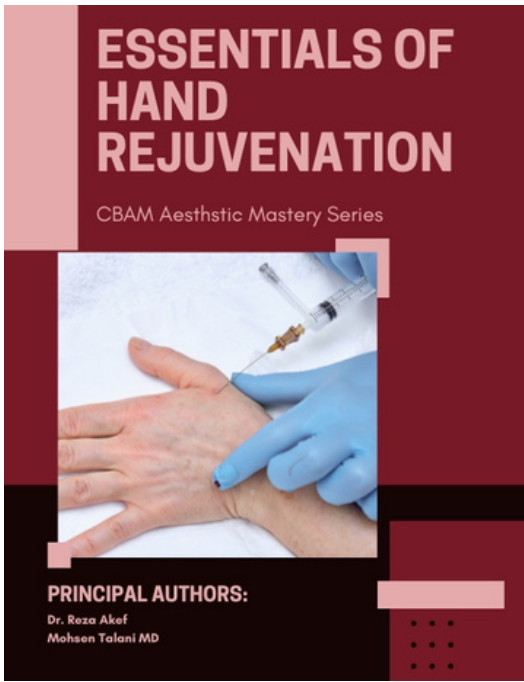
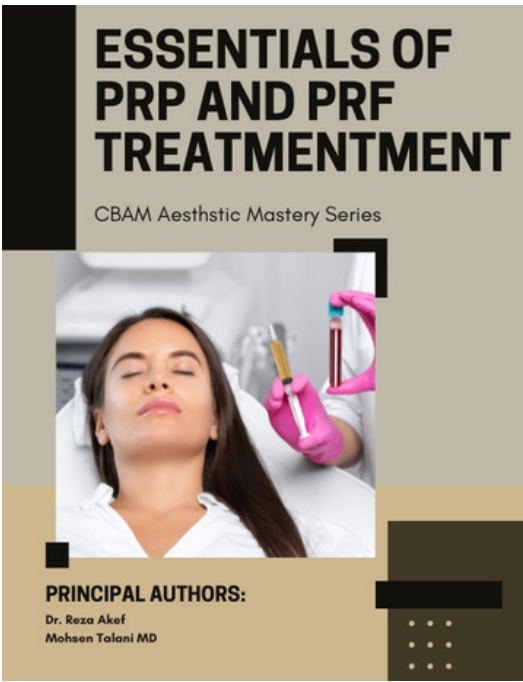
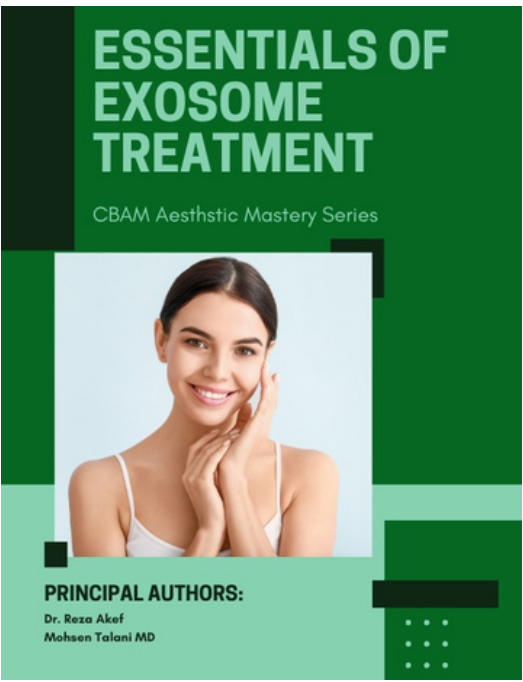


Fig 1.1. IV Therapy has been a cornerstone in healthcare from its uses in emergency medicine to a main stream wellness trend.

From understanding the basics of IV therapy to exploring its clinical applications and business potential, this resource aims to bridge the gap between science and practice. Whether you are considering incorporating IV therapy into your clinic or starting a standalone IV business, this book will guide you through the essential steps and considerations.

The journey to mastering IV therapy begins with a solid foundation in its principles, techniques, and applications. With that foundation in place, you can unlock its potential to improve patient outcomes and transform your practice. Welcome to the world of IV vitamin therapy—an innovative and impactful modality that is shaping the future of health and wellness.

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