



# IV Nutrition Therapy – Myers' Cocktail

By: Gary E. Foresman, MD

*Middle Path Medicine would like to provide you with practical integrative insights for the approach to common daily problems. Hopefully for whatever symptom vexing you, we can trigger an approach within you that can help you become your own best healer. Or maybe we can guide you to a therapy or therapist that you hadn't considered before! Give us feedback on what subjects you would like for us to discuss, or if you have a suggestion you would like to share with the MPM community, contact us here: [info@middlepathmedicine.com](mailto:info@middlepathmedicine.com).*

As each day goes by, we hear about the epidemics of illnesses not adequately treated by Western medicine. Whether drug-resistant infections or chronic illnesses that drugs may mask the symptoms of but can never actually treat, people search for treatments that can support their body in healing itself. One method of supporting our bodies has been around for decades, and recent research confirms its utility in helping your body fight off an array of conditions.

John Myers MD pioneered the use of intravenous micronutrient therapy (IVMT) in the late 1950s to treat a wide variety of conditions. After Myers' death in 1984, Dr. Alan Gaby modified the formula and administered IVMT to nearly 1000 patients over an 11 year period, expanding our knowledge on the clinical application of this vital therapy. Currently over 1000 American physicians utilize their individualized versions of IVMT in the treatment of varied conditions ranging from depression to allergies to migraines to the painful condition known as fibromyalgia.

Putting it succinctly, IVMT delivers levels of nutrients usable by the human body that cannot be obtained by oral administration. The unique blend of vitamin C, Calcium, Magnesium, and a variety of complementary B vitamins synergize to produce immune modulation, smooth muscle relaxation, and enhance mitochondrial energy production. This explains the utility of IVMT in so many conditions. I have found it particularly useful in patients with chronic gastrointestinal illnesses as these patients nearly always have significant micronutrient deficiencies and are often intolerant of supplements.

A recent placebo-controlled trial done at Yale University explored the use of IVMT in the treatment of fibromyalgia. Comparing 8 weekly infusions of IVMT versus 8 weekly infusions of an IV solution known as lactated Ringers, this 12-week study noted profound improvements in pain, depression, and quality of life that persisted for at least 4 weeks after the infusions ended. Interestingly, the "placebo" group had significant benefits as well, but they did not persist for the 4 weeks after termination of the IVs. I have found a high rate of dehydration in fibromyalgia patients and therefore don't find it

surprising that even regular IV hydration (without the added micronutrients) might be of benefit in this condition. This study clarifies my clinical experience with IVMT that when patients are willing to follow an 8 week “initiation” of therapy, they can get lasting benefits. Eventually they will need maintenance therapy at biweekly to monthly intervals.

As clinical trials become more available to guide therapy, it is nice to see at least one small trial support the anecdotal experience of thousands of physicians utilizing IVMT over the last 50 years! My personal anecdotal experience only dates back 5 years, but we have developed modified IVMT for a variety of health conditions. Whether treating severe conditions (cancer, arthritis, chronic fatigue, hepatitis, etc.), optimizing athletic performance, or providing an immune-boost prior to surgery or travel, our experience has allowed us to individualize our IVMT prescriptions to fit our patients’ unique nutritional and biochemical needs.

Your Journey to Health and Healing,  
Gary E Foresman, MD

#### References:

1. Gaby, Alan R. Intravenous Nutrient Therapy: the “Myers’ Cocktail”. *Alternative Medicine Review*. 1. 2002; 7(5):389-403.
2. Ali, A et al. Intravenous micronutrient therapy (Myers’ Cocktail) for fibromyalgia: a placebo-controlled pilot study. *J of Alternative and Complementary Med*. 2009 Mar; 15(3):247-57.

Website: [www.middlepathmedicine.com](http://www.middlepathmedicine.com)

E-mail: [info@middlepathmedicine.com](mailto:info@middlepathmedicine.com)