



## **California Wellness Institute**

**Urologists & Anti-Aging Physicians located in Brentwood, Los Angeles, CA & Palm Desert, CA**

The average American diet is severely lacking in the vitamins and nutrients essential to optimal body function. At California Wellness Institute, in Los Angeles and Rancho Mirage, California, Eugene C. Rajaratnam, MD, provides customized IV nutrient therapy, including colonic hydrotherapy, to reduce symptoms like fatigue and improve your immune system. Call California Wellness Institute today, or make an appointment online to learn more about IV nutrient therapy.

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## ***IV Nutrient Therapy Q & A***

**What is IV nutrient therapy?**

Medical professionals have been delivering nutrients, fluids, and medication via IV for almost 100 years. Today, you can have IV therapy to boost your nutrient absorption and address vitamin deficiencies.

Dr. Rajaratnam offers customized IV nutrient therapy at the California Wellness Institute to optimize your health and wellness. He combines vitamins and other nutrients with fluids to address your specific needs. For example, if you're constantly fatigued or find that you're

always ill, you may have a nutrient deficiency. Dr. Rajaratnam also offers colon cleansing, or colonic hydrotherapy, to flush out fluids and remove waste from your colon.

## **Why is nutrition important?**

Nutrition provides the fuel your body needs to function correctly. It provides you with energy, improves your immune system, supports cellular regeneration, and reduces your risk of chronic diseases. You should be able to consume the nutrients you need from the food you eat, but your diet may not provide everything you need. Additionally, inflammation in your digestive tract or other factors can get in the way of your vitamin and nutrient absorption.

## **What are the benefits of IV nutrient therapy?**

IV nutrient therapy is highly customizable. Dr. Rajaratnam can provide a precise mix of vitamins and nutrients to address your concerns. For example, IV nutrient therapy can help with:

- Fatigue
- Dehydration
- Endurance
- Detoxification
- Skin, hair, and nail condition
- Immune system health
- Digestion
- Tissue repair
- Recovery from injuries, illnesses, and surgery

Even if you have a feeling of general malaise or not quite like yourself, IV nutrient therapy can help you feel your best.

## **What should I expect during IV nutrient therapy?**

IV nutrient therapy is a relaxing and rejuvenating experience. When you arrive at the California Wellness Institute, a member of Dr. Rajaratnam's team settles you into a comfortable chair. Then, Dr. Rajaratnam prepares your IV and inserts your IV needle.

For the next 20-60 minutes, you relax while you receive your infusion. You can read, nap, or even catch up on emails. When your IV infusion is complete, you should feel refreshed, rejuvenated, and energetic.

You may need to have a series of IV nutrient therapy sessions to achieve optimal results. Dr. Rajaratnam may also recommend that you have regular IV nutrient infusions to maintain your health and wellness.

If you want to know more about IV nutrient therapy and how it can improve your health and wellness, call California Wellness Institute or schedule a consultation online today.