

BUT, WHAT IF I'M AFRAID OF NEEDLES??

OUR WELL-TRAINED REGISTERED NURSE IS A PROFESSIONAL! SHE WILL MAKE SURE YOU ARE COMFORTABLE AND EXPLAIN THE ENTIRE PROCEDURE. THE NEEDLE USED TO START YOUR IV IS SMALLER THAN A TYPICAL HOSPITAL IV AND ONCE PLACED, THE NEEDLE IS REMOVED. ONLY THE PLASTIC CATHETER REMAINS FOR THE DURATION OF YOUR IV THERAPY.

MANY. PEOPLE HAVE AVERSIONS TO NEEDLE STICKS AND A NURSE'S TOUCH NURSES ARE HERE TO GIVE YOU THE BEST IV EXPERIENCE.



IV THERAPY PROVIDES THE FASTEST DELIVERY OF NUTRITION TO YOUR BODY.

THIS PROCESS ALLOWS MICRONUTRIENTS, AMINO ACIDS AND MINERALS TO BYPASS YOUR DIGESTIVE SYSTEM AND GO RIGHT INTO YOUR BLOODSTREAM, GIVING YOU MORE EFFECT NUTRIENTS.

- MUST BE 18 YEARS OLD TO RECEIVE IV THERAPY
- A NURSE'S TOUCH REGISTERED NURSES RESERVE THE RIGHT TO DENY TREATMENT TO ANYONE NOT WITHIN THE PARAMETERS OF A NURSE'S TOUCH ADMINISTRATION PROTOCOLS.
- A NURSE'S TOUCH DOES NOT BILL YOUR INSURANCE, ACCEPTABLE FORMS OF PAYMENT INCLUDE: CREDIT/DEBIT AND CASH.



WITHIN PROJECT POWER GYM
1300 RUSTIQUE SQUARE, O'FALLON, MO 63368

MONDAY-THURSDAY: 530PM-730PM
SATURDAY: 8AM-11AM

QUESTIONS? CALL OR TEXT:
(636) 614-5038

HOW DO I KNOW WHAT KINDS OF MICRONUTRIENTS TO GET?

YOUR REGISTERED NURSE IS HIGHLY KNOWLEDGABLE ABOUT THE DIFFERENT INGREDIENTS WE OFFER. SHE WILL BE AVAILABLE TO GIVE YOU RECOMMENDATIONS BASED ON YOUR SITUATION AND GOALS. AN IV MENU IS ALSO AVAILABLE FOR YOU TO CONSIDER ALL OPTIONS AVAILABLE. MANY INGREDIENTS ARE USEFUL FOR SEVERAL APPLICATIONS AND OUR OBJECTIVE AT A NURSE'S TOUCH IS TO CREATE THE BEST COMBINATION FOR YOUR NEEDS.



HOW OFTEN SHOULD I GET IV THERAPY?

EVERYONE IS DIFFERENT. ON AVERAGE, CLIENTS FEEL EFFECTS FROM THEIR IV THERAPY FOR SEVERAL DAYS TO WEEKS. AT A NURSE'S TOUCH WE RECOMMEND FINDING WHAT WORKS BEST FOR YOUR BODY, DEPENDING ON YOUR GOALS. CLIENTS CAN RECEIVE IV THERAPY ONCE A WEEK, BUT MOST CLIENTS ENJOY IV THERAPY WITH RESULTS EVERY 2-4 WEEKS.

I TAKE VITAMINS, DO I NEED AN IV?

WHEN YOU TAKE A VITAMIN OR SUPPLEMENT ORALLY, THIS COMPOUND ENDURES THE DIGESTIVE PROCESS BEFORE THE GOOD STUFF CAN BE ABSORBED INTO YOUR BODY. ONCE THESE GOOD-FOR-YOU VITAMINS SURVIVE YOUR DIGESTIVE SYSTEM, THEY BECOME WHAT WE CALL "BIOAVAILABLE". IT CAN TAKE DAYS BEFORE YOUR FOOD AND SUPPLEMENTS ARE FULLY DIGESTED.

BIOAVAILABLE IS A FANCY WORD THAT DESCRIBES A SUBSTANCE ENTERING THE BLOODSTREAM TO HAVE AN ACTIVE EFFECT. THIS MEANS YOUR BODY SYSTEMS MAY ACTUALLY USE THE GOOD STUFF YOU HAVE TAKEN. WHEN THE ENTIRE DIGESTIVE PROCESS HAS COMPLETED, YOU WILL HAVE ABOUT 15% OF THAT VITAMIN BIOAVAILABLE TO YOUR SYSTEM.

YES!! ALMOST 90% OF WHAT YOU TAKE ORALLY IS LOST IN THE DIGESTIVE PROCESS, UNABLE TO BE PUT TO GOOD USE IN YOUR BODY.

THIS NUMBER CAN BE EVEN LOWER FOR THOSE WHO HAVE GUT ISSUES. INSUFFICIENT NUTRIENTS MAY RESULT IN LOW ENERGY, BRAIN FOG, DECREASED IMMUNE FUNCTION, AND OTHER ISSUES.

IV THERAPY DELIVERS 95-100% BIOAVAILABLE MICRONUTRIENTS DIRECTLY INTO YOUR BLOODSTREAM. THIS ALLOWS FOR YOUR BODY SYSTEMS TO UTILIZE THESE NUTRIENTS IMMEDIATELY AND MORE EFFICIENTLY. DUE TO THIS DIRECT ROUTE OF DELIVERY, YOU MAY NOTICE RESULTS AS SOON AS YOUR IV THERAPY IS COMPLETE.

SO, HOW DOES IT WORK?

IT'S EASY! COME SEE OUR, A NURSE'S TOUCH REGISTERED NURSE, INSIDE OF LOVE YOURSELF CHIROPRACTIC IN WENTZVILLE, MO. SHE WILL REVIEW YOUR MEDICAL HISTORY TO ENSURE YOUR SAFETY, DISCUSS YOUR GOALS AND WHAT INGREDIENTS WILL HELP YOU MEET THOSE GOALS.

WHEN YOU ARE READY, THE NURSE WILL MAKE SURE YOU ARE COMFORTABLE AND INSERT AN IV CATHETER AND CONNECT IT TO IV FLUIDS. FROM THERE, THE INGREDIENTS WILL BE ADMINISTERED ACCORDING TO A NURSE'S TOUCH PROTOCOLS WHICH PROVIDE THE BEST ABSORPTION OF THE NUTRIENTS.

AT A NURSE'S TOUCH, WE ADMINISTER 1 LITER IV BAGS. THESE TAKE 45 TO 90 MINUTES TO RUN. DURING THIS TIME, YOU ARE WELCOME TO RELAX, USE YOUR PHONE, WATCH TV, OR DO WORK AS NEEDED. WE DO OFFER SNACKS AND NON-ALCOHOLIC DRINKS.

WHEN YOUR IV IS COMPLETE, THE NURSE WILL REMOVE THE IV CATHETER AND APPLY PRESSURE. YOU CAN CARRY ON WITH YOUR DAY AS PLANNED.

