

B12- Folate Intramuscular Injections

A shot in the arm may be what you need for good health and increased energy! You may have heard of vitamin B12 and folate, but what do they do and why do you need a shot of them? B12 (cobalamin) and folate (or folic acid) work together to perform many vital functions in the body. Together they help form DNA, red blood cells and components of the nervous system. Another important function of B12 and folate is to break down homocysteine, a protein known to contribute to heart disease.

Because they are so involved in the basic functions of the body, many health conditions can benefit from B12 and folate:

- fatigue
- insomnia
- anxiety/depression
- anemia
- neurological conditions (MS, Parkinson's, Alzheimer's, diabetic neuropathy etc), memory loss
- cancer
- autoimmune disorders
- heart disease
- eye conditions
- asthma
- dermatitis
- psoriasis
- male infertility
- chronic ringing in the ear
- frequent illness

There are 3 different forms of B12 available: cyanocobalamin, hydroxycobalamin and methylcobalamin. Cyanocobalamin is often used in vitamin supplements while hydroxycobalamin and methylcobalamin are used in injections. Medical doctors often use the hydroxyl form because it is cheaper. It is also most likely preserved with alcohol and other chemicals. The methyl form is the most active and useful form of B12 in the body. Only the methyl form is used to get the most effective results.



Important Note:

If you are new patient, an initial consultation is required. Prescriptions from your medical doctor or from another naturopathic doctor can be filled without initial consult.

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Healthy Living Programs



“Renew” Detoxification Program

This medically supervised detoxification program is divided into three stages: removal of toxins and waste products from the body, stabilization of body systems and restoration health. After this comprehensive program, your body and mind will be completely revitalized

Healthy Heart Program

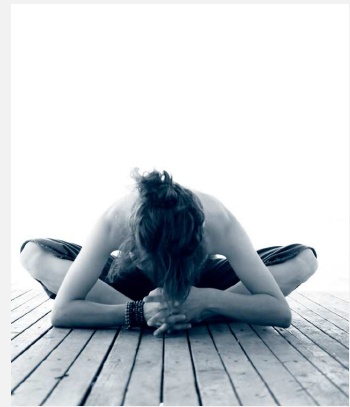
The naturopathic doctor will assess your risk for cardiovascular disease and develop an individualized plan to treat high blood pressure, high cholesterol, obesity and/or any other problems that may affect heart function.

Cancer Recovery Program

This program is designed to not only treat side effects of cancer treatment but restores your body’s overall health. A cancer survivor does not need to tough it out. Symptoms such as nausea/vomiting, poor digestion, weight loss and fatigue can be relieved with naturopathic care.

Vegetarian Healthy Eating Program

If you are choosing a vegetarian diet, the most important thing you can do is to educate yourself. A nutrient balanced needs to be properly planned. Simply dropping certain foods from your diet is not the best way to go if you plan to maintain good health, a high energy level, and strong muscles and bones. A naturopathic doctor can provide you with a healthy menu plan and advice on any supplements that are necessary to prevent nutrient deficiencies.



“Balanced Living” Weight Management Program

Successful weight control is more than just weight loss!!! This weight management program is designed to determine the underlying cause(s) of your weight gain. Whether the reason of your weight gain is due to an underlying medical conditions or related to emotional issues such as anger or depression which may lead you to have unhealthy eating habits, this program is for YOU! Regardless of the cause, the program is designed to educate and develop lifetime habits that allow you to maintain a healthy weight.

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