All About Preservative-free Nutrient IV Therapy | Ep. 9 | Dr. Christopher Davis Transcript

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Podcast Introduction and Guest Welcome

Welcome to Healthy Point of View podcast where we explore the latest trends and topics in health and wellness. Whether you're looking for tips on nutrition, fitness, mental health, or anything in between, we've got you covered.

Join us as we chat with experts, share stories, and learn how to live a healthier and happier life. Welcome to a Healthy Point of View podcast. I'm your host, Sam Tahata.

Today we have triple board certified medical expert, Dr. Christopher Davis, who's our chief medical officer. And today's topic, we're gonna be talking about the importance of preservative-free nutrients in IV vitamin therapy.

Dr Davis how are you? Good, good, I was good to be here. Awesome, man. Awesome. So today, we're going to talk a little bit about the world of IV nutrients therapy.

And, you know, there's just a lot of people trying to get into this industry. And they really don't understand like the science, like, the chemistry science of what they're putting into people's veins.

So, one of the things people tend to ask us with our Liquivita kits is like what makes your product so good?

Why Preservative-Free IV Nutrients Matter

Why is it, why do you guys label yourself as the best product out in the market? And one of the things that we pride ourselves about is that our products are not these multi-dose vials that people are consistently stabbing through that stopper, right, that have preservatives, so bacteria doesn't grow inside of those viles.

Ours are actually single- dose vial, it's one-time use, one vile per patient, and they're preservative-free. So when I talk about preservatively, you know, my mind first thing that goes is like, man, I've grown up where people talk like stay away from preservitives.

So if we could kinda get into those details about what kind of preservatives are in some of these multi-dose vials, and yeah, you know what, sometimes things in smaller dosages don't affect you, but in larger dosage, especially like when you're giving ascorbic acid, 25 milliliters or 15 milliliters of it, whatever it is, it could have an effect on your body.

So as you as the medical expert, kinda wanna dig deep into that. Yeah, yeah. I think that obviously anytime we start talking about preservative, I think the connotation is somewhat negative, and a lot of times rightly so.

When we talk about intravenous nutrient preservatives, the primary preservative we're talking about, for the most part, across the spectrum, it's benzyl alcohol that we use as a preservate.

There are a few companies that may be still using some parabens, but benzo alcohol is the main one. And I think the issue is here, not even that we're getting small doses of these most of the time.

However, when you think about if you're giving small dose of anything that's not good for your body or causing any type of toxic reaction or My other favorite word is oxidative stress, because at the end of the day, what these preservatives do is they cause an increased level of oxidated stress.

The things we have to remember with toxins that they are cumulative, right? And so even if I'm getting a small dose one time, and then I get another small does another time.

It's cumulative with all of other toxins, that we're exposed to as well. Why subject yourself the way I look at it now? Why should we subject our clients to even if it's small amounts of preservatives and when they're getting an IV of whatever it is there might there be vitamin and to subject them to preservative?

uh in that that we know are have a toxic reaction and that is cumulative over time and some more than others depending on their detox pathways how well do they get rid of these toxins then it could potentially be a problem maybe not today right it's not like this we're talking about having an immediate reaction, which some people can have allergic reactions to talk to these preservatives.

Some of these things can be an immediately reaction because it's from an allergic reaction to the actual preservative.

Preservatives, Oxidative Stress, and Mitochondrial Health

However, I think the bigger issue that may not be apparent at the immediate time is what happens over a year or two or three if I'm getting multiple IVs on top of all the other toxins we're exposed to.

Benzoyl alcohol and the parabens and parabenes are in lots of other things, all of the products we use for our skin and face and lotions and all that type of stuff.

So at the end of day, what we want to do is we wanna be limiting our exposure to toxins in general. Yeah, we've chosen to use the single dose vials to limit those exposures with the preservatives altogether.

Right, right. And you know, when we're talking about optimizing one's health, and making sure that you're optimizing your health so you can perform at your peak levels, if you bring in any kind of external toxins into your body, would you say that that's going to go ahead and hinder your ability to actually perform those peak level?

Oh, absolutely. Absolutely. I mean, this is really When we talk about vitality and longevity, and we've been talking about this recently, you know, what we should be focused on is inflammation and oxidative stress affect our mitochondria.

So those, those cells, powerhouses of ourselves, they don't function normally, right? We start to lose mitochondrion, the mitochondrial don t function.

efficiently and so we don't produce as much of energy or ATP okay and more importantly mitochondria are also very much responsible for producing some of these things called reactive oxygen species those are the things that cause more oxidative stress so mitochondrion are good and bad right meaning that they produce energy But as a result of producing energy, they produce all these reactive oxygen species.

And so the more toxins that we're exposed to, the most inefficient the mitochondria perform. So when we talk about us performing as an individual, my top and being in the best shape I can be in, when I start to clog up my mitochondrial pathways, I'm not going to be optimized at all.

That's how those toxins affect us by increasing inflammation and oxidative stress, getting rusty inside. We've talked about that before, right? The oxidative stress is getting rusty inside.

What's contributing to that oxidated stress or that rustiness? All of the toxins in our environment are a major contributor to the rustines. Yeah, don't be that rusty pipe.

That's right. And we got to keep those toxins out. So I'll tell you. When I first got into the IV therapy business, this is almost 10 years ago. I remember sitting in a class with Dr.

Mitchigan, and Dr again put a lot of emphasis on, hey, make sure you try to use preservative free product, especially anything that you're using an aggressive dosage of it like the high dose of vitamin C.

And I had a doctor at the clinic who sometimes didn't listen too well back then. And, you know, it was back, then also it's not as easy to get a lot of these IV nutrients, because it just kind of kicking off.

A Patient Reaction and the Move to Single-Dose Vials

And we had a patient who came in, and he got a little bit of a higher dose of vitamin C, And he was that one patient that ended up having the reaction to the preservatives.

And it wasn't a pretty show. It looked like he had euticaria all over his body. Lasted a few days, a matter of fact. He sent me over some pictures, I sent it over to Dr.

Ginn, he says, you ain't listen, did you? I said, what do you mean? He says he has a reaction the to preservative. And since then, that's actually what was one of the motivating factors for me, where I said, you know what, if we're going to build this industry and we want to protect the industry, we got to make sure that we have a good quality product and not allow this to happen again, because it happened to me once and once is more than enough.

And fortunately, you know, the guy was he was good. You know he eventually, um, everything recited and whatnot. But that that was one of the motivating factors of creating the IV, uh, liquid Vita IV drip packets and kits where everything's a single dose vial and it's preservative free.

Right. Absolutely. I mean, I think, again, and those scenarios and the immediate setting, those are the ones that were like, oh my gosh, But again, the thing that's just as important, I think, is think about just long term, think the number of people you are potentially, not potentially that you're contributing to some detriment with getting these toxins at all.

So I that as a company, we can feel comfortable knowing that we are not contributing the toxic burden that most of us are getting enough of those toxic burdens, toxic issues from other places, so let's not be contributing that.

And you said it very well earlier where it's like you might not feel something immediately, right? And that's even how disease is. It's all of a sudden, you go to the doctor and they'll say, hey, your sick with this.

And a matter of fact, it stage three or stage four of whatever this disease, and that because it has been in your body for a very extensive period of time.

So when we're talking about the toxins, You might even know that they're just sitting in there.

Toxins, Chronic Disease, and Detox Pathways

And I think that the other thing that's really sad. I mean, I should say, let's just think about the number of people who have what we call chronic kidney disease.

Right. That's a that a huge amount of People in the United States and the world. All right. And we have these stage one, stage two, three chronic Kidney disease and a lot of times we say OK, it's from hypertension, high blood pressure or it can be from your diabetes.

People who diabetes could be diabetes related. But I will say to you this, I think a lot of chronic kidney disease is related to toxin and toxa buildup that affects the kidney tubules.

And unfortunately, we don't live in a medical world where we evaluate whether people are toxic from mercury, lead, plastics, glyphosate. Those agents are causing things like liver issues and fatty liver.

those agents are causing things like the chronic kidney disease. And as we start to look for those things, which we've done over the last year, particularly in my practice, I've started to do that.

That's when the light bulb went off for me that most chronic disease relates to the toxic exposures, increase

oxidative stress, and decrease mitochondrial function.

Wow, wow. Would it be safe to say, you're talking about kidneys and liver, your kidneys, and the liver are like the filters for your body, right? So if all you are doing is your kidney and your liver consistently just trying to remove these toxins, these environmental and these external toxins that you keep on putting into your bodies, what ends up happening to those filters?

They get clogged up or they don't work very efficiently. It ain't no different than your AC filter trying to, you know, change it. You're not going to just change your kidney, right?

You can get on the transplant list, but let's try to avoid that. So you don' want to be on dialysis either. That's not a fun show. I mean, I've seen it, my sister had kidney disease at a very young age.

These are the things that people have to kind of keep in mind and think about the analogies that we're giving here. Same thing as your car filter, right?

When you change your oil, you got to change that filter too, because all of those different toxins and everything else. And always think where those toxins come from, the exposure is always important.

I think the other thing to think about, and I want everybody to be aware of, is a lot of these toxins when we're exposed to them, these are stored away in places and they're not always necessarily evident, even if the doctors were to look for them sometimes, i.e.

checking the blood levels, right? A lot toxins are hidden away and our bone and fat cells and organs, alright? And unless we do some type of provocative mechanism, whether it's something to pull out the toxins, where there's things like charcoal or other agents that bind, glutathione, we use another, but glutothione's a great binder and it can actually mobilize a lot of these toxins.

The best way to mobilize toxins and this is a treatment modality, But it is also a good way make sure you don't miss when we're testing for toxins is the sauna.

OK, an infrared sauna. And I would say anybody listening to me, everybody, if you can afford a sauna or sauna blanket, and everybody in the world should have a sun blanket because we can't hide from all the toxins.

I know this this, this podcast is about the basically about our preservatives. Then that's how we got on this toxin subject. But at the end of the day, we cannot avoid all of.

The toxins that are in our world and we. Can be smart about it, right? I'm not going to go out and drink well water that is infiltrated at. At the bottom of a phosphate plant.

here in Florida. I said that because that's his true story. These are the things that I see. But avoiding the toxins and then making sure that our detox pathways are open to be able to get rid of these toxins is actually what's really important.

And so understanding what that detox process means, meaning as I mobilize these turned into a format that goes to the liver, that my liver has all the nutrients, the B vitamins, everything that it needs to do its job and then producing bile to go to gut to get it out and making sure the gut's in shape to out these toxins.

So that understanding what we can do as an individual, what all of us, we should be trying to optimize our detox pathways as much as we could to be as vital and live from a longevity perspective.

Those are the things I see as true vitality and longevity is dependent on how well our bodies are able to deal with all the toxins we're exposed to. I agree with that.

Dr. Davis, this is why it is so important for people to understand what you're putting into your body. When you go in

and get in an IV trip, understand what is going on in that IV trip.

If you're going to any of these clinics that are out there, right, figure out what they're putting into your IV, if you get in a bunch of toxins, you could potentially be doing worse than good.

So this is why we put so much effort, so science behind what we've developed, with our manufacturing pharmacy or pharmacist team or MDs, making sure we have that quality product, preservative free.

People don't understand the benefits of Preservative Free after this podcast, and they're still taking these IVs with all the preservatives they got. There's a bigger problem.

Yeah. Maybe the Preservers went to the brain already. We got to really do the whole detox on the people that are doing that. So. All right, cool. So anything else we want to talk about, about Preservative Free and the benefits or anything like that?

I think we hit almost every single point there where, you know, I feel most people are going to know what the deal is. Awesome. Dr. Davis, always a pleasure.

Where can people find you? Hey, Reveal Vitality was one of my practices in Sarasota. We have a Liquor Vita location there. And then here we can find me on the Liquore Vida site as well.

Awesome. It's awesome. So stay tuned. Keep on checking us out. Like, subscribe, share, do all the good stuff. Follow us. Appreciate you. And thank you for tuning in to a healthy point of view podcast.

See you the next one.