



Myers Infusions and Optimized Nutrition

By Jacqueline Fields, MD and founder of Dr. Fields' Sacred Skin | September 2015

Nutrition is the essence of health. All bodily functions are dependent on vital energy, which means it requires healthy living foods. "We are what we eat" is a true statement. Assuring patients are educated on healthy whole food choices is critical to their overall health.

At the healing Gardens we always have highly trained nutritionist to ensure my patient's diet choices are healthy and supportive of their current health care needs. Ask our office about our nutrition consults with Shonna Kempter or Kathy Westover. Or for further assistance consider a consult with me to optimize your nutritional health or to address your medical needs with an integrative medicine approach.

As an Integrative Medicine physician, I am highly trained in Nutritional Medicine. I find it critical to determine if patients have any nutritional deficiencies by doing labs that analyze the patient's intracellular nutrient status. If deficiencies are discovered, the patient is educated on diet changes, nutraceuticals, medical foods and sometimes even I.V. therapy. We offer vitamin infusions like Meyer's or tailored made infusions according to a patient's individual deficiencies. The patient is closely followed to ensure the deficiencies are resolved.

The body needs all the necessary building blocks, and nutrients are the most critical ingredient. When nutrition is optimized the body is a miraculous energy producing vital healing machine. To learn more about Myer's infusions please click here.

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