

Dr. Allan Spiegel, MD Discusses Vitamins, Infusions and the Truth About Natural Healing



Florida, Palm Harbor, Jul 23, 2021 (IssueWire.com) - Dr. Allan Spiegel knows that whether shaped like dinosaurs or of the gummy variety, vitamins were an essential part of many people's childhood. For many children, taking vitamins was always such an important task enforced by mothers.

But now some are left wondering, why?

Dr. Spiegel argues that vitamins are naturally occurring organic substances found in foods. According to the National Center for Complementary and Integrative Health:

"Vitamins .. are essential substances that our bodies need to develop and function normally. The known vitamins include A, C, D, E, and K, and the B vitamins: thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxal (B6), cobalamin (B12), biotin, and folate/folic acid."

In fact, Dr. Allan Spiegel MD argues that having too little of any vitamin can even increase the risk of or even exacerbate serious health issues.

[Dr. Allan Spiegel's office](#) provides a multitude of vitamin-rich infusions and injections he says can help prevent, as well as battle many health issues.

"Treating my patient's medical condition does not always require pharmaceutical intervention alone," says [Dr. Spiegel](#). "Receiving vitamin injections and supplemental infusions can also provide lasting relief for even the toughest of problems."

As Dr. Spiegel knows, Vitamin B12 was often utilized in the past in the field of sports nutrition - as well as to keep older people from becoming anemic. But in recent years, Dr. Spiegel says that B12 has been found to have even greater uses.

According to [one source](#):

"Methylcobalamin (MeCbl), the activated form of vitamin B12, has been used to treat some nutritional diseases..., Alzheimer's disease and rheumatoid arthritis. As an auxiliary agent, it exerts neuronal protection by promoting regeneration of injured nerves and antagonizing glutamate-induced neurotoxicity. Recently, several lines of evidence demonstrated that MeCbl may have potential analgesic effects ... MeCbl improved nerve conduction, promoted the regeneration of injured nerves, and inhibited ectopic spontaneous discharges of injured primary sensory neurons."

[Dr. Allan Spiegel](#) and his team offer Methylcobalamin in the form of an in-office injection.

In addition to B-12 injections, patients find Glutathione infusions at Dr. Allan Spiegel's office. Gluti-what? Glutathione, an antioxidant found in plants, animals, fungi, and even some bacteria.

"[Glutathione](#) acts as a ... free radical scavenger and a detoxifying agent and is often referred to as "the master antioxidant. Its health-supporting benefits are widely known by healthcare practitioners," says the team at Emerson Ecologics.

"It (Glutathione) plays a crucial role in shielding cellular macromolecules from endogenous and exogenous reactive oxygen and nitrogen species," argues [Joseph Pizzorno, ND](#).

Glutathione, says Dr. Spiegel, also regenerates vitamins C and E, transports mercury out of cells and the brain, regulates cellular proliferation and apoptosis, and plays a vital role in mitochondrial function and maintenance of mitochondrial DNA.

"Several studies indicate that higher levels of glutathione may improve an individual's responsiveness to viral infections," said a recent study published by the [American Chemical Society \(ACS\)](#).

Glutathione's healing powers, says Dr. Spiegel, can be used for a multitude of conditions; reduction of oxidative stress, improvement of psoriasis, reduction of cell damage in alcoholic and nonalcoholic fatty liver disease, improvement of insulin resistance in older individuals, increased mobility for peripheral artery disease, reduction of symptoms of Parkinson's disease, helpful in the fight against autoimmune disease, reduction of oxidative damage in children with autism, and can even reduce respiratory disease symptoms.

According to [many medical professionals](#), "It is hard to overstate the importance of glutathione."

[Dr. Allan Spiegel](#) understands the treatment potential of this groundbreaking antioxidant, one reason why his team offers glutathione infusion options from his Palam Harbor office.

Last but not least is the Myers cocktail. Dr. Spiegel says that this is not just a refreshingly fruity beverage, but also a formula of vitamins and minerals. Dr. Spiegel adds that Myers cocktails are utilized for a multitude of conditions, and consist of magnesium, calcium, B vitamins, and vitamin C.

In fact, Dr. Spiegel argues that the Myers cocktail has been found to be useful in the treatment of migraines, fatigue, acute muscle spasm, fibromyalgia, acute asthma attacks, upper respiratory tract infection, chronic sinusitis, cardiovascular disease, seasonal allergic rhinitis, and many other disorders.

The "cocktail" invented by Dr. John Myers, is "given by a slow IV push or slow infusion to achieve concentrations of nutrients that are not obtainable with oral administration."

Myers cocktail, says Dr. Spiegel, has been found as a safe effective treatment for a multitude of conditions. Dr. Allan Spiegel and his team also say that this vitamin and mineral mixture is sometimes more effective and better tolerated than conventional medical therapies. They also say that those who have not considered this option may be pleasantly surprised by its effects.

Dr. Allan Spiegel believes that though these vitamins, infusions, and cocktails are safe and effective, it is always important to consult with his team or a personal physician to determine the appropriate treatment protocol for each unique situation.

"Supplements and infusions have become a new natural way of therapy for my patients," says Dr. Allan M. Spiegel. "I have found great success with a variety of medical conditions when using these injections and infusions."

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