



## #600 IV Therapy for Detoxification & Anti-aging: Your Path to Rejuvenated Health with Sam Tejada

### Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about all things related to detoxification, how heavy metals and chemicals cause so many of our chronic health conditions today, and how to detox them. But we also touch on bioenergetics, anti-aging, and advanced topics in biohacking. Today is no different. We're gonna be talking with Sam Tejada. He's the founder of Liquivida IV Therapy Clinics. We're gonna be talking about IV therapy for detoxification, anti-aging, and rejuvenation. The key takeaways from today's show are how IV therapy provides a hundred percent nutrient absorption, bypassing digestive issues, which so many people have, and allowing for therapeutic dosages not achieved orally. We also talk about how IV therapy addresses nutrient deficiencies at the cellular level. For instance, vitamin B1 and electrolyte dehydration for hangovers are very popular.

We'll talk about the nutrient and detox IVs available at Liquivida, like vitamin C, glutathione, Myers detox cocktails for detoxification, chelation therapies like EDTA and DNPS for heavy metal detox. We'll talk about NAD for cellular energy and mental clarity. That's a four-hour infusion. It is great for improving energy, and great for people with chronic fatigue. We'll also talk about phosphocholine for cellular membrane repair. So, there are lots of really good topics on the show today.

Liquivida offers comprehensive wellness services beyond IV therapy, including hormone optimization, regenerative medicine, such as exosomes, stem cell therapies, peptides, and medically supervised weight loss. It also offers personalized

medicine, including comprehensive blood work beyond standard panels, body composition analysis to track lean mass and fat types, resting metabolic rate, and genetic testing to identify toxins and their impact on gene expression. So, comprehensive analysis and treatments are available at Liquivida.

Our guest today, Sam Tejada, is the author of *How to Win in Modern Wellness*. He's a former paramedic firefighter who is revolutionizing the healthcare industry with his personalized approach to modern wellness. Being the founder of Liquivida with franchise locations throughout the US, Tejada couples his medical background with a deep desire to help others lead healthier, happier lives. As a true pioneer in modern wellness, Sam is an expert in transformative wellness services that cater to individual needs like IV therapy, weight management, regenerative therapies, hormone replacement therapy, and advanced aesthetics and procedures. Sam is a regular speaker and participant in major industry events, including the AMMG forum. He has also been featured on KTLA Morning Show, News Nation, Cheddar News, Essence, and many more. You can learn more about Sam and find an IV clinic near you at [liquivida.com](http://liquivida.com). Sam, thank you so much for joining the show.

**Sam Tejada**

It's a pleasure to be here

**Dr. Wendy Myers**

Why don't you tell us a little bit about your background? I know you used to be a paramedic. How did you get into the health and wellness field?

**Sam Tejada**

I worked for the fire department as a firefighter paramedic. I did 12 years out on the road, answering the 911 phone calls, medical emergencies, traumatic injuries, vehicle accidents, and the fires that we had, such as warehouse and house fires. As firefighters, we work 24 hours on and we're off for 48 hours. So, typically, firefighters have some side hustle on their days off to supplement their income. What I decided to do was get into the health and wellness space, and I started working with a company called Senos. They were the pioneers in a lot of the alternative medicine

treatments. Their chief medical officer, Dr. Robert Willis, who was a heart surgeon, decided to leave heart surgery to prevent patients from actually ending up on the surgical table. He took an approach to go more into the preventative medicine side and became a functional medicine expert. He was my mentor.

I started out at a young age of 19 in the functional medicine space. I'm 37 today, so almost two decades. On my days off, I was more on this preventative health side. I started noticing that our medical system was truly failing the patients that I was transporting to the hospital. When you work in these neighborhoods as a firefighter paramedic, you get to know the people who live in these neighborhoods. So when you run that first 911 call when they get that acute illness, and then all of a sudden, you're taking them to the hospital again six months later, and then all of a sudden, you're taking them to the hospital every other month, then every month, then every other week, then every other day, you start to question. Well, I'm taking this person to the hospital where the doctors are the experts. Why do they keep on circling down the drain?

And that's just because our medical system is geared more towards this reactive medicine instead of a more proactive, preventative approach. That's why I said, you know what? My time is not being served in the best way, being this hero as a firefighter paramedic. I think really where my time will be served properly is focusing more on this preventative health side, and that's where I just made the switch after 12 years. I said, you know what? I am a hero about 10% of the 911 calls that come in, where you pull someone out of a burning building, but the other 90%, it was just seeing this vicious cycle that we've created. So, I started Liquivida.

### **Dr. Wendy Myers**

That's why I wanted to have you come on and talk about IV therapy. It's super popular. I've seen a lot of IV clinics popping up all over the United States and all over the world. Even in Mexico where I used to live, there are people who come out to your house and do IVs, but there are lots of IV clinics down there as well. Why don't you talk about your clinic specifically, and where can we find it, where we can go and learn more about the IVs and their benefits?

### **Sam Tejada**

Liquivida is a nationally based company. We're headquartered in Fort Lauderdale, Florida. Other people consider it paradise once in a while. It's beautiful down here. We're headquartered in Fort Lauderdale. We have locations nationwide. We are also on the pharmacy side. We created a proprietary product, which is the Vitamin IV infusion kit. What we've done is create Vitamin IV therapy easy for medical practitioners to implement into practice. We have well over 4,000 doctors who offer the Liquivida IV therapies within their practice. You can find all of these facilities, and all 4,000 of these doctors, on our website. You can find either Liquivida locations or any of our affiliates that utilize the products.

#### **Ads 07:34**

If you're taking protein powder, you need to stop and listen to this. The Clean Label Project recently tested 160 of the top-selling protein powders in the US. They tested 83% of the market, which is 70 different brands, and 40% of the products tested exceeded Prop 65 safety thresholds for lead. 21% had more than two times the Prop 65 safety thresholds for other heavy metals and toxins. 65% of chocolate protein powders tested over the Prop 65 safety thresholds, and 77% of plant-based protein powders tested above these thresholds as well. That's definitely not what you want from products that are supposed to support your health, particularly. It's something that you're consuming daily.

What the study found was that Puori PW1 protein powder was awarded the number one cleanest protein powder out of 130 different brands. The choice is clear. That's why I love Puori's PW1 Wave protein powder. Every batch is third-party tested against 200 plus contaminants. They don't sell any product unless it passes these tests, and they make all of their third-party tests available via a QR code. You can scan this QR code and see exactly what is in this product and what this batch tested for. No other brand is doing that because they won't pass the test. Each serving gives you 21 grams of minimally-processed, clean, high-quality whey protein powder from pasture-raised cows' milk. So, no hormones, no GMOs, no pesticides, nothing to worry about. I personally love the bourbon vanilla flavor. You get real vanilla seeds from bourbon, vanilla from Madagascar, which is known as the best vanilla in the world. It's high quality. It tastes amazing. Even my daughter mentioned how she loves the vanilla flavor in it.

I worked with Puori on an amazing deal for you. You can get 20% off, or if you choose the already discounted subscription, you get almost a third off the price. But you're only gonna get this deal if you visit my exclusive link at [puori.com/wendy](http://puori.com/wendy) and use coupon code Wendy to get 20% off this amazing deal of the highest quality whey protein powder that's been tested for 200 plus contaminants. You can bet this for quality. This is my number one recommendation for protein powder because the results are in. Puori is the number one cleanest testing protein powder on the market.

### **Dr. Wendy Myers**

Okay, fantastic. So, tell us what are some of the benefits of IV therapy? This is something I've personally done. I've done vitamin C therapy, I've done glutathione, I've done Myers detox cocktail. I love the minerals you can get from IV hydration. When I would go into a clinic, I'd see people that had partied the night before we were going in there to get rehydrated and re-plumped up again to relieve a hangover. So, there are a lot of different uses and I've done NAD infusions before. So, tell us about the ones that you offer.

### **Sam Tejada**

The goal with what we do with IV vitamin therapy is basically feeding your body the raw material that it needs of what's missing. I'll start off with one of the things that people always ask about, this hangover drip. Well, the reason why you feel so great after being hungover is that you have a nutrient deficiency. You have a B1 deficiency at that point in time. You have an electrolyte imbalance from drinking alcohol and you're dehydrated. So, what ends up happening is we have the capability intravenously to be able to supplement all of those three things that I just mentioned directly at the cellular level, which is directly in your bloodstream. Now, when you start thinking about a lot of other things that could be causing some of these deficiencies and some of these illnesses that people have, your body actually utilizes over 35 different essential nutrients, vitamins, minerals, and amino acids for it to just function.

When you have certain deficiencies, you have to supplement them. And what the problem is today is that a lot of the foods, fruits, and vegetables that we're eating that are supposed to be nutrients rich, they're not dense on those nutrients. They

don't have them just because of the way they're growing. The soil doesn't have the nutrients that it needs. What's happening is the foods that we eat don't have the nutrients that we need. Furthermore, a lot of people have digestive issues. So, when they have these digestive issues, they're not breaking down the foods or absorbing these nutrients that they're supposed to. They have these nutrients' deficiencies. So, what we do when we go intravenously, we bypass the digestive route and allow the person to get a hundred percent absorption at the SAL level.

**Dr. Wendy Myers**

That's fantastic. I think so many people are mineral deficient and it's so important for people that any way they can get minerals in their body. Talk to us about how doing IV therapy can help support the detoxification processes. You can do glutathione infusions. You can do more detox cocktails. Can you talk about that?

**Sam Tejada**

The detox process with the IV therapy is one of our top things that we do for health span and longevity right now. We live in an environment that's just totally full of toxins. The food we eat, the environment that we're in, we're just exposing ourselves to toxins every day. Can we try to remove a lot of these toxins out of our day-to-day lifestyle? We can, right? I drink out of a glass bottle just so I'm not getting microplastics inside of my body, but you can't remove all of the toxins out of your life. So what do you do? What we have to focus on is being able to detoxify the body with different modalities that are available. Part of that is enhancing the detox pathways in the body.

One of the most important things to do is feeding your body the proper antioxidants to be able to detoxify itself and enhance those detox pathways. The number one antioxidant that we offer is glutathione. And Doc, I know you know what the glutathione is, right? It's mother nature's number one and the top antioxidants that there is. Your body naturally produces it from the liver. But as we age, things start to diminish. You don't have the appropriate optimal levels. So, what we do is we do the glutathione intravenously. It helps detoxify the body. What we like to do at Liquivida, our medical providers are data driven. We'd like to get a baseline LA blood work lab analysis to see exactly where their liver enzymes are at, how the rest of their body's

functioning, what type of deficiencies they have, and then from there, be able to trend what the results are, what is happening based on the results intracellularly in their body.

**Dr. Wendy Myers**

Yes, and that's great. So many people are deficient in glutathione simply because we're using up so much of it because of our toxic load and body burden of toxins. And it's just ironic the more toxic you become it breaks down your body's ability to detox the very things that can be contributing to so many health issues today. So, I think it's really important to get that glutathione online. You can do that in a way you can't do with supplements, like you can with an IV. Can you talk a little about doing IVs compared to just taking supplements?

**Sam Tejada**

There are a lot of great supplements out there, but one of the big differences between going intravenously and taking any kind of supplements by mouth orally is that for you to reach the actual therapeutic dosage that's gonna give you the results that you need, unfortunately, you can't reach those therapeutic dosages by mouth, especially when you have a toxic overload in your body. I'll give you an example with Vitamin C ascorbic acid by mouth at once. You could take about two to 3000 milligrams at once. If you take anything above that, most people start to get some kind of irritation in the digestive tract. They'll get nauseated or diarrhea.

Some people throw up because your digestive system can't handle a large amount intravenously. Now mind you, I said 2 to 3000 by mouth intravenously. We can go up to a hundred thousand milligrams intravenously. Now that's not the typical person. We usually do that with chronically ill patients and patients with cancer autoimmune issues. The vitamin C above 50,000 milligrams works differently. It works as an oxidizer versus an antioxidant, but it just allows you to realize what you can do when you go intravenously versus going by mouth.

**Dr. Wendy Myers**

Vitamin C is so important. My ex had COVID and we had somebody come to the house and do an IV vitamin C infusion. He was so much better. I think it's so important for anyone with some infections and chronic health conditions. We need to get that vitamin C online in a way that you can't with just supplementation.

**Sam Tejada**

Absolutely. I agree.

**Dr. Wendy Myers**

Can you talk about some other types of IVs that one can get or would expect at your clinic?

**Sam Tejada**

We have different types of IVs that will help the detox pathway as well. We have our NAD IVs. A lot of our patients come in for NAD IVs. It's been known as the brain reboot that helps you have a better clear mind and mental focus. It also helps enhance your body's immune system, recharging the mitochondrial cells as well too. So, the NAD is a great infusion. That one I don't do too often myself, just because you have to sit for about four hours. It's a longer infusion. I typically do the subcutaneous injection, which is a small injection in the stomach, smaller dose, but I still get the NAD.

Some of the other IV drips we do are chelation therapy where we use calcium disodium EDTA. When we start talking about toxins, there are multiple different toxins that are out there. One of the blood draws that we do, we test for over 900 different toxins that someone can potentially get exposed to. Now, depending on what the toxin is, there are different types of ways to detox those toxins because those toxins can sit in the fat cells, they can sit in your digestive tract, and they can sit in your bones. So, depending on what the toxin is, we have different IV drips for that. The chelation, the calcium disodium EDTA, we use primarily for heavy metals.

If we have a patient that has too much lead toxicity in their body, we would do calcium disodium EDTA, the chelation. We also use DMPS for high levels of mercury for patients that have high levels of mercury. First, we wanna figure out why they have this high level of mercury. We do a test that's by Quicksilver with Dr. Christopher

Shades. He's a PhD who specializes in a lot of these types of heavy metal toxins. So, we run a test where we can figure out if it's organic or inorganic mercury, what sources it is coming from so we have a better understanding of what we're dealing with, and then it's a process. If that mercury is sitting in the digestive route, we like to put our patients through a candida cleanse. We like to aggravate that mercury with some high dose glutathione. We make that mercury a free radical. So, when we do the DMPS, it can get attached to that mercury and release it out of the patient's body.

So that's another one that we do. And then most recently, one of the ones that we're doing a lot of is the plaque X. It's the phosphocholine intravenously. That's what we call lipid membrane exchange therapy. That's one of the things that we've seen based on a test that we've done out of Germany where we test for these 900 toxins where we can actually see the DNA adduct that toxin. We can actually see what gene it's actually bonded to, and what potential gene expression is changing, causing whatever disease that they have that develop being Parkinson's, Alzheimer's, many different things, cancers and everything else. Part of that when we start putting these patients through the detox protocols, phosphocholine is one of them that we do intravenously as well.

### **Ads 20:59**

I wanna take a minute to give a shout out to one of our sponsors, True Energy Skincare. They have an amazing serum that I am cuckoo about. I've been using their facial serum here for well over a year for a reason. This is just by far one of my favorite products. It's very, very light. It's just a serum you'll put on under your moisturizer. And the reason I use it is because it's a frequency-based skincare. They have frequencies imprinted on this serum that improve collagen, improve elastin. Collagen is that support matrix in your skin that makes it look firm and juicy and we lose that as we age. That accelerates rapidly after we hit menopause. You lose 30% of your collagen within two years after menopause. I'm using everything I can get to improve collagen. This has over 2000 frequencies imprinted on it for skin nutrition, to help the appearance of your skin, the fine lines, the age spots, and it will smooth out the texture of your skin as well.

This has been my secret weapon that I've been using to improve my skin, look and feel healthy, like I said, for well over a year. And so, I'm not promoting this because they're a podcast sponsor. I'm promoting this because this is one of my secret weapons. I love this product and I use it every single night under my moisturizer. This has no toxic ingredients in it whatsoever. It has lots of nutritive ingredients as well. It's got fruit, enzyme extracts. It's got oat kernel extract. It's got oat beta glucans. It's got beach bud extract and it's got algae and chlorella in it as well. It has lots of great nutrition in this as well as the frequency enhancing aspects of it. Any old product can moisturize your skin. That doesn't impress me, but the results you get from this are bar none, and that is why I highly recommend it. They have a very good offer for my listeners. Go to [trytruenergy.com/wendy](http://trytruenergy.com/wendy) and get a very special deal for my listeners.

### **Dr. Wendy Myers**

Yeah, that's so key because so many people are having cellular membrane issues just because their membranes are not intact. We're eating so many seed oils and these CTOs like the hydrogenated oils act like plasticizers and just destroy our cell membranes. It's really interesting that you're doing testing that shows the genes that are affected by different toxins. I think so many people are healthy and then one day they fall ill and the doctor can't figure out what's going on, or they develop one symptom or health issue after another. And that's because these toxins go in and actually break our genes. They break our DNA and we start expressing and having different genetic-based health issues that are being caused by the toxins in the first place. I think that's so interesting that you're offering testing that can just delve into it on that level, not just looking for toxins.

### **Sam Tejada**

And doc, you're absolutely right. For any of the listeners who are not medical, who are trying to understand when we're talking about genes and the expression, I'll give an example. We have tumor suppressant genes in our body that should always be on. In case a tumor starts to develop, it suppresses that tumor and doesn't allow it to grow into a cancer. So what ends up happening if a toxin is connected to that gene and turns that expression off. That's where disease starts to develop. So, our goal is to be able to remove that toxin through these different IV drips and the different

modalities. We do infrared saunas and a bunch of different things that we do besides the IV drips. But the IV drips help a lot remove that toxin. So then at least we can try to turn that gene expression back on in hopes to then remove that disease or put that disease in reverse.

### **Dr. Wendy Myers**

You mentioned the NAD IVs before, and NAD is so amazing. I've read different research that it can turn around people that have chronic fatigue syndrome. It can help feed their mitochondria little power houses of our cells to help to create more energy. And that could be like that missing component and people being able to create energy and yeah, it's not the most pleasant IV. I've had it done before too because I just had heard so much about it. I wanted to try it, and I sat there, I think it was like two and a half hours. I sat there and did one and it was interesting. But I could see where that's so helpful for people with chronic fatigue that are not able to produce energy. They don't have the basic building blocks to do so.

### **Sam Tejada**

It all comes down to science, right? When you start really looking at the metabolic pathways in the body and you see all of these beautiful little cycles, like the crib cycle, and it could be just one thing that's off, that's just throwing your entire body off. So, when you find the medical provider, practitioner, or even a health coach that understands a lot of the metabolic pathways and understands metabolic health, for me, that's the change that I wanna see in the course of medicine doctors taking more of that deeper dive and really working with patients when it comes to the metabolic health.

### **Dr. Wendy Myers**

Can you talk about some of the therapies you have that are, say, anti-aging or can help to rejuvenate patients?

### **Sam Tejada**

We have a variety of services depending on what their deficiencies are, what their signs and symptoms are, and the lifestyle. The biggest thing we do for age

management is going to be nutrition. It is making sure what you put in your body is gonna be something that's gonna feed positive results for health span and longevity. Then exercise. Exercise is extremely important. A lot of the time, you don't hear me use the word exercise. I just say movement because some people are scared to exercise. Consistent movement for at least 20 to 30 minutes, start off with that. If you live in a warm place, you like to garden, go garden for 20 to 30 minutes nonstop.

Move your body. It's important for longevity. It's important for health span, and then, we offer a variety of other services depending on the deficiencies you have. We do hormone optimization for both males and females. We also do a medically supervised weight loss where we use nutrition, exercise, and then also certain peptides to assist with the weight loss process. And then we also have our regenerative medicine side. That's gonna be more for people that are having certain injuries or even for anti-aging, where we can help reduce the number of senescent cells in the body utilizing stem cell derived products like exosomes. And then, the one that a lot of people love to talk about that we're actually marketing more of is our sexual health division. So, as you age, most people end up losing their sex drive, both males and females. When you go through that process, it can cause a whole other set of issues. It could cause issues with self-esteem. It can cause issues with depression, and then it just puts you into a spiral where you just don't feel good because you don't have a sex drive and now you're having a conflict with your partner. So, we have different modalities and medications that we use, including peptides as well for sexual health for both males and females.

### **Ads 29:05**

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one

of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to [bit.ly/myersdetox](https://bit.ly/myersdetox) to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

### **Dr. Wendy Myers**

Nothing a little testosterone can't solve. I love peptides. I do a lot of peptide therapy myself. I'm taking neon for sleep. I do take tirzepatide as well for weight management. I think people need them. As we age, our GLP-1 agonists also start to decline, just like our hormones and a little bit of supplementation can really go a long way in health and help many different organ systems in the body, not just for weight loss. Can you talk about some other peptides that you offer? You offer a wide range of services. This is not like any IV clinic that I went to. They weren't offering all these things.

### **Sam Tejada**

Our clinics initially started as IV therapy. Now, ours are full blown wellness centers where we actually do medical aesthetics as well. We have different types of specialized lasers for age management and wrinkle reduction. So, our facilities are beautiful. It's more than just IV therapy. We do everything from pulse, electromagnetic field therapy, and the PMF. But to touch on going back to the peptides because you asked the question there, and to go back to the tirzepatide, which I've taken it myself. Sometimes you get people that get a misconception of the GLP-1, oh, it's not good for you. It's doing this to this person. It's doing that. If you do it correctly with the right clinical supervision, then it's fine.

There are a lot of benefits behind it. There are a lot of benefits with the product. My biggest thing for people to do is new blood work, see exactly where everything's at by doing a comprehensive blood work to be exact, not just a typical blood work that

your doctor does, which is two to three pages. I'm talking about looking at micronutrient deficiencies, looking at inflammation markers, looking at hormones, all of that stuff. With the tirzepatide, one of the biggest things with the GLP-1 drug is that people started to lose muscle weight. Now if you get a body composition analysis from the beginning instead of just standing on a regular scale, that just only tells you total weight.

Let's understand what your body's actually made up of. What is that total weight made up of? I wanna know how much intracellular water you have and the extracellular water you have as well. I wanna know how much adipose fat you have versus visceral fat. Which visceral fat is that? Hard fat that lines the organs, which if you have a high percentage, it's indicative of cardiovascular disease, diabetes, and many other things. I wanna know how much lean muscle you have. So now as you go through that medically supervised weight loss program, we're gonna trend those results. At the point in time that we see that you are losing muscle mass, we have to switch a few things around. We're gonna have to go ahead and switch either your nutritional intake or we might have to enhance some of your exercise strength training to make sure you're not losing that lean mass.

Sometimes we have to adjust the dose of your medication as well too. So, when I talk about testing, body composition analysis is extremely important. Blood work is important. And then we also do a test called the RMR test, which is the resting metabolic rate, where we have the ability through a system called PANO where we do the RMR and also a VO two max. With the RMR, we have the ability to see how many calories you're burning at a rested state. And then depending on what you're trying to do, either put on the mass build endurance, lose weight. At that point, it allows us to figure out what are the macros and micros that you need to intake throughout the day to accomplish that goal.

### **Dr. Wendy Myers**

Okay, fantastic. Again, I think there's a lot of negative press about ozempic and other GLP-1 agonists. I think they're largely unfounded. I love Dr. Tina Moore's work. She's talking about so many benefits from taking GLP-1agonists simply because as we age, the production of those reduces in our body. They have a very protective effect, and

it's not just for weight loss. I think there's a lot of negative press. There's a lot of ignorance out there. The pharmaceutical companies don't want us losing weight because then we're not gonna buy all the cholesterol meds. We won't need them. We won't have diabetes and obesity and inflammatory related conditions if people lose weight, which is many more health risks than taking a GLP-1 agonist. That's my personal opinion.

**Sam Tejada**

I agree. My personal opinion.

**Dr. Wendy Myers**

Let's talk a little bit about where people can find a location and just any other kind of information that you want listeners to have.

**Sam Tejada**

The easiest way to find a Liquivida location is just going to our website, [liquivida.com](http://liquivida.com). We have locations throughout the nation. We're primarily based out of Florida. We have locations in Phoenix, Arizona and multiple cities in Texas, New Jersey, and Connecticut. We're actively selling franchises throughout the United States, so more locations will pop up. If you wanna find me on social media, I'm very active in spreading the word on health and wellness. You can go to my Instagram page, which is Sammy Tejada

**Dr. Wendy Myers**

Okay, fantastic. When someone goes into the clinic and they wanna get some IV therapy, what are some things people should expect?

**Sam Tejada**

When you come in, the first step that we do is a lifestyle assessment and questionnaire. We wanna understand who you are, how you're living, and the potential issues that we're gonna deal with to get your health back on track. From there we do a medical evaluation, a physical to make sure that you are a candidate

for these IV drips. So, we're gonna listen to lung sounds, get your blood pressure, make sure it's within normal range because we are infusing volume into your body. We don't wanna raise the blood pressure to a critical level. Then from there, as long as it's clinically appropriate and safe, one of our providers will go ahead and make the recommendation of what IV trip is best for you. And then we would infuse it over a 30 to 60 minute period of time.

**Dr. Wendy Myers**

Okay, great. What are some misconceptions around IV therapy?

**Sam Tejada**

Well, the biggest misconception is that it's a fad. These are nutrients. One of the things that I learned when I first started doing the IV drips and looking at the nutrients that go into the IV drips, and I'll go with the basic Myers cocktail that has some ascorbic acid, some calcium gluconate, some magnesium, when you start looking at these different nutrients that are in there that some people would call it a fad coming from emergency medicine. I'd go to work and I'd look in my drug box. I'd see, oh, there's magnesium in there. There's potassium in there. There's adenosine monophosphate in there. There's a variety of other nutrients, minerals and stuff. Your body utilizes these to function.

We even utilize these nutrients when you're in an emergency medical illness. When someone's in cardiac arrest, we give them some of these types of nutrients to get their heart going again. So, your body actually utilizes this stuff. They use this in traditional medicine as well too. We're just using it at a different dosage, more on a preventative side to make sure that you have the different raw materials that you need for your body to perform the way it should.

**Dr. Wendy Myers**

Okay, fantastic. Talk to us about your book. You wrote a book called How to Win in Modern Wellness. Can you describe that a little bit?

**Sam Tejada**

I did. So, this is it, How to Win in Modern Wellness. What inspired me to put it together when I first got into the industry, that's almost a little bit over 11 years ago when I started Liquivida, I got into the industry before that. When I started Liquivida, a lot of my competitors and everyone were chanting, Hey, we wanna change the course of medicine. We wanna take that proactive preventative approach to your health and wellness. And what was happening was the competition was against each other. Everyone was butting heads. Everyone wanted the biggest market share and this and that. I told myself, I said, if we really wanna change the course of medicine, it's not gonna be us that are chanting the same thing being against each other. We all know about history, divide and conquer. That's just us being against each other. That's what these big players, big Pharma Mafia and all these other people want us to do.

So, what I did, I decided to not go the cutthroat mentality, and I started building strong relationships with all my competitors. So, as you saw on the cover of the book, there are multiple faces on that cover, and those are all these relationships that I made throughout the years with all the top CEOs and doctors in the industry. What I decided to do, I said, you know what? I wanna write a book and talk about how we're all winning together in the world of modern wellness. So, I gave a chapter of the book to each and one of my competitors, and we're all talking about how we're winning together. Me doing that has allowed us to collaborate at a larger level where we created the association.

One of the leading healthcare attorneys, who also has a chapter in the book, created the American IV Association. So, we can focus on standardization and compliance. I was appointed as the chairman of the Association back in January, 2024, and we've been making some big moves, working with a lot of governing bodies, medical boards, and state boards on putting the standardization in place and giving them the information that allows them to create the regulations and a lot of these new medical modalities that we bring to the table. So, collaboration, in my opinion, is the way that we have to go to be able to see the success that we need to see here in the United States when it comes to health and wellness.

**Dr. Wendy Myers**

And where do you see the industry going in the future?

**Sam Tejada**

Well, right now we're in an interesting time right after the post-election. You have RFK Junior.

**Dr. Wendy Myers**

Yes, I'm so excited about that. So excited.

**Sam Tejada**

He wants to make America healthy again. This is something. I know a lot of the OG doctors in functional medicine that I don't think even thought that they would see this in their lifetime, and for the next four years, if there is a chance to change the course of medicine, we're in it now. I think there's gonna be a huge shift. I think we're gonna get a lot of the toxic chemicals out of our food, out of our environment. I think there's gonna be a lot of new regulations to hold a lot of these bigger players accountable for what they've done. I think medicine is gonna be taking a better look at how it's done, where it's gonna be taken more of a preventative approach versus treating only disease and symptoms and focus more on the metabolic side where we can focus on correcting these metabolic issues that people have through.

A lot of basic things, exercise, nutrition, supplementation, all of this stuff is what people need that unfortunately, they haven't even received the basic education on what it should be. You look at the food pyramid, the thing's been upside down for how many years since they put it together. So, there are a lot of things that have to change and I think in the next four years we're gonna see a lot of that.

**Ads 42:28**

For anyone listening who really wants to detox their body, go to [heavymetalsquiz.com](http://heavymetalsquiz.com). I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at [heavymetalsquiz.com](http://heavymetalsquiz.com).

### **Dr Wendy Myers**

I can't even express it. I have not been this excited in a decade about the potential for the public to be more protected from the food companies, big agri, big pharma, big dairy, and all these companies that collude and get government subsidies to subsidize soy and corn and put all these toxins in our food. I'm really thrilled about that as well. Sam, thank you so much for coming on the show. That was really, really interesting. Honestly, I didn't realize that your clinics did so many different things regarding anti-aging, rejuvenation, detoxification peptides, and all of the above. You're doing so much that it sounds like it's just a one-stop shop for so many of your anti-aging and rejuvenation needs.

### **Sam Tejada**

It is, and it's been a pleasure being here on your show. Thank you.

### **Dr. Wendy Myers**

Tell us what your website is again.

### **Sam Tejada**

The website is [liquividacom](http://liquividacom). You can also find me on Instagram, where I put a lot of health and wellness information. That's @sammy\_tejada.

### **Dr. Wendy Myers**

Okay, fantastic. Well, Sam, thanks so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks so much for tuning in every week to the Myers Detox Podcast, where I bring you experts from around the world to help you upgrade your health because you deserve to feel good. My goal with this show is just to help you get those little missing pieces of the puzzle, or just get a new idea or new thing that you can try, so that you can get to the underlying root causes of your health issue. Thanks for tuning in every week.

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