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with **Dr. Kristine Reese**



## The Optimal Health Hour

Tuesday at 2 PM Pacific

**April 11th 2017: Athletes can recover faster, stay healthy, increase energy and improve their athletic performance with IV infusion protocol.**

Recover faster, stay healthy, increase energy and improve your athletic performance with IV infusion protocol. Athletes can recover faster after training with specific IV infusion protocols. Athletes put extra stress on their immune system and this can lead to illness and poor performance. Specific IV infusions can boost the immune system which can help you recover faster after training and can help improve your athletic performance. Join us this week as we explore how IV nutritional protocol, typically thought of as a method for treating a wide array of illnesses, can improve athletic p

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