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**IV SOLUTION & KETAMINE CENTERS OF CHICAGO**  
**NOW OFFERING RECOVER-IV, AN ADDICTION TREATMENT PROGRAM**  
*Chicago clinic now treating individuals dependent on alcohol, cocaine and opioids with ketamine*

**CHICAGO, IL (MARCH 2024)** –To support those suffering from addiction, Dr. Bal Nandra, Anesthesiologist and Chief Medical Officer at [IV Solution Ketamine Centers of Chicago](http://www.chicagoIVsolution.com), is thrilled to announce his medically based ketamine center is now offering ketamine treatment for those dependent on alcohol, cocaine and opioids in a comfortable, outpatient setting. This innovative and proprietary program for addiction is called RECOVER-IV. Through IV ketamine therapy, this emerging approach supported by cutting-edge research and clinical trials treats dependence and addiction while reducing cravings and withdrawal symptoms for up to a year or more.

Ketamine, a drug known for its dissociative anesthetic properties, has shown promise in treating various addictions by acting on the central nervous system, specifically through antagonism of the N-methyl-D-aspartate (NMDA) receptor. Research has highlighted ketamine’s potential in prolonging abstinence from alcohol and heroin in detoxified individuals and reducing cravings and self-administration of cocaine among users.<sup>1</sup> These findings are underpinned by ketamine’s ability to:

- 1) enhance brain neuroplasticity and neurogenesis, hence forming healthy neural pathways
- 2) disrupt harmful neural networks that reinforce addiction
- 3) alleviate depressive and other mental health symptoms contributing to addiction
- 4) block the reconsolidation of drug-related memories
- 5) potentially enrich the effectiveness of psychological

A systematic review further strengthens the case for ketamine’s utility in addiction treatment. Studies focusing on alcohol, cocaine, and opioid use disorders observed significant improvements in abstinence rates and reductions in cravings and withdrawal symptoms, suggesting ketamine’s role in facilitating recovery across multiple substances of abuse. The review calls for more comprehensive trials to explore ketamine’s full potential within the realm of addiction treatment, highlighting its promising but yet-to-be-fully-realized benefits.<sup>2</sup>

Additionally, a clinical trial examining the use of ketamine alongside psychological therapy for alcohol use disorder found that ketamine treatments were well tolerated and associated with a significant increase in the number of abstinent days at a 6-month follow-up. This suggests not only the efficacy of ketamine in promoting abstinence but also the potential enhanced benefit of integrating it with psychological support.<sup>3</sup>

IV Solution & Ketamine Centers of Chicago embraces these insights, integrating IV ketamine therapy with a supportive, multidisciplinary approach that includes psychological counseling and integration. Their certified psychotherapists for this addiction program, RECOVER-IV, are experienced in both addiction counseling, as well as ketamine integration and preparation.

“This combination aims to address both the biochemical and psychological facets of addiction, offering a holistic path to recovery,” says Dr. Nandra. “We are dedicated to offering a compassionate, cutting-edge treatment option for those in need, guided by the latest research and a deep commitment to our patients’ well-being. In just hours a week and on an outpatient basis, you could be free of your addiction in a matter of a month or so.”

### **ABOUT IV SOLUTION KETAMINE CENTERS OF CHICAGO**

IV Solution Ketamine Centers of Chicago, is the first private facility to offer clinically proven intravenous ketamine therapies for the treatment of depression, chronic pain, fibromyalgia, PTSD, post-menopausal hot flashes and other ailments. They collaborate with patients and their primary care physician, specialist, or mental health professional to optimize treatment and ensure continuity of care.

Located at 712 North Dearborn Street in Downtown Chicago, the state-of-the-art medical facility in River North offers customized therapy in a private, confidential setting with anesthesiologists, registered nurses, and skilled staff onsite.

For more information, the public is invited to call 844-9-IV-MEDS (948-6337), or email [info@ChicagoIVSolution.com](mailto:info@ChicagoIVSolution.com).

### **ABOUT DR. BAL NANDRA**

Dr. Bal Nandra has over seven years of experience leading IV Solution & Ketamine Centers of Chicago. Trained as an anesthesiologist at the prestigious University of Chicago Hospitals Department of Anesthesia and Critical Care, he has nearly 25 years of clinical experience and serves as IV Solution's Medical Director and Founder. With his oversight and leadership, IV Solution has performed over 15,000 ketamine infusions since 2017, which represents far more experience than any ketamine clinic in Chicagoland and the Midwest. His clinic's outcomes for depression, anxiety, PTSD and other mental illnesses are industry leading.

Nandra was awarded the 2022 National Alliance on Mental Illness (NAMI) Chicago “Light The Darkness Award” for innovation and mental health wellness. He also received the 2024 Ellis Island Medal of Honor for his mental health innovation and philanthropic efforts, an award recognized by Congress and considered to be the nation's most prestigious.

Dr. Nandra has also co-authored multiple published clinical studies both from his clinic and in collaboration with the Baylor College of Medicine’s Department of Psychiatry to evaluate the impact of ketamine infusions in the community and real world. Dr Nandra also works closely with Dr. Eugene Lipov to provide comprehensive care for those suffering from PTSD by utilizing the Stellate Ganglion Block (SGB) for his patients.

In 2018, Dr Nandra and his wife, Jill, founded a nonprofit called the [Serenity Foundation](#), to provide financial assistance for those with economic hardship and would benefit from ketamine.

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1. Ketamine for the treatment of addiction: Evidence and potential mechanisms – PubMed(<https://pubmed.ncbi.nlm.nih.gov/29339294/>).
  2. Ketamine for the treatment of addiction: Evidence and potential mechanisms – PubMed(<https://pubmed.ncbi.nlm.nih.gov/29339294/>).
  3. Adjunctive Ketamine With Relapse Prevention-Based Psychological Therapy in the Treatment of Alcohol Use Disorder – PubMed(<https://pubmed.ncbi.nlm.nih.gov/35012326/>)

