



Toronto Functional Medicine Centre Explains Potential Benefits of IV Therapy with added Alanine in Toronto

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains the possible benefits of IV therapy with added alanine in Toronto. Alanine is one of the vital amino acids for the human body. It is the amino that is primarily for building proteins and it has been found to be responsible for: supporting the immune function; providing energy for muscle health and to the central nervous system; breaking down of glucose for use as energy and also for breaking down vitamin B6 and tryptophan, which is another important amino acid; providing support for cholesterol levels; helping with liver detox; stimulation of the body to utilize sugars and thus counteract low blood sugar levels; and protecting cells from oxidative stress and thus contribute to cellular functioning.

Alanine, which is also referred to as L-alanine, is a non-essential amino acid. This means that the body is capable of producing alanine and doesn't have to source it from food. Unfortunately, a deficiency of alanine may occur due to certain circumstances such as when: patients engage in too much physical performance; people consume diets that are low in protein; patients are sick, malnourished, or stressed; or patients have liver disease or diabetes. Some of the signs that a person has low alanine levels may include fatigue, muscle shrinkage, weakness, low endurance, unstable blood sugar levels, and mood swings.

For patients with low alanine levels, the Toronto Functional Medicine Centre may recommend lab testing to measure the levels of amino acids in the body. During initial consultation, they will also assess the patient's personal health history, including the patient's lifestyle and environmental factors, genetics, health goals, and more. They may suggest a personalized treatment plan for each particular patient and these may include: changes to the diet; the use of supplements; and intravenous or IV therapy.

IV therapy with amino acids may not only replenish those nutrients that are lacking but it may also be beneficial for cellular energy, cellular function, and hydration. An important advantage of IV therapy is that it bypasses the digestive tract, in contrast to taking medication or supplements orally. Thus, it may be helpful for patients who have issues with digestion and malabsorption.

Meanwhile, they also would like to point out that when combined with dietary adjustments and nutritional supplements, IV therapy may prove to be helpful in enhancing mental health. It is important to note that heavy metals have the potential of negatively affecting mental health by affecting the health of brain cells and their function. For example, excessive lead levels may reduce the dopamine and serotonin levels and affect cellular functions. High levels of mercury may result into increased oxidative stress in the brain and this may affect neurotransmission.

The problem of heavy metal toxicity is that it will take a long time to recover from it. But the practitioners at Toronto Functional Medicine Centre will implement a personalized treatment plan using restorative integrated medicine.

The Toronto Functional Medicine Centre is committed to applying an integrative functional medicine approach, where they integrate functional medicine strategies with herbal medicine, bio-identical hormone replacement, allopathic medicine, naturopathic medicine, traditional Chinese medicine and more. They employ both functional medicine and restorative therapies for a range of health issues, including: postmenopausal health issues, neuropathic pain, hormone imbalances, acute health issues, and more. The health conditions that they may help with include: cellular damage, chronic fatigue, tissue repair, mineral deficiencies, DNA repair, immune function, thyroid conditions, adrenal function, athletic recovery, infertility, skin rejuvenation, and others. This private practice clinic in Toronto is committed to always using a patient-centered approach for wellness and their functional medicine programs are for both chronic and acute care.

Those who are interested in the potential role of IV therapy for optimum health, including how IV therapy may

support brain health, can visit the Toronto Functional Medicine Centre website or contact them through the phone at (416) 968-6961 or via email at info@tfm.care. They are open from 9:00 am to 6:00 pm from Monday to Friday, and alternate Saturdays from 9:am to 4:pm.

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For more information about Toronto Functional Medicine Centre, contact the company here: Toronto Functional Medicine Centre Christina Ramos (416) 968-6961 info@tfm.care Toronto Functional Medicine Centre 55 Avenue Rd 204 A Toronto, ON M5R 3L2

Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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