



Toronto Functional Medicine Centre Discusses The Influence Of Iron On Longevity

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Toronto Functional Medicine Centre is highlighting how iron deficiencies may lead to reduced longevity while offering supplements that may help reverse that trend.

Living over the age of 85 is considered to be exceptional longevity according to current health statistics and medical standards. Diet plays an important role in determining whether a person's nutrient needs are met for healthy physiology and directly affects their longevity. Specifically, according to studies, healthy iron levels are key to elongating one's lifespan.

A lot of research has been done to study and understand the influence of iron on longevity. In a study published in Geroscience, blood biomarkers of centenarians were measured. The results showed that 1,224 of the original 44,636 participants lived to be over 100 years old. One of the blood biomarkers that was prominently applicable to the exceptionally long-living participants was normal blood iron levels (within range).

In the body, iron is contained in ferritin, the blood protein that doctors use to measure and quantify iron levels. Ferritin plays a crucial role in iron storage and iron metabolism, indicating whether stores are low and whether one is deficient. In patients who suffer from acute and chronic diseases, ferritin could become elevated.

When the body has low ferritin levels ($<30\text{ng/mL}$), it is classified as iron deficiency. The Gutenberg Health Study from the University Medical Center, Mainz, investigated multifactorial influences that may be involved in developing metabolic diseases, immune function-related conditions, the psyche, etc. The study concluded that iron deficiency is individually related to medium-long-term all-cause mortality.

Low iron levels may have negative impacts on the body's transport and utilization of oxygen. Without iron, the body can't make enough hemoglobin and get ample oxygen to the organs, including the lungs, heart, brain, and muscles. Iron is also involved in neurogenesis, DNA and RNA production, energy metabolism, and collagen synthesis and plays a role in vitamin D metabolism.

Some of the symptoms of iron deficiency include cognitive and behavioral changes; symptoms of depression, anxiety, and psychotic disorders; reduced production of neurotransmitters serotonin, epinephrine, and norepinephrine; decreased lung function, labored breathing, chest pain, shortness of breath; left ventricular dysfunction, heart failure, heart palpitations; compromised gut lining as the cells lining the intestinal wall require iron for normal function and repair.

Other notable symptoms include decreased immunity; bone loss, osteopenia, osteoporosis; reduced thyroid function; cold hands and feet; slow wound healing; iron deficiency anemia: pale skin, fatigue; hair loss; muscle weakness/pain, joint pain; weight gain, headaches, dizziness, light-headedness, increased risk of fainting; restless leg syndrome; inflamed tongue, cracks at the corners of the mouth; unusual cravings (e.g. ice, dirt, paper); poor appetite, especially in children; brittle nails.

To counteract iron deficiencies, individuals may turn to animal-based bioavailable sources of iron including organ meats, beef, lamb, chicken, turkey (dark meat contains more), salmon, sardines, clams, oysters, mussels, shrimp, and scallops. For those on a plant-based diet, the available options are tofu, lentils, blackstrap molasses, teff, buckwheat, oatmeal, cooked spinach, kidney beans, chickpeas, lima beans, sesame seeds, tempeh, quinoa, baked beans, and barley. Plant-based iron sources may not be readily absorbed by the body requiring twice the amount to get the recommended daily value.

Finding a person's optimal ferritin level is an individual matter and can be achieved by consulting with a holistic nutritionist and/or functional medicine practitioner such as those at Toronto Functional Medicine Centre. The center offers a tailored comprehensive treatment plan that may offer improvements to a person's

biology.

The center can adapt treatment plans for several health conditions, especially those linked to cellular health, sexual health, autoimmune disease, acid reflux, irregular periods, digestive issues, inflammatory conditions, cognitive decline, and more. At its IV lounge, the center offers adjunctive wellness support intravenous therapy drips whose dosages are uniquely customized according to the principles of functional medicine.

Readers are urged to contact the Toronto Functional Medicine Centre at (416) 968-6961 or through email at info@tfm.care to inquire about its IV infusions in Toronto. For similar information, check out the center's publication on functional medicine for low testosterone. They are open from 9:00 am to 6:00 pm on Mondays and Wednesdays; from 10:00 am to 5:00 pm on Tuesdays and Thursdays; from 9:00 am to 5:00 pm on Fridays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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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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