Toronto Naturopathic Clinic Invites Patients to Learn About Sarcopenia and How to Manage It Naturally

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Dr. Amauri Wellness Centre, a naturopathic clinic in Toronto, Ontario, Canada, is encouraging people to learn about sarcopenia and how to manage it naturally. In relation to this, they have recently published a blog post titled, ?Sarcopenia: All About Age-Related Muscle Loss.? The article points out that today?s aging population is consulting with strength coaches or personal trainers as a way to naturally treat sarcopenia. Sarcopenia is a condition where people lose muscle mass as a result of aging. This condition is worrisome because it results in muscle weakness, which in turn can hinder many of the activities of daily living. It is also possible that sarcopenia is responsible for the falls and fractures experienced by the elderly. As a way to avoid this, people may want to be guided regularly by a strength coach.

Meanwhile, Heather Claus is the strength coach, biosignature practitioner, and fascial strength specialist at the Dr. Amauri Wellness Centre. She has trained and was educated under the renowned strength coach Charles Poliquin. She is a certified PICP L2 strength coach and an L3 fascial-stretch-certified specialist. She has more than 16 years of experience and focuses on training people for strength, structural balance, fat loss, and overall optimal hormone health. With regards to sarcopenia, she explains, ?Although primarily a disease of the elderly, its development may be associated with conditions that are not exclusively seen in older persons, like disuse, malnutrition and cachexia.?

Dr. Amauri Wellness Centre offers ways to exercise the brain and body because the latest research indicates that the one of the best ways to remain young is to simply exercise. Studies have revealed that training may reverse significant age-related decreases in mitochondrial mass, which stops the signs of aging. Exercise has been found to stimulate changes in mitochondrial enzyme content and activity, which may be able to boost cellular energy production and reduce the risk of chronic disease. The Toronto naturopathic practitioner clinic may be able to help people get the proper exercise for both brain and body.

In addition to having a significant impact on skeletal muscle and fat tissue, researchers have also discovered

that exercise may stimulate mitochondrial changes that may be advantageous for the brain, liver, and kidneys. The reason why these changes may have a significant impact on anti-aging and health is because the mitochondrion functions as the ?power plant? for cells and it produces the energy needed for all metabolic functions. Boosting mitochondrial activity may help offset free radicals, which may overwhelm the body?s immune system. When the body?s defences are weakened, this may result into the loss of mitochondrial function, which may jeopardize body function.

Exercise may also have anti-aging effects by boosting the human growth hormone (HGH). This is usually done through Peak Fitness or high-intensity interval training. A Peak Fitness workout has been found to stimulate the fast muscle fibres into boosting their production of HGH. This particular hormone is a synergistic and foundational biochemical compound that is capable of counteracting serious muscle atrophy and muscle loss that often accompany aging. It should be noted that after the age of 30, HGH levels start to decline. Thus, maintaining HGH levels becomes more and more important as people age.

Meanwhile, Dr. Amauri Wellness Centre also provides a wide range of naturopathic services. These include nutritional IV therapy, pain treatments, bio identical hormone therapy for women, naturopathic medicine, natural thyroid support, lab testing services, and addiction and neurological support treatments.

For pain treatment, they provide a number of services. These include natural anti-inflammatories and pain supplements; naturopathic manipulation for chronic and acute pain; acupuncture; cold laser therapy; and shockwave therapy.

They also provide nutritional IV therapy, which is available in different forms. For instance, IV vitamin therapy delivers a safe dose of vitamins, minerals and amino acids directly into the patient?s blood stream. IV vitamin therapy may be an effective way to hydrate the body while eliminating toxins from the kidneys, liver, and lymphatic system. They may also serve as an adjunctive support therapy for different kinds of illnesses.

When looking for a naturopathic clinic in downtown Toronto residents may want to check out the Dr. Amauri Wellness Centre website, or contact them on the phone or through email.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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