

Toronto Functional Medicine Centre is Offering IV Amino Acid Therapy In Toronto

June 01, 2022

TORONTO, ON - June 01, 2022 -
The Toronto Functional Medicine Centre is offering IV amino acid therapy in Toronto. The clinic has posted an article that discusses the ways the therapy could help with brainpower.

The modern world while offering an unprecedented number of conveniences also presents some formidable challenges. Everyone wants to be at their sharpest wit and best behavior at all times to make the most out of what life has to offer in the 21st century. It can be difficult to stay on top of all that needs to be done to live a productive life when there are countless distractions and annoyances that can slow down even the most focused of us. IV drips and IV amino acid therapy may provide the extra help that one needs to keep up their cognitive performance.

To understand the components of the IV amino acid therapy, one must first understand amino acids. They are the building blocks for the protein in the body. They are needed for the smooth functioning of many of the body?s subsystems. An amino acid IV therapy which is known by many other names such as intravenous

therapy, IV therapy, infusion therapy, and vitamin drip therapy may help patients who are struggling with maintaining healthy brain function. The therapy is natural and does not have side effects that come from pharmaceutical solutions.

L-Tyrosine, an amino acid, may help in improving cognition, including memory when taken orally or via IV therapy. It may also help with fatigue and lack of energy which is a common complaint of the huge swath of the workforce that is stuck behind computer screens at home following the 2020 pandemic.

Some research has shown that people who are under chronic stress or anxiety from poor sleep quality and quantity, or mental health problems have unbalanced levels of neurotransmitters such as serotonin and dopamine. Amino acids help balance the neurotransmitters in the body, which may help in improving the person?s energy levels and readiness for taking on the challenges of a busy workday.

Another very important neurotransmitter gamma-aminobutyric acid (GABA) prevents or hinders particular brain signals and reduces the activity in the brain. To counter this, the body deploys GABA receptors which are proteins that GABA fastens to. This relaxes the person and reduces anxiety, relieves stress, and improves sleep. L-Theanine is an amino acid that has been shown to regulate serotonin and GABA levels. L-Theanine may be used in IV therapy to affect mood stability.

As people age, their brain chemistry undergoes significant changes that have to be countered by being active, mentally alert, and maintaining a proper diet. Amino acids, when included in the diet, or taken intravenously, may provide anti-aging benefits, such as improving memory or decelerating cognitive decline. Specific IV drips made of different amino acid mixtures, such as tryptophan, tyrosine, histidine, and arginine, may support the brain in synthesizing neurotransmitters and neuromodulators. IV therapy in Toronto may be a substitute to getting the amino acids for those who are lacking in proper nutrition, especially those suffering from Crohn?s disease and ulcerative colitis or other chronic inflammatory bowel disease.

Amino acids may also help athletes improve their physical performance on the field. The article from the clinic references a study of rowers which found that IV amino acids enhanced their physical performance by improving reaction time.

Toronto Functional Medicine Centre talks about the benefits of IV amino acid therapy in Toronto in their website's blog. Amino Acids are an essential part of a healthy, well functioning body, helping improve a person?s quality of life due to their cognitive and anti-aging benefits. Readers looking for an integrative functional medicine approach to manage their health conditions and achieve optimal health can reach the Toronto Functional Medicine Centre at the phone number 416 (968-6961) or book an appointment online

using its website.

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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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