The Toronto Functional Medicine Centre Opens Doors To Support Gut, Brain, Hormonal Function and Optimal Health

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TORONTO, ON - December 21, 2021 -
The Toronto Functional Medicine Centre is officially open for integrative functional medicine and naturopathic therapies.

The Toronto Functional Medicine Centre (TFMC) has announced that their practice is formally operating for patients to overcome health obstacles. The clinic is currently accepting new patients.

As a multidisciplinary clinic, this unique center in Toronto for functional medicine is passionate about integrated care for patients, with a focus on naturopathy and evidence-based functional medicine practices. Their clinicians have noticed that patients of integrative and functional medicine doctors are eager to understand their treatments and how the human body works, especially cellular health. Offering eastern medicine and western medicine encourages their patients to take control of their health under one roof. TFMC patients can begin to understand how different modalities might assist them with reaching optimal functioning in their daily lives.

Adhering to the functional medicine model, the TFMC clinicians consider each patient as a unique individual. This is because everyone has different environmental factors, genetics, lifestyles, and health statuses. Most treatments are considered as ?personalized medicine? because they cater to individual health goals.

The Toronto Functional Medicine Centre is offering several integrative treatment plans that are designed to help eliminate pain and fatigue, while helping alleviate cognition and gastrointestinal issues.

A fusion of therapies may also be applied to patient care and chronic conditions. For example, this new facility practices a western approach to acupuncture that also incorporates modern concepts of neuroscience.

Some of the TFMC?s latest treatments include:

Acupuncture: by utilizing neuroscience concepts, needles are painlessly inserted into different points on the body. Medical acupuncture points are used to stimulate nerves, muscles and connective tissue. Such stimulation is thought to boost the activity of the body?s natural painkillers and increase blood flow.

Medically-supervised IV therapy: an IV of nutrients is inserted into the blood vessels without unpleasant side effects from oral vitamins, like nausea. IV therapy may help with alleviating brain fog, correcting nutritional deficiencies and improving cellular function; it may also assist with chronic and acute conditions, while supporting DNA repair, tissue repair, brain function, and thyroid conditions.

Functional medicine testing: Some patients still feel unwell despite conventional medicine tests revealing normal results. Patients who relate to this may undergo functional medicine testing, which can provide new insights into a condition that may not have been seen in ultrasounds or X-rays. The TFMC?s lab tests are available for various conditions, including SIBO (Small Intestinal Bacterial Overgrowth) and food sensitivities.

Additionally, the Toronto Functional Medicine Centre is offering target-related transformational health services for patients. These services may combine diet, exercise and nutritional supplements, and are intended to: help eliminate or lessen conditions that impact cellular function and aging; help reduce free radicals, inflammation and toxicities; and adjust blood glucose levels.

Transformational services may also aid with health issues that naturally occur with age, such as hormone imbalances, menopause or andropause (?male menopause?). The TFMC?s hormone optimization programs may contribute to improved sleep, energy levels and a new outlook on life.

Truly, the TFMC clinicians are enthusiastic about the functional medicine approach to health. The staff and practitioners are excited about promoting healthy living to Torontonians. Their top goal is to encourage optimal health and holistic living, ensuring that each patient?s personal experience with wellness is a positive one.

As the latest addition to the City of Toronto, the TFMC is conveniently located in the heart of Toronto, in the prestigious Yorkville neighbourhood, and is accessible by public transit. Since the beginning of the pandemic, the clinic has successfully implemented safe COVID-19-prevention protocols that include both in-person and virtual visits.

The clinic?s integrative medicine practitioners use least-possible intrusive techniques that have the potential to assist with improved patient outcomes. The wellness team consists of practitioners of allopathic medicine, naturopathy, and other health modalities. All practitioners follow the functional medicine model; this

recognizes that the body has the ability to self-heal, which may also assist with eliminating the need for prescription drugs during treatments.

Prospective patients can contact the TFMC for a consultation by calling (416) 968-6961 or emailing the clinic?s office at info@tfm.care. For media inquiries, please contact the Toronto Functional Medicine Centre directly.

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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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