

Toronto Functional Medicine Centre Explains How Toronto IV Therapy Patients Can Improve Vitamin D Levels

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TORONTO, ON - February 18, 2022 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains how Toronto IV therapy patients are able to upgrade their vitamin D levels. Vitamin D deficiency is quite common during winter in countries in the northern hemisphere, such as Canada, because they have less ultraviolet B photons reaching the Earth, which means very little, if any, vitamin D is synthesized by the body during the winter. However, vitamin D is a vital component of bone maintenance, nerve and cellular functioning, and calcium absorption. It may also help in fighting off viruses.

It is important to note that vitamin D is produced by the body when UV radiation from the sun hits bare skin. However, according to Statistics Canada, the capability of the body to make vitamin D from the sun decreases with age. Meanwhile, there are certain types of people who need to observe their vitamin D levels because they have a higher risk of having vitamin D deficiency, such as the elderly; the obese; the pregnant; those who have malabsorption problems, such as those with Crohn?s disease; those who have dark skin; and those who wear robes and scarves.

It is also important to point out that vitamin D may have a positive impact on the immune system of people because it promotes the differentiation of monocytes to macrophages and boosts their killing capability; it supports antigen presentation; and it controls the production of inflammatory cytokines. Meanwhile, deficiency in vitamin D can result in a number of symptoms, such as bone pain, fatigue, rickets in children, muscle pain, hair loss, low immunity, weak bones, fractures from falls in the elderly, and high blood pressure.

For those who suspect they have vitamin D deficiency, functional medicine naturopathic doctors may suggest dietary changes, oral vitamins, intramuscular shots, and vitamin IV therapy. However, it is important to first have blood tests done to properly assess all nutrient levels. For dietary changes, people can consume vitamin D-rich foods, including red meat, egg yolks, mushrooms, salmon, and fortified foods. Functional medicine health care providers may also suggest that people take a high-quality daily supplement and the proper dosages for their specific health goals.

For people who don?t want to take oral pills or have malabsorption problems, an intramuscular injection or IV drip therapy may be used for better absorption of the nutrients. This kind of IV therapy for nutrient deficiencies may be used to correct deficiencies, including vitamin A, vitamin C, folic acid, or vitamin D, while enhancing blood cell production. The clinic recently published an article about IV therapy for zinc deficiency that may interest you.

There are a number of conditions that the IV therapy offered by Toronto Functional Medicine Centre may help address when combined with lifestyle modifications, medication and or nutraceuticals. These include: body stress, skin rejuvenation, mineral deficiencies, chronic fatigue, cellular damage, thyroid conditions, adrenal fatigue/adrenal function, oxidative stress, tissue repair, fertility issues, hormonal imbalances, athletic recovery, brain function concerns, and other problems with health. Their integrative and functional medicine treatments may be used for both virtual visits and in-person consultations.

The Toronto Functional Medicine Centre integrates the functional medicine approach with integrative medicine, such as herbal medicine, traditional Chinese medicine or Eastern medicine, IV therapy, bio-identical hormone replacement, and others. Furthermore, the clinic uses functional medicine and integrative therapies for a wide range of health issues, including: nutritional health, hormone imbalances, neuropathic pain, chronic disease, acute health issues, postmenopausal health, and more.

Toronto Functional Medicine Centre provides different types of nutrient IV drip therapy while employing an integrative approach to functional medicine, allopathic medicine, and naturopathy. Those who require more

information about IV therapy vitamin D can visit their website, or contact them through the telephone (416) 968-6961 or via email at info@tfm.care.

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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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