

Vitamin A Deficiency Highlighted As Concern For IV Therapy Patients In Toronto

February 22, 2022

TORONTO, ON - February 22, 2022 -
Toronto Functional Medicine Centre (TFMC), a Toronto based integrative and naturopathic functional medicine clinic, has published a new blog post entitled ?Vitamin A: Why This Deficiency Matters for Patients of IV Therapy in Toronto.? The clinic is committed to using a combination of treatments, such as Acupuncture, Functional Medicine, IV Therapy, Naturopathic Medicine, Detoxification and Bio-Identical Hormone Treatments, to help patients optimize their health.

Toronto Functional Medicine Centre explains that vitamin A is a cluster of fat-soluble compounds called retinoids. It is an important vitamin as it has many benefits, including but not limited to protecting eyesight, improving skin, supporting bone health, promoting white blood cell production, supporting immune functions and so on.

Recent studies have shown that vitamin A is a growing concern in both America and Canada. 51% of adults surveyed in an Oregon State University study consume less than the estimated average requirement for

vitamin A. Canadian adults are also lacking this essential vitamin. Health Canada has reported that numerous Canadians are lacking vitamin A, vitamin D and calcium from their diet.

A Vitamin A deficiency can manifest in many ways. Some of the symptoms include hair loss (alopecia), dry skin, night blindness, chronic diarrhea and weakened immune function. According to TFMC, patients with cystic fibrosis; pregnant/breastfeeding women; babies and kids; those with inflammatory bowel disease or post-bariatric surgery; and alcoholics are all at risk of vitamin A deficiency.

Those who are undergoing IV therapy might want to consider increasing their vitamin A intake as well. In such situations, Toronto Functional Medicine Centre recommends consulting a doctor. Consuming excessive vitamin A can cause birth defects, nausea, blurry vision, headache, pain and damage to the liver. Additionally, vitamin A supplements can interact with some medications (such as anticoagulants).

Functional medicine naturopathic doctors can also share recommendations about testing. For example, the TFMC offers blood tests to pinpoint what the patient is deficient in. Blood tests will also help them determine which beneficial ingredients to include in their diet in order to support the patients? health needs.

Dietary additions like cod liver oil, eggs, whole milk or 2% fat milk, baked sweet potato, raw carrots, cantaloupe and cooked kale can all help with increasing vitamin A in the body. Additionally, the beta-carotene in carrots is a vitamin-A precursor, which makes carrots and other carotene-rich foods (such as mangoes, tomatoes and leafy vegetables) all excellent ways to increase vitamin A. On top of this, it is possible that doctors might prescribe oral vitamins as well. At the Toronto Functional Medicine Centre, their naturopathic doctor recommends professional brands from a verified distributor so that patients can avoid preservatives or fillers.

Another option is to increase vitamin A via intravenous therapy/vitamin IV drip. For patients suffering with dysphagia or malabsorption, a vitamin cocktail with vitamin A may be suitable to correct deficiencies and promote blood cell formation. An infusion solution is inserted into the blood flow via an intravenous drip. The solution is then rapidly available in the body for nutrient absorption. This treatment does not contact the digestive tract, which will help patients avoid uncomfortable side effects (such as nausea). You can learn more about IV Therapy in Toronto with Vitamin A at the clinic?s website.

Toronto Functional Medicine Centre?s integrative medicine practitioners focus on integrative naturopathic functional medicine. Their menu of infusion therapy/IV vitamin drip treatments includes beneficial ingredients such as vitamin A, high-dose vitamin C (ascorbic acid), additional B vitamins, folic acid, vitamin D IV therapy, Myers Cocktail, a medley of amino acids and other key vitamins. The TFMC also manages these conditions and others: thyroid issues, mineral deficiencies, high blood pressure, adrenal function, chronic fatigue, tissue repair, DNA repair, infertility, skin rejuvenation/skin vitality and cellular damage.

More information about Toronto Functional Medicine Centre and their services is available on their official website. They encourage interested parties to get in touch with their representatives directly via email at info@tfm.care or phone (416) 968-6961. The wellness centre in Toronto can also be reached through the contact form on their website. Toronto Functional Medicine Centre maintains a social media presence on both Facebook and Instagram where they frequently post updates, share media and stay in touch with their patients.

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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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