


# Toronto Functional Medicine Centre Explains the Functional Medicine Approach to Stress

*March 15, 2022*

TORONTO, ON - March 15, 2022 -

Toronto Functional Medicine Centre in Toronto, ON, Canada, has explained the functional medicine approach to stress in a new blog post. The article points out that based on the integrative functional medicine view, adaptogens may help in supporting the body?s response to acute and chronic stress. This is because adaptogenic herbs are capable of helping the body to ?adapt? to stress and boost the body?s resilience. According to research on animals and isolated neuronal cells, it was observed that adaptogens have anti-fatigue, antidepressive, neuroprotective, nootropic, anxiolytic, and central nervous system stimulating activity.

It is important to note that the human body has three responses to stressors: alarm, resistance, and exhaustion. It has been observed that adaptogens encourage the body to prolong its resistance response and help prevent the body from moving towards the exhaustion response. Studies have also shown that adaptogens may offer some relief for people suffering from stress in the workplace by providing an anti-fatigue effect that boosts the person?s mental work capacity despite having a background of stress and fatigue. And adaptogens may indirectly provide support for the management of physical symptoms, such as pain and insomnia. They have also have an indirect effect on cognition, immunity, and blood pressure, while

providing assistance in avoiding chronic diseases.

The article highlights five adaptogens that may help Toronto functional medicine patients. These are: ashwagandha, ginseng, rhodiola, shilajit, and Lion?s mane or Hericium erinaceus. Ashwagandha may help in reducing stress and equalizing cortisol levels. In a study involving stressed patients who were also obese or overweight, it was observed that ashwagandha helped in enhancing eating behaviors, mental well-being, and decreased stress while maintaining endocrinological balance. It was also observed that cognition improved in patients with mild cognitive injuries.

Meanwhile, it was observed that ginseng may help in regulating the hormones and the immune system. It is also known to help in decreasing stress, in easing erectile dysfunction and in preventing or treating diabetes and other conditions related to chronic inflammation.

Rhodiola has been noted to help in improving immunity and relieving fatigue and depression. It may also have anti-aging and anti-inflammatory effects. In a study, it was observed that the stress-protective effects of Rhodiola rosea extracts had to do with their engagement with the hypothalamic-pituitary-adrenal axis and various key mediators of stress responses.

Shilajit was used in Ayurvedic medicine for its anti-aging characteristics. It may also be effective in improving both sperm motility and sperm count. And it may also boost testosterone levels and it may help in preventing cognitive decline and in enhancing cognition.

And finally, studies have observed that Lion?s mane may help in decreasing depression and anxiety. This adaptogen has also been utilized in integrative medicine for helping with improving memory and cognition and in helping with the treatment of Alzheimer?s and Parkinson's. It has also been noted that Lion?s mane may function as an antioxidant with anti-inflammatory and anti-microbial characteristics.

Adaptogens have been used for their therapeutic properties for centuries and the Toronto Functional Medicine Centre is ready to help patients in determining which adaptogens may be suitable for their daily life. Their functional medicine programs are directed towards a broad range of issues, such as: infertility, fatigue, chronic conditions, understanding lifestyle influences, hormone imbalances, blood pressure issues, and others.

The Toronto Functional Medicine Centre is focused on the applications of integrative functional medicine. They combine the functional medicine approach with alternative medicine, including herbal medicine, traditional Chinese medicine or Eastern medicine, homeopathic medicine, bio-identical hormone

replacement, IV therapy, and more. In addition, the center applies functional medicine and alternative therapies for a broad variety of health problems, such as: neuropathic pain, chronic disease, hormone imbalances, postmenopausal health, acute health issues, and more. A recent article about the functinal medicine benefits for anxiety sufferers was also published by the clinic.

People who are interested in learning more about adaptogens can check out the Toronto Functional Medicine Centre website, or contact them on the telephone (416) 968-6961 or through email 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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