

IV Therapy Clinic in Toronto Presents Facts About Folate for Toronto Patients

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has presented folate facts for Toronto patients in a new blog post. According to the health care providers of Toronto IV therapy lounge, folate or vitamin B9 is an essential micronutrient and vitamin that is familiar to many patients because folic acid, which is a supplemental form of vitamin B9, is needed by pregnant women in order to decrease the risks of neural tube defects. Folate has also been noted to offer various positive effects for various situations, such as: fetal brain development; reduction of the risks of developing anencephaly and spina bifida during pregnancy; healthy blood cell production; and construction of DNA. Folate is necessary for both men and women and it is a vital need for achieving optimal health.

There are a number of facts about folate that people need to know. First of all, the therapeutic benefit of folate may include the prevention of Alzheimer?s disease. Studies have indicated that folic acid supplementation can delay brain atrophy and cognitive decline in patients suffering from mild cognitive impairment. Folate is different from folic acid in that folate is the biological form of vitamin B9 while folic acid is a synthetic form of folate. It is also important to note that a folate deficiency can happen in just a few weeks. Symptoms of deficiency include a swollen tongue, fatigue, mouth sores, weakness, and even anemia.

Anemia is a worrisome condition because it means there is not enough oxygen in the blood, which makes it difficult to keep the cells healthy.

There are various sources of folate for people who lack this micronutrient and vitamin and they are advised to consult with their health care practitioner first to find out what exactly is deficient for them; if sensitive reactions may be triggered by IV drip therapy ingredients; and to avoid interactions with current medications. Also, there are folate-rich foods, including boiled spinach, brussels sprouts, black-eyed peas, fortified breakfast cereals, and medium-grain white rice. Many oral vitamins also contain folic acid, including multivitamins, vitamin B complex supplements, and prenatal vitamins. And it has been found that supplemental folic acid is approximately 85 percent bioavailable, when taken without food. A functional medicine health care provider will likely suggest a quality brand and a dosage that is appropriate for the patient?s health condition and nutrient absorption.

Another way of increasing a patient?s B9 levels is through an intramuscular injection or IV therapy or intravenous drip therapy. With the intramuscular injection, the therapeutic doses of folate are slowly released into the body. But with vitamin IV therapy, the infusion of vitamins is released directly into the blood vessels through the vein, while bypassing the digestive system. Injections and infusion therapy are suitable for those who don?t want to swallow oral vitamins or have nutrient absorption problems. At Toronto Functional Medicine Centre, functional medicine blood tests are required before a patient?s first vitamin IV drip appointment.

The Toronto Functional Medicine Centre uses the applications of integrative naturopathic functional medicine. They integrate the functional medicine approach with alternative medicine, such as traditional Chinese medicine or Eastern medicine, homeopathic medicine, herbal medicine, bio-identical hormone replacement, IV therapy, and more. In addition, the medical centre applies functional medicine and alternative therapies for a wide range of health issues, including: chronic disease, hormone imbalances, neuropathic pain, acute health issues, postmenopausal health, and more. The conditions that they can help with include: tissue repair, cellular damage, chronic fatigue, athletic recovery, mineral deficiencies, DNA repair, infertility, immune function, thyroid conditions, adrenal function, skin rejuvenation, and other concerns.

Those who would like to learn more about folate and the use of IV therapy in Toronto as a solution to folate deficiency can check out the Toronto Functional Medicine Centre website, or contact them through the telephone (416) 968-6961 or via email info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; 10:00 am to 5:00 pm on Tuesdays and Thursdays; and 9:00 am to 4:00 pm on

Saturdays.

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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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