

Toronto Functional Medicine Centre Explains How with Functional Medicine People Can Manage Stress

March 22, 2022

TORONTO, ON - March 22, 2022 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has explained how people through functional medicine manage stress. In one of their recent posts, it was discussed how to fight stress with functional medicine. Specifically, the article recommends the functional medicine approach to stress with the use of supplements and lifestyle factors. This involves the use of adaptogens from a group of herbs and magnesium for stress management. It also requires making some changes to one?s lifestyle.

Adaptogens may help the body ?adapt? to stress, which means lower cortisol levels. In turn, this reduction in cortisol levels may help with pain, insomnia, and the prevention of chronic illnesses. As noted in an article in the journal, ?Pharmaceuticals,? adaptogens may also have an impact on the quality of life of patients when used as adjuvants in the conventional therapy of various pathological conditions and chronic diseases.

Meanwhile, magnesium is a mineral that is also vital for stress management. According to an article in ?Nutrients,? chronic latent deficiency seems to be common in the general population but even more so

among those people who are suffering from various kinds of chronic illnesses or stress. And many studies have indicated a correlation between stress and lifestyle factors. For example, it has been found that a lack of sleep can result in higher cortisol levels.

The Toronto Functional Medicine Centre can help people find out what supplements that can help combat stress are suitable for them. They can offer customized medicine plans and integrated patient care, which are designed to help in the treatment of various health conditions and concerns, such as: chronic issues, irritable bowel syndrome, hormone imbalances (hormone optimization programs), thyroid support, infertility, blood pressure, and others. You may also read their recent article about the functional medicine stress management approach.

It is important to note that the integrative medicine and functional care provided by the Toronto Functional Medicine Centre where they treat the patient as a unique ?whole? person. Their treatment strategies are intended to restore cellular functioning and energy levels, while treating both the symptoms and the root cause of a certain condition.

People who would like to know more about fighting stress with functional medicine in Toronto can visit the Toronto Functional Medicine Centre website, or contact them on the telephone (416) 968-6961 or through email info@tfm.care. They are located at the heart of downtown Toronto - 162 Cumberland St 222 A, Toronto, ON M5R 1A8.

###

For more information about Toronto Functional Medicine Centre, contact the company here:Toronto Functional Medicine CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine Centre55 Avenue Rd 204 AToronto, ON M5R 3L2

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.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

