



## **Why IV Therapy Toronto Patients Should Consider Iodine for Optimal Functioning**

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Toronto Functional Medicine Centre in Toronto, ON, Canada, wants to point out that IV therapy Toronto patients may want to consider iodine for optimal functioning. In fact, IV therapy can be used for managing various kinds of mineral deficiencies. Thus, their advice is for patients to undergo lab tests to find out if they lack iodine and other minerals and vitamins.

It is important to address iodine deficiency because it is one of the most vital trace minerals that the body needs for optimal nourishment. And it is necessary for optimal performance, according to many studies. Thus, patients are advised to undergo functional medicine lab testing at a Toronto Laboratory to help determine if they have iodine deficiency. Deficiency in iodine can be managed with various kinds of vitamin therapy. To start with, patients can include iodine-rich foods in their diet, such as fish, iodized salt, shellfish, eggs, seaweed, and yogurt.

Meanwhile, intravenous (IV) therapy or IV vitamin drip therapy may also be used where an IV drip is inserted

to provide therapeutic amounts of vitamins and minerals into the bloodstream.

They want to point out that at their IV Therapy Lounge in Toronto, they consider every session to be important for a patient in attaining optimal health. Thus, for each patient's initial appointment, a joint consultation is conducted with their IV therapy providers and their functional medicine health care providers. It is important to note that this 30 to 45 minute consultation is required for patients receiving their first IV vitamin therapy infusion at Toronto Functional Medicine Centre. This will make sure that an IV drip is truly appropriate for the patient. For those who have a complex health condition that needs further attention, a detailed 60 - 90 minutes assessment is needed.

To fully understand a patient's health status, a complete diagnostic and profiling service is offered. This may require the patient to undergo functional medicine lab tests, such as blood test, stool testing, metabolic function testing, hormone testing, etc. This will help them understand the root cause of the health problems and determine and correct nutritional deficiencies. This will allow their wellness practitioners to personalize the IV vitamin drip for each patient. The tests that may be needed before a patient can receive IV drip therapy include: complete blood count (CBC) and differential; kidney function panel; liver function panel; and G6PD (glucose 6 phosphate dehydrogenase).

There are various kinds of IV drips that can be provided by the Toronto Functional Medicine Centre. These are the: customized IV drips; max hydration drip; detoxifying IV drip; anti-aging IV drip; pre and post surgical drip; high dose vitamin C drip; immune drip; energizer IV drip; migraine support IV drip; relaxation IV drip; glutathione IV drip; neurorecovery IV drip; neuro rejuvenation IV drip; alpha lipoic acid drip; pre or post exercise amino acid drip; MTHFR and methylation support IV drip; brain + mood amino acid drip; vitamin B12 shot; and vitamin D shot. In fact, a recent article has been published for IV therapy Toronto patients about a brief guide on how to manage Iron deficiency.

The Toronto Functional Medicine Centre is focused on integrative functional medicine. This means that they combine naturopathic medicine, and eastern medicine with IV Therapy, herbal medicine, traditional Chinese medicine or Eastern medicine, bioidentical hormone replacement, and more. In addition, the medical centre uses restorative functional medicine therapies for different kinds of health issues, including: neuropathic pain, chronic disease, hormone imbalances, postmenopausal health, acute health issues, and more. The conditions that they may be able to help with include: cellular damage, chronic fatigue, tissue repair, mineral deficiencies, DNA repair, athletic recovery, immune function, thyroid conditions, infertility, adrenal function, skin rejuvenation, and other problems.

Those who would like to know more about IV therapy Toronto iodine for optimal functioning can check out the

Toronto Functional Medicine Centre website, or contact them through the phone (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; 9:00 am to 5:00 pm on Tuesdays and Thursdays; and 9:00 am to 4:00 pm on Saturdays.

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For more information about Toronto Functional Medicine Centre, contact the company here: Toronto Functional Medicine Centre Christina Ramos (416) 968-6961 info@tfm.care Toronto Functional Medicine Centre 55 Avenue Rd 204 A Toronto, 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/>

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