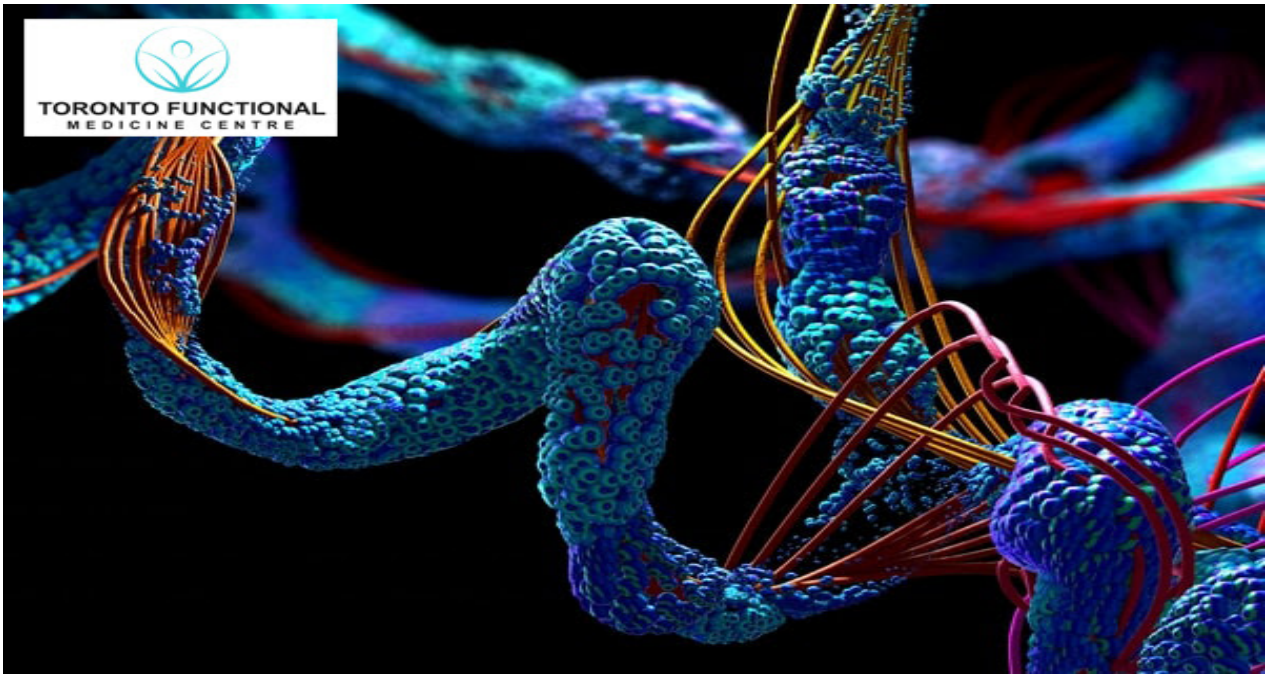


Toronto Functional Medicine Centre Explains How Tryptophan May Help Improve Mood and Sleep

May 16, 2022

TORONTO, ON - May 16, 2022 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog article on how tryptophan may be used to enhance mood and sleep. In this functional medicine Toronto tryptophan article, it is explained why integrative functional medicine practitioners usually recommend tryptophan for improving a patient?s mood and sleep in a personalized medicine plan. This amino acid has essential functions in the body, such as playing a role in metabolic functions and producing vitamin B3 or niacin. In addition, it is also responsible for producing proteins and the neurotransmitter serotonin, which is known as the ?feel good? hormone.

According to an article in the International Journal of Tryptophan Research, tryptophan has a relatively low tissue storage and it has the lowest overall concentration in the body among all amino acids, even though only small quantities are usually needed for a healthy nutrition.

It is important to note that tryptophan is a precursor to serotonin. This means that it plays a role in the

production of serotonin in the body. This is done, first, through its conversion into L-5 hydroxytryptophan (5-HTP), which is converted into serotonin. Tryptophan is also a precursor to melatonin, which is a hormone that regulates sleep-wake cycles. After the production of serotonin, it is synthesized into melatonin under dark settings or at night time. Thus, it is logical to assume that tryptophan stimulates further melatonin production and this promotes sleep. In turn, sufficient sleep in a person may help in reducing overall inflammation, which may help in preventing a number of chronic disease symptoms.

There are a number of possible benefits of tryptophan for Toronto functional medicine patients. It may enhance sleep; promote relief for anxiety; help with symptoms of premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD).

It is unfortunate that the body is unable to produce tryptophan on its own. That is why an integrative medicine practitioner may recommend certain foods that contain tryptophan, such as milk, pumpkin seeds, fish like cod and salmon, and oatmeal.

For those who want to understand how tryptophan and other nutrients can help with wellness, the functional medicine practitioners from the Toronto Functional Medicine Centre may be able to help. It is important to talk with a functional medicine practitioner about using tryptophan, especially for those who are pregnant or breastfeeding. This will ensure that the tryptophan supplements are really appropriate for a particular individual and to find out if there are any possible medication interactions.

Their private practice applies functional medicine, with an integrative approach to patient care. Their treatments may include medically-supervised IV therapy, eastern medicine, allopathic/western medicine, naturopathic medicine, traditional Chinese medicine, cold laser therapy, acupuncture, functional medicine testing, bio-identical hormone replacement therapy, and client education on eating a healthy diet.

Their integrative approach and attentive care for patients may be used for both in-person and virtual appointments. Functional medicine is an evidence-based practice that may help with a number of health conditions, including: chronic diseases and chronic disease management, nutritional deficiencies, pain management, infertility, thyroid problems, and hormone imbalances. A previous article about the role of functional medicine in checking dhea levels in relation to fertility might be worth checking.

People who are interested in learning more about tryptophan for improving mood and sleep can visit the Toronto Functional Medicine Centre website, or contact them on the telephone at (416) 968-6961 or through email at 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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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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