

Toronto Functional Medicine Centre Is Sharing Seldom Known Facts About Magnesium

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TORONTO, ON - May 17, 2022 -
Toronto Functional Medicine Centre has published a blog post that lists 7 facts about magnesium and its possible benefits for the human body that patients should be aware of.

The blog post begins by saying that magnesium is a very important nutrient as it plays a role in the attainment and maintenance of optimal health. The Functional Medicine Toronto magnesium facts blog post backs up this claim by noting that its deficiency can lead to health issues such as insomnia, heart disease, metabolic syndrome, and other chronic conditions. Magnesium deficiencies can be managed if the nutrient is consumed as a part of a personalized restorative medicine plan. The center recommends changes to the patient?s diet or the inclusion of supplements to make up for a lack of magnesium.

The blog post then lists 7 facts to convey the important role that magnesium plays in the body?s physiological processes. Firstly, the blog says that ninety-nine percent of magnesium levels in the human body are found in muscles, soft tissue (non-muscular), and bone. Second, magnesium is required for cellular and energy

production, especially for supporting the functioning of nucleic acids. In particular, the mitochondria, the powerhouses for cellular health, have ample magnesium levels. Magnesium also helps synthesize ATP (adenosine triphosphate), which is the carrier of energy to cells. ATP must attach itself to magnesium ions to be activated for use.

Third, regular consumption of magnesium through a balanced diet or through taking supplements has been shown to help manage numerous medical conditions, such as migraines, diabetes, asthma, PMS, cardiac arrhythmias, constipation, and preeclampsia. According to a Scientifica journal article, ?Magnesium may also be considered for prevention of renal calculi and cataract formation, as an adjunct or treatment for depression, and as a therapeutic intervention for many other health-related disorders.? Fourth, several chronic diseases are related to magnesium deficiencies. This includes type-2 diabetes, Alzheimer?s, migraines, cardiovascular disease, and ADHD. A lack of magnesium can naturally occur from some health conditions, too, such as taking certain medications and having chronic alcoholism.

Fifth, the blog post from Toronto Functional Medicine Centre says that a magnesium deficiency can lead to insomnia, thyroid concerns, feeble bones, and fatigue. In many cases, doctors may overlook a magnesium deficiency because of a lack of experience with the condition. Sixth, the blog post says that magnesium-rich foods could aid in improving magnesium levels. Magnesium-rich foods that can be included in the diet include hemp seeds, flax seeds, brown rice, boiled spinach, farmed Atlantic salmon, and raw carrots. However, in some cases, supplementation is necessary as it is not possible to include all magnesium-rich foods in one?s everyday diet. Finally, the blog post recommends that if one is unsure of which magnesium supplements to take, they should consult with a functional medicine health care provider, such as those at Toronto Functional Medicine Centre. Getting advised by a nutrition-literate doctor ensures that the type of supplement (i.e. magnesium sulfate, magnesium glycinate, etc.) is fit for the patient and helps them avoid any possible unwanted medication interactions.

The Toronto Functional Medicine Centre is currently accepting new patients. The center offers both virtual and in-person visits. The integrative medicine health providers at Toronto Functional Medicine Centre have a wholesome approach to care for patients, with a focus on naturopathic and allopathic/western medicine. The center?s restorative medicine treatments also include naturopathy, Traditional Chinese Medicine, eastern medicine, acupuncture for pain relief, clinical nutrition, medically-supervised IV therapy, and functional medicine testing. The center?s integrative care and evidence-based approach can be applied to conditions such as adrenal fatigue, brain health, chronic conditions, detoxification, digestive health, food allergies/intolerance, immunity, inflammation, menopause, mold toxicity, nutritional deficiencies, thyroid malfunction, pain management, hormone imbalances, infertility, understanding lifestyle factors, and anti-aging concerns, among others. Additionally, the clinic regularly shares to its Toronto functional medicine patients helpful information such as their recently published guide on tryptophan use.

Toronto Functional Medicine Centre can be contacted at the phone number (416) 968-6961 for inquiries and appointments. The center is located at 162 Cumberland St 222 A, Toronto, ON M5R 1A8.

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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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