

Toronto Functional Medicine Centre Offers Guide to Magnesium Types

May 26, 2022

TORONTO, ON - May 26, 2022 -
Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has recently released a blog post that provides a guide to patients on the different types of magnesium supplements available. Some of these magnesium supplements are available for topical use while others are to be taken as oral supplements. The article also presents the dietary sources of magnesium, which include whole wheat bread, hemp seeds, avocado, kidney beans, cooked halibut, broccoli, raisins, and raw carrots.

And they recommend an integrative medicine approach that may help patients with various conditions, such as: chronic diseases, infertility, chronic pain, and men?s and women?s hormone imbalances. Their integrative treatment plans may include traditional Chinese medicine (TCM), western medicine (allopathic), naturopathy, medically-supervised IV therapy, acupuncture, cold laser therapy, functional medicine testing, and understanding lifestyle influences.

The integrative care practitioners at the functional medicine clinic in Toronto typically recommend magnesium

supplements to patients because this mineral is vital in improving wellness, particularly at the cellular level. This is because magnesium is required in more than 300 enzymatic responses in the body. Among the various minerals, magnesium is ranked number four among the most abundant in the human body. Deficiencies in magnesium may result in problems with nutrition, metabolism, and chronic conditions. And according to an article published in the ?Scientifica? journal, about two-thirds of the population in the western world are not getting the recommended daily allowance for magnesium. Additionally, an article by the Toronto functional medicine clinic on magnesium facts was also recently published.

The various types of magnesium supplements available are: magnesium citrate, magnesium chloride, magnesium glycinate, magnesium oxide, magnesium sulfate, magnesium L-threonate, and magnesium taurate. Magnesium citrate is a mineral preparation with magnesium in salt form combined with citric acid. This particular type is vital for various body systems, particularly the nerves and muscles. Thus, it is useful as a laxative and it may help with constipation symptom management by softening the stool and increasing the number of bowel movements.

Magnesium chloride contains salt and chlorine with the latter included to provide a salt-like form of magnesium. This is quickly absorbed into the digestive tract and thus may be effective as an oral supplement. Integrative functional medicine practitioners may also provide this form to patients through intravenous applications for anxiety and depression.

Magnesium glycinate has two glycine molecules for each magnesium molecule and this form of magnesium may help with sleep, anxiety, and tight muscles because of the synergistic calming effect of glycine. The combination of glycine and magnesium allows the use of this form of magnesium for its calming effects and improvement of absorption. It can be used everyday because it doesn?t have a laxative effect.

Magnesium oxide has ions from oxygen and magnesium and is a common supplement available in Toronto. It may not help much in increasing magnesium in the blood because it has a low rate of bioavailability. It is typically used clinically as a laxative.

Magnesium sulfate, which is also called epsom salt, may help with constipation, muscle cramps, pain management, and migraines. It is typically applied in a transdermal manner. It can be dissolved in bathwater and it may also be administered orally or through a medically supervised IV therapy.

The Toronto Functional Medicine Centre takes an integrative naturopathic functional medicine approach, which means that they use functional medicine strategies in combination with alternativerestorative medicine, including TCM or Eastern medicine, homeopathic medicine, herbal medicine, bio-identical hormone replacement, and more. They use functional medicine and alternative integrative therapies for different kinds of health issues, such as: hormone imbalances, neuropathic pain, chronic disease, postmenopausal health

issues, acute health issues, and more. The conditions that they may be able to help with may include such things as: tissue repair, cellular damage, chronic fatigue, athletic recovery, mineral deficiencies, DNA repair, infertility, immune function, thyroid conditions, adrenal function, skin rejuvenation, and others.

Those who would like to know more about the Toronto Functional Medicine Centre's guide to magnesium supplements can check out their website, or contact them through the telephone or via email. 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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