

Toronto Functional Medicine Centre Explains How to Fight Candida Overgrowth with Functional Medicine in Toronto

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Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has recently published a blog post that explains how to fight candida overgrowth with functional medicine in Toronto and neighboring areas. It is important to note that when the body?s immune system or healthy bacteria is disturbed, more candida can thrive in the body. Candida overgrowth can result in body stress and other issues, such as vaginal yeast infections, unexpected weight issues, hindrances to brain health and bodily functions, and excessive fatigue. For those who are suffering from candida overgrowth in Toronto and surrounding areas, the Toronto Functional Medicine Centre may be able to help.

Candida is a kind of yeast that helps with digestion by breaking down food and in the absorption of nutrients to achieve optimal health. Trace quantities of candida can be found in the mouth, vagina, skin, and large and small intestines. Candida is typically found in the gut microbiome, where levels of candida and the ?good? and ?bad? bacteria are balanced. However, when the balance is disrupted, candida can become dominant and cause candidiasis or yeast overgrowth. This causes a number of symptoms, such as: vaginal yeast infections; UTIs, vaginal itching; excessive fatigue; digestive issues (i.e. constipation); cravings for sugary

foods or carbohydrates; mental health struggles (i.e. brain fog, anxiety, mood swings, memory and concentration issues, and depression); psoriasis, eczema, skin rashes; and heavy seasonal allergies. Candida overgrowth can destroy homeostasis by causing harm to the cellular walls of the gut. It has the ability to change its shape, which is why it can survive tough environments, allowing it to move from the gut to the other parts of the body.

Based on the functional medicine approach taken by the Toronto Functional Medicine Centre, the integrative care that is provided to the patient must consider each patient as a unique individual. And people can individually trigger candida overgrowth by taking antibiotics, drinking too much alcohol, eating a sugary diet, or having a stressful lifestyle. Yeast overgrowth frequently occurs alongside other medical conditions like chronic fatigue, nutritional deficiencies, fibromyalgia, and the autoimmune condition which is ulcerative colitis.

When the patient suffering from candida overgrowth consults with a functional medicine provider, they may recommend functional medicine testing. Some of these tests are: DUTCH hormone testing; Candida antibodies test; and yeast culture stool. After the lab tests, a comprehensive treatment plan may be tailored to the specific individual?s needs. Functional medicine treatments that are targeted against yeast overgrowth are based on scientific evidence and these may include: diet and lifestyle changes; the use of antimicrobials, essential oils, and/or medications; strengthening the immune system; and probiotics.

Candida overgrowth may also cause individual symptoms, sometimes even affecting digestive health and brain function. Fortunately, their restorative functional medicine private practice and clinical care may help patients fight yeast overgrowth with a broad variety of strategies. Their integrative approaches are available for both in-person and virtual consultations, for both chronic and acute medical conditions. Some of the modalities they use are: herbal medicine, Traditional Chinese medicine, allopathic medicine, IV vitamin therapy for chronic conditions, oxidative stress, and cellular function, acupuncture for pain relief, and naturopathy.

The Toronto Functional Medicine Centre makes use of an integrative naturopathic functional medicine approach, where they combine functional medicine techniques with integrative medicine, including bio-identical hormone replacement, traditional Chinese medicine (TCM) or Eastern medicine, homeopathic medicine, herbal medicine, and more. They utilise functional medicine and restorative therapies for various types of health conditions, including: chronic disease, hormone imbalances, neuropathic pain, acute health issues, postmenopausal health issues, and more. The medical conditions that they may help with include: chronic fatigue, tissue repair, cellular damage, DNA repair, athletic recovery, mineral deficiencies, thyroid conditions, infertility, immune function, skin rejuvenation, adrenal function, and others. So for those who want to find a functional medicine doctor in Toronto, the TFMC may be a good place to start.

Those who are interested in learning more about fighting candida overgrowth in Toronto 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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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.

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