

Toronto Functional Medicine Centre Explains How Functional Medicine Therapies for Thyroid Issues May Help Lessen Depression

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explains how functional medicine for thyroid toxicity may help reduce depression and in enhancing mental wellness. This is because the thyroid hormones have an effect on various biological functions, including the regulation of metabolism, promoting reproduction, and other functions. If the thyroid is damaged and either releases too many or too few hormones, this could result in a body imbalance that may result in symptoms like unexplained weight loss or weight gain, memory loss, extreme fatigue, and infertility. Depression may be related to thyroid problems because it tends to be linked to an imbalance in thyroid hormones.

People suffering from mental depression will need to choose a patient-centered care clinic that considers both the patient?s mental and physical health when helping with the management of depression. A functional medicine doctor will take a look at the thyroid-related blood tests to see if there are any signs of hyperthyroidism or hypothyroidism.

The thyroid is a butterfly-shaped gland that has several functions. The hypothalamus produces the thyroid-releasing hormone (TRH), which stimulates the thyroid-stimulating hormone (TSH) to be produced by the pituitary gland. TSH will then help in the secretion of two thyroid-related hormones, which are triiodothyronine (T3) and thyroxine (T4). T3 and T4 work together in controlling metabolism, heart function, body temperature, and other bodily functions.

According to a paper published in the Journal of Thyroid Research, patients with thyroid issues tend to be more at risk of developing depressive symptoms and conversely, depression may be accompanied by a number of subtle abnormalities in the thyroid. Specifically, people with depression may have a faulty hypothalamic-pituitary-thyroid (HPT) and hypothalamic-pituitary-adrenal (HPA) axes. One study has observed that outpatients suffering from major depression had marginally excessive levels of TSH.

At the Toronto Functional Medicine Centre, their healthcare providers take into account the patient?s individuality (lifestyle factors, genetics, nutritional deficiencies, environmental factors, etc.) and physiology to find a way to help manage depression. Functional medicine lab tests are also part of their strategy for wellness, so they would recommend a thyroid panel to check if thyroid hormones are at the proper levels. Based on these lab tests, they will then develop a comprehensive treatment plan that focuses on both thyroid and depression with an integrative functional medicine treatment plan.

They want to point out that their private practice is currently accepting new patients to provide them with access to both allopathic treatments and naturopathic treatment methods, including functional medicine testing. They will consider each patient as a unique entity and utilize a personalized approach. This enables them to apply their clinical experience to help address health issues, including brain function, oxidative stress, hormonal health, chronic symptoms, and postmenopausal health. Their customized treatment plans may include various modalities, such as bio-identical hormone therapy for hormone imbalances, Traditional Chinese Medicine, intravenous therapy, naturopathic medicine, and Western medicine.

The Toronto Functional Medicine Centre employs a restorative functional medicine approach, where they integrate allopathic medicine methods with naturopathic medicine, traditional Chinese medicine (TCM) or Eastern medicine, herbal medicine, bio-identical hormone replacement, and more. They use both functional medicine and restorative therapies for a range of health issues, such as: acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, and more. The health conditions that they may assist with include: cellular damage, chronic fatigue, tissue repair, mineral deficiencies, DNA repair, athletic recovery, immune function, thyroid conditions, infertility, skin rejuvenation, adrenal function, and others. This private Toronto clinic always applies a patient-centered approach to wellness and their functional medicine programs may be utilized for both chronic and acute care.

People who are interested about the treatment services provided, such as the possible use of functional medicine therapies for thyroid issues and depression, can check out the Toronto Functional Medicine Centre website, or contact them on the phone at (416) 968-6961 or through email at info@tfm.care.

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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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