

Toronto Functional Medicine Centre Explains the Benefits of Functional Medicine for Thyroid Health

August 17, 2022

TORONTO, ON - August 17, 2022 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains the benefits of Toronto functional medicine integrative health care approach for thyroid health. The thyroid is an important gland found below the voice box and it has a significant impact on the hormonal health of both men and women. The hormones released by the thyroid play an important role in regulating many bodily functions, such as breathing, cholesterol levels, the rate of the heartbeat, and even menstruation, and more. Too much thyroid hormones may result into various kinds of discomforts, such as digestive problems, dry skin, extreme fatigue, mood swings, decrease or increase of sweating, hair loss, and more.

It is also important to note that mental depression and thyroid dysfunction are considered to be interlinked because depression has been noted when there is an imbalance in thyroid hormones. Those who are struggling with depression are advised to find a patient-centered care clinic that will take into account both the patient?s physical health and mental health when helping with the management of depression. A functional medicine doctor will recommend a number of thyroid-related blood tests as a way to check if there are any indications of hyperthyroidism or hypothyroidism.

Autoimmune thyroiditis (AITD) is a group of conditions that have to do with thyroid health, including hypothyroidism or hyperthyroidism. Some of these conditions are Hashimoto?s autoimmune disease, which progressively attacks the thyroid cells that make hormones, causes hypothyroidism that could lead to weight gain, muscle aches, fatigue, slow movements, depression, and weakness; and Graves? disease where hyperthyroidism causes side effects, including bulging eyes, fatigue, vision loss, and unexplained weight loss. It has also been observed that certain autoimmune diseases are related to thyroid dysfunction. For instance, studies have found that those who have fibromyalgia often have hypothyroidism.

A Toronto functional medicine practitioner will suggest some lab testing to find out if there is thyroid dysfunction and whether the thyroid is over-active or under-active. At the Toronto Functional Medicine Centre, they provide comprehensive clinical care for patients, which may include a full thyroid panel test. Unlike conventional tests, their thyroid panel will measure a number of thyroid components, such as T3, T4, TSH (thyroid stimulating hormone), thyroid peroxidase, thyroid antibodies, and other thyroid factors. And after analyzing the test results, they will recommend a custom-fitted approach to help manage thyroid dysfunction.

Some of the possible thyroid care approaches include probiotics, dietary supplements, and bio-identical thyroid hormone replacement therapy. Probiotics may help because there is a connection between the thyroid and gut health. Nutraceuticals may also be recommended, such as selenium supplementation. Studies have shown that selenium supplementation in Graves disease may result in efficient remission of hyperthyroidism. Bio-identical thyroid hormone replacement therapy may help with the regulation of metabolism and energy levels. And lastly, The Toronto Functional Medicine Centre provides integrative and functional medicine programs that may also help with thyroid dysfunction.

The Toronto Functional Medicine Centre utilizes an integrative functional medicine strategy, where they combine functional medicine methods with restorative medicine, such as herbal medicine, traditional Chinese medicine (TCM) or Eastern medicine, bio-identical hormone replacement, allopathic medicine, naturopathic medicine , and more. They apply integrative functional medicine therapies for a variety of health problems, such as: acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, and more. The medical issues that they may help with include: chronic fatigue, tissue repair, cellular damage, DNA repair, athletic recovery, mineral deficiencies, thyroid conditions, infertility, immune function, adrenal function, skin rejuvenation, and others. This private practice clinic in Toronto always uses a patient-centered strategy to wellness and their functional medicine programs may be applied for both acute and chronic care.

People who are interested in getting more details about the treatment services provided, such as the use of

functional medicine therapies for depression, can go to the Toronto Functional Medicine Centre website, or contact them through the phone - (416) 968-6961 or via email - info@tfm.care.

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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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