

Toronto Functional Medicine Centre Explains How Functional Medicine in Toronto Supports Brain Health

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains the role of functional medicine in supporting brain health. Previously, it was thought that if a damage occurred in the brain during a person?s adult years, it will be there forever. However, a growing number of studies have suggested that there is such a thing as neuroplasticity, which is the ability of the brain to adapt to stressors, including environmental and behavioral stressors. At the Toronto Functional Medicine Centre, they are now welcoming new patients who want to learn about their functional medicine strategy for achieving optimal brain health.

The article points out that the brain has the ability to ?rewire? itself to be able to function differently from previous functions. And people can actually encourage their brain to adapt to something, such as remembering facts and learning a new job skill. One way to do this is to try new activities, such as playing the piano or learning a new language. While this may be difficult at first, it is worth it because learning new things can stimulate the building of new neural links in the brain. Another way is taking an alpha-glycerylphosphorylcholine (alpha-GPC) supplement, which is a precursor to acetylcholine, which is a neurotransmitter. As such, this supplement may help in the recovery of communication between neurons that

may boost memory, cognition, and clarity.

Another good way to help improve brain health is working out. It has been noted that regular physical activity may boost the levels of brain derived neurotrophic factor (BDNF), which is a protein known to play a role of helping in memory and learning. It is also a good idea to get checked for hormone imbalances. Studies have revealed that faulty hormones, post-menopausal and andropausal health conditions can have a negative impact on neurotransmitter functions. A functional medicine practitioner may be able to suggest the next steps to take in correcting hormone imbalances as a way to enhance mental health. And finally, it is recommended to get tested for food sensitivities. This is because consuming foods that a person is sensitive to may result in brain inflammation.

Meanwhile, it is important to remember that every person is unique. In the same way that there are differences between people with regards to the structure and function of the brain, there are also differences in the mechanisms for neuroplasticity for every individual. Functional medicine providers understand the importance of this variability and therefore personalize the treatment plan for each individual, choosing from a vast array of therapies, such as traditional Chinese medicine (TCM), naturopathic medicine, IV therapy, bio-identical hormone replacement therapies, acupuncture, and allopathic medicine/Western medicine.

It is also vital to note that functional medicine is supported by scientific evidence, both with regards to safety and efficacy. It is based on the concept that the body is a whole system, and every part of the body interacts with all other parts. This implies that one part of the body that is not functioning properly may affect the rest of the body.

The Toronto Functional Medicine Centre is committed to applying an integrative functional medicine approach, where they integrate functional medicine strategies with herbal medicine, bio-identical hormone replacement, allopathic medicine, naturopathic medicine,traditional chinese medicine and more. They employ both functional medicine and restorative therapies for a range of health issues, including: postmenopausal health issues, neuropathic pain, hormone imbalances, acute health issues, and more. The health conditions that they may help with include: cellular damage, chronic fatigue, tissue repair, mineral deficiencies, DNA repair, immune function, thyroid conditions, adrenal function, athletic recovery, infertility, skin rejuvenation, and others. This private practice clinic in Toronto is committed to always using a patient-centered approach for wellness and their functional medicine programs are for both chronic and acute care.

Those who would like to learn more about the role of functional medicine in Toronto for supporting brain

health can check out the Toronto Functional Medicine Centre website or contact them through the phone at (416) 968-6961 or via email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays.

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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.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

