



Toronto Functional Medicine Centre Explains the Importance of AMPK for Longevity

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has released a blog post that explains AMPK for longevity. The article notes that adenosine monophosphate activated protein kinase (AMPK) may contribute to longevity and in reducing inflammation. This enzyme is involved in the regulation of metabolic energy and it is stimulated for the body to be able to re-balance cellular energy when energy decreases due to stress, hunger, fasting, or physical activities. And consistent with its role in energy metabolism, it has been observed to boost lipid oxidation and prevent lipid synthesis thus resulting in a reduction in liver and body fat content. Activation of this enzyme can also enhance metabolism and longevity, and decrease inflammation. Unfortunately, scientists believe that the amount of this enzyme in the body decreases as people age. And AMPK levels decline when there is insulin resistance and too much glucose and calories.

According to the article, there are several benefits that may be derived from using AMPK from the functional medicine perspective. First of all, it may suppress a person's appetite, which means it may help when someone is trying not to overeat. Second, it may provide support for antioxidants in the body, which means it may help in fighting oxidative stress that in turn may help delay or prevent age-related health issues. Third, it may reduce the risk of cardiovascular disease. Fourth, it may have an analgesic effect and may therefore

help with lessening chronic pain and inflammation. Fifth, it may help with the management of type II diabetes because studies have shown that it may reduce inflammation, apoptosis, and oxidative stress and it may also inhibit insulin resistance. Sixth, it may promote blood circulation through vasodilation. And lastly, it may help in boosting brain health by preventing or delaying neurodegenerative conditions. Research has shown that deregulation of this enzyme may play a role in neurodegenerative diseases like Parkinson's, Huntington's, Alzheimer's, amyotrophic lateral sclerosis, and ischemic stroke.

The AMPK enzyme must be activated to benefit from it. There are several ways of doing this. First is by being physically active or engaging in exercise. The second way is to consume resveratrol, a natural polyphenolic compound found in edible fruits, that incites the hormone adiponectin, which activates AMPK. Third is to avoid consuming too much carbohydrates, which can drastically increase one's insulin levels and trigger insulin resistance that hinders activation. And fourth is to use supplements for activating AMPK, such as the flavonoid hesperidin. Studies have shown that hesperidin may also help fight inflammation, contribute to the management of blood pressure, decrease blood sugar and lipids, prevent obesity, and decrease insulin resistance problems.

They want to emphasize that at the Toronto Functional Medicine Centre, they always focus on empowering patients to allow them to control their health by understanding the scientific evidence that backs various treatments. They also provide functional medicine testing and always strive to provide compassionate care. Furthermore, they urge patients to develop a comprehensive treatment plan in collaboration with their functional medicine provider.

The Toronto Functional Medicine Centre takes an integrative functional medicine approach, meaning they combine functional medicine techniques with restorative medicine care such as naturopathic medicine, allopathic medicine, IV therapy, herbal medicine, bio-identical hormone replacement, and more. They use both functional medicine and integrative therapies for different kinds of health problems, including: hormone imbalances, acute health issues, postmenopausal health issues, neuropathic pain, and more. The therapies they use may help with: chronic fatigue, tissue repair, cellular damage, DNA repair, athletic recovery, mineral deficiencies, thyroid conditions, brain health, infertility, immune function, adrenal function, skin rejuvenation, and others. This private Toronto clinic is keen on taking a patient-centered approach to wellness and their functional medicine programs are for both acute and chronic health care.

Those who are interested in learning more about functional medicine for longevity, can visit the Toronto Functional Medicine Centre website or contact them through the phone (416) 968-6961 or by email

info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; and from 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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