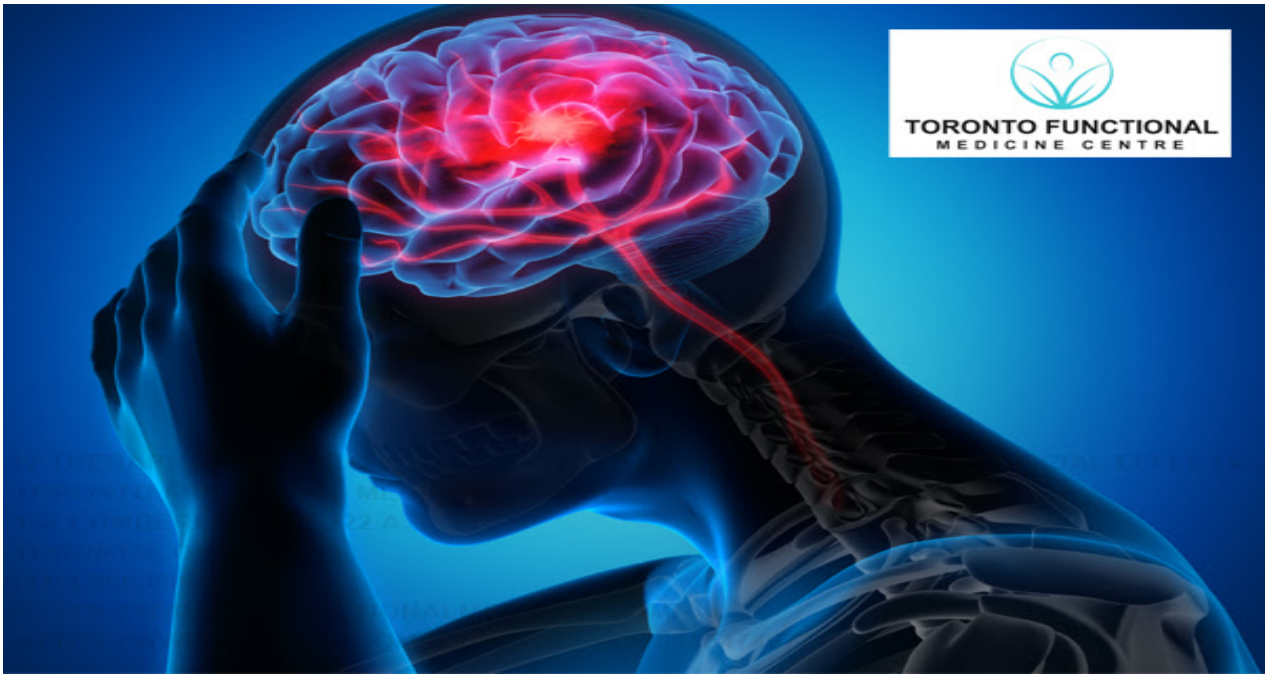



# Toronto Functional Medicine Centre Discusses the Benefits of NAC IV Therapy in Toronto

*October 24, 2022*

TORONTO, ON - October 24, 2022 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that discusses the benefits of NAC IV Therapy in Toronto. NAC or N-acetylcysteine may be mentioned during the diagnostic session with a patient to determine the proper ingredients used in the IV therapy drip.

NAC is a type of amino acid that may help with the immune function, detoxification, and the improvement of brain function. When taken regularly, NAC may also help replenish a person?s glutathione levels. Glutathione is an antioxidant with benefits such as preventing oxidative stress, tissue repair, and fighting inflammation. Sadly, as people age, glutathione levels decrease, which is why NAC is needed to raise the glutathione levels in the body and may contribute to several beneficial effects.

It is important to note that NAC supplementation may have several advantages. First of all, NAC may support mental health. Daily supplementation with this amino acid, particularly when combined with other therapies, may reduce mitochondrial dysfunction, apoptosis, oxidative stress, and inflammatory processes, and may

help with the modulation of glutamate homeostasis. This may improve mental health because studies have indicated that increased inflammation and glutamate deregulation are linked to several psychiatric disorders. While more studies are required, NAC shows promise in helping with mental health conditions, such as depression.

Second, NAC may help with detoxification, particularly for acetaminophen overdoses. Studies have revealed that it has the potential to counteract hepatotoxicity from acetaminophen overdoses in both adults and children.

Third, NAC may help decrease substance withdrawal symptoms, thus providing support for those who are recovering from substance addiction. A study of cannabis users indicated that NAC was linked to substantial reductions in self-report measures of marijuana craving and use. These decreases were also found in studies involving nicotine and cocaine dependent individuals.

Fourth, NAC may help in relieving respiratory discomfort and may aid in improving lung health. By helping reduce inflammation, excessive mucus build-up is avoided in both bronchial tubes and lung tissue. Thus, NAC supplementation may be considered for people who suffer from coughing or wheezing during the cold and flu season.

Fifth, NAC may also help support immune function because of its antioxidant effects. As an antioxidant, it may impede the effects of oxidative stress and also help with optimizing immune function. NAC also helps the body in producing glutathione, an antioxidant, which means these two antioxidants can work together in scavenging free radicals, thus improving the immune system.

And finally, NAC may enhance the chances of fertility. This is because male infertility may result from inadequate antioxidant levels. Studies have revealed that when NAC is present in combination with a mixture of vitamins A and E plus essential fatty acid, sperm quality is improved. This mixture of nutrients may also help get rid of free radicals that negatively affect male reproductive health.

In relation to NAC, another amino acid that may be included in the IV drip is arginine. This particular amino acid may help with wound recovery and may promote healthy immune function. It is also a precursor to other amino acids. It may help with detoxification and in preventing cardiovascular disease. And because it is required in the production of nitric oxide, it may help regulate cellular functioning and blood flow.

The Toronto Functional Medicine Centre uses an integrative functional medicine approach that integrates functional medicine therapies with restorative medicine, such as herbal medicine, bioidentical hormone replacement, traditional Chinese medicine (TCM) or Eastern medicine, allopathic medicine, naturopathic medicine, and more. They apply these therapies for different kinds of health problems, including:

postmenopausal health issues, acute health issues, neuropathic pain, hormone imbalances, and more.

People who are interested in knowing more about NAC and other IV amino acids such as IV therapy with arginine, can check out the Toronto Functional Medicine Centre website or contact them through the phone (416) 968-6961 or via 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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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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