



## Toronto Functional Medicine Centre Is Offering IV Therapy with Chromium Supplements in Toronto

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The Toronto Functional Medicine Centre offers IV therapy with chromium in Toronto. The center, which focuses on integrative medicine and functional care, has published a blog post that talks about the benefits of chromium, whom it is ideal for, and how it can administer the supplement as a part of IV therapy.

Chromium is a trace element which means that it is found in low concentrations in nature. This micronutrient may assist it in combating a range of health issues including diabetes, blood pressure, and cognitive decline.

It has been proposed that chromium binds to an oligopeptide to form chromodulin, a low-molecular-weight, chromium-binding substance that binds to and activates the insulin receptor to promote insulin action. This may give chromium the ability to play a role in carbohydrate and lipid metabolism, possibly linking it to the absorption of nutrients, longevity, managing cardiovascular disease, and balancing glucose and energy levels. Chromium may also protect the body from DNA damage which might aid in preventing or delaying chronic disease.

Since chromium is found in trace amounts in food like turkey, grains, lettuce, and apples, chromium deficiencies are not widely reported. However, some patients have been known to develop chromium deficiencies including pregnant women, seniors, individuals who regularly undergo intense physical performance or exercise, and those who consume excessive amounts of processed and sugar-laden foods.

Toronto Functional Medicine Centre lists some of the symptoms of chromium deficiency as unexplained weight loss, unexplained changes in appetite, insulin resistance, confusion, memory loss, poor skin health, mood swings, a decline in eye health, and a slow recovery time from wounds or cuts.

Since chromium may regulate fat metabolism and cholesterol, it might help patients who need help managing their cholesterol levels. A study published in the *Western Journal of Medicine* found that adults who took the chromium supplement experienced lowered amounts of LDL cholesterol.

Toronto Functional Medicine Centre also encourages the use of the chromium and other supplements in the prevention and management of Type-II diabetes as several studies have verified beneficial outcomes. The blog post quotes one study published in the journal *Diabetes* which says, "supplemental chromium had significant beneficial effects on HbA1c, glucose, insulin, and cholesterol variables in subjects with type 2 diabetes. The beneficial effects in individuals with diabetes were observed at levels higher than the upper limit of the Estimated Safe and Adequate Daily Dietary Intake."

Since chromium may spur an improvement in glucose levels, Toronto Functional Medicine Centre says that it might encourage anti-aging effects by supporting brain function related to age-related diseases. The blog post quotes a study from the journal *Medical Hypotheses* which says, "promoting brain insulin activity with chromium picolinate may help to maintain the hypothalamus in a more functionally youthful state". Since both the pineal gland and thymus are dependent on insulin activity, chromium may aid their function as well.

The role that chromium plays in regulating blood sugar levels may contribute to its ability to relieve hormonal driven acne breakouts. Athletes may opt for chromium supplements to avoid a mineral deficiency. According to an article published in *Sports Medicine*, "athletes who restrict calories to maintain low body weights could compromise their chromium status. Some evidence also shows that exercise may increase chromium loss into the urine."

The functional medicine health care providers at Toronto Functional Medicine Centre may administer chromium supplements as part of IV therapy which includes infusion therapy, vitamin drip therapy, and intravenous drips, combined with oral supplementation.

Toronto Functional Medicine Centre uses a combination of acupuncture, integrative functional medicine, IV

therapy, allopathic medicine, naturopathic medicine, detoxification, and bio-identical hormone treatments to address a wide range of concerns including adrenal fatigue, brain health, chronic conditions, detoxification, digestive health, food allergies or intolerance, hormone imbalances, infertility, immunity, inflammation, menopause, mold toxicity, nutritional deficiencies, thyroid malfunction, and others.

Readers can also check out a recent press release in which the Toronto-based functional medicine clinic talked about the benefits of IV therapy with NAC. Contact the clinic through the phone at (416) 968-6961, or via email at [info@tfm.care](mailto:info@tfm.care).

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For more information about Toronto Functional Medicine Centre, contact the company here: Toronto Functional Medicine Centre Christina Ramos (416) 968-6961 [info@tfm.care](mailto:info@tfm.care) Toronto Functional Medicine Centre 55 Avenue Rd 204 A Toronto, 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](mailto:info@tfm.care)

Phone: (416) 968-6961

