

Toronto Functional Medicine Centre Presents Guide on Pesticide Exposure

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that presents a guide on pesticide exposure. Studies have shown that pesticides and other potentially harmful substances can be found in food products and drinking water and air pollutants are an immediate threat to a person?s health and wellness. Knowing about exposure to pesticides and other toxic chemicals is important in the functional medicine approach to health that emphasizes the patient?s individuality and uniqueness, which means that environmental factors may need to be evaluated if they are causing one?s personal chronic symptoms.

Pesticides are chemicals or a combination of substances that are primarily used in agriculture or in public health programs to protect plants from diseases, weeds, or pests, and humans from vector-borne diseases. Examples of pesticides are rodenticides and herbicides, and residual quantities of these chemicals have been detected in pet products, sports fields, construction materials, and water. Looking at the second half of the twentieth century, pesticide use has been increasing by about 11 percent annually.

Glyphosate, which is a type of herbicide, has been found to be linked to breast and other types of cancers . Meanwhile, organophosphate pesticides, which are commonly used in agriculture with 40 percent used on fruits and vegetables, have been linked to nerve damage, cancers, and possibly ADHD.

According to an article from ?Frontiers in Public Health,? the body can absorb these harmful chemicals through the skin, inhalation, or ingestion, at home and in the workplace. And regular exposure to pesticides can increase the risk of cancer, cause chronic illness, and possibly disrupt proper metabolic functioning. The many negative health effects of pesticides include gastrointestinal, neurological, dermatological, respiratory, reproductive, carcinogenic, and endocrine effects. These can result in chronic or acute symptoms because these harmful substances can impede proper cellular function and various bodily functions. Their specific effect on each individual will vary. Some will experience the health effects as soon as they are exposed to pesticides while others might experience the symptoms hours later. Some may not even notice the harmful effects for several years until they are diagnosed with certain health conditions.

Fortunately, there are ways to minimize one?s exposure to pesticides. First is to consume foods that promote detoxification, such as a wide range of organic fruits and vegetables because they contain phytonutrients that help with detoxifying the body from free radicals. Especially recommended are foods from the Brassica family, such as cabbage and broccoli, and various leafy greens, red beets, and orange carrots. Second, it is always a good idea to wash various produce, such as fruits and vegetables, thoroughly before cooking or eating them. Putting them under running water can get rid of chemicals and dirt from the various crevices. Third, is to use non-pesticide products in our homes. When buying disinfectants, chemicals for gardening and the like, it is important to read the labels to ensure they only use non-pesticide ingredients. For those who need to use a pesticide, Health Canada suggests using a product with a label that has a Pesticide Control Products number.

The Toronto Functional Medicine Centre applies an integrative functional medicine strategy that combines functional medicine therapies with restorative medicine care, including allopathic and naturopathic medicine, herbal medicine, traditional Chinese medicine (TCM), bioidentical hormone replacement, Customized IV therapy and more. They employ integrative functional medicine therapies for various kinds of health issues, such as: acute health issues, andropausal and postmenopausal health issues, hormone imbalances, 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, infertility, immune function, skin rejuvenation, adrenal function, and others.

Those who would like to learn more about various functional medicine treatments, such as their brain and

body longevity care, or the role of enzymes for longevity, can visit the Toronto Functional Medicine Centre website or contact them on the phone (416) 968-6961 or through 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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