

Toronto Functional Medicine Centre?s IV Therapy Clinic Provides Insight on Glutamine

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that provides an IV therapy clinic's insight on glutamine. The article points out that glutamine and other amino acids that can be provided through intravenous (IV) therapy at their Toronto IV lounge may help in providing support for the immune system, gut health, or athletic recovery. According to an article in ?Nutrients,? the human body needs a significant amount of glutamine and the immune cells consume glutamine at a rate that is similar or even greater than glucose.

According to the IV therapy clinic?s article, there may be several beneficial effects of glutamine on gut health, immune function, and more. First of all, glutamine may be able to help with stress management and brain health. It may offer protection against cell damage, DNA damage, hydrogen peroxide-induced stress, and beta-amyloid. Supplementation may also help seniors suffering from neurodegenerative disease in adjusting to pressure. Second, it may enhance gut health and this is vital because a ?Food Science and Human Wellness? article has explained that poor gut health may contribute to poor overall health. According to the said article, glutamine may help by stabilizing the gut microbiome and reducing inflammation when the gut is irritated.

A third benefit of glutamine is that it may help with ulcers. This amino acid has been observed to help fight Helicobacter pylori in the stomach. In addition, a study found that this amino acid may stimulate ammonia detox in the stomach and in the liver, thus decreasing the effective concentration of ammonia with the result that cell damage is prevented. Fourth, glutamine may help in reducing muscle pain and in promoting athletic recovery after a physical event. However, it was noted that the recovery effect was more significant in men compared to women. And fifth, glutamine may enhance immune function because the immune cells need this amino acid to be able to do their function. When there is insufficient glutamine in the body, the body will try to get it from protein in the body, which are mostly found in the muscles.

At the Toronto Functional Medicine Centre, they personalize the vitamin drip treatments that they provide to provide the appropriate combination of ingredients for a particular individual, taking into consideration various factors, such as genetics, allergies, previous and current health concerns, and more.

Meanwhile, histidine is another amino acid that they may include in their IV therapy drips. They want to point out that histidine is an amino acid that may support brain health, muscle health, the immune function, and the body?s chemical processes. They are also the building blocks for protein used for creating enzymes. And most of all, histidine supplementation is a necessity because the human body does not produce this amino acid. Studies have shown that histidine may help reduce oxidative stress and enhance cellular function in the body when used in combination with other IV amino acids. Furthermore, histidine may be a natural antioxidant and may have anti-inflammatory effects.

The Toronto Functional Medicine Centre employs strategies that use a combination of integrative functional medicine therapies, alopathic medicine, naturopathic medicine, IV therapy, bioidentical hormone replacement therapy, acupuncture , and more. The therapies they utilize may help with: tissue repair, cellular damage, chronic fatigue, athletic recovery, mineral deficiencies, menopause, immune function, adrenal function, skin rejuvenation, and others.

People interested in learning more about IV therapy in Toronto with glycine, histidine, glutamine, and other amino acids can check out the Toronto Functional Medicine Centre website or contact them through the telephone (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; 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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