

Functional Medicine Clinic in Toronto Shares Insights On Low Leptin Levels

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TORONTO, ON - November 15, 2022 -
The ON based Toronto Functional Medicine Centre (TFMC) has shared new insights on the impact of using functional medicine for low leptin levels. Previously, the clinic had already shared materials that explained how high levels of leptin could lead to an increased risk of obesity and so on. As with many situations, however, a balance of this hormone is necessary to ensure good health and wellness, and TFMC is now taking the time to illustrate why low levels of leptin could also be problematic.

The clinic explains all of this in an article titled ?Low Leptin Levels Can Be Concerning: Our Functional Medicine Toronto Clinic Sheds Light,? which can be found on their website?s blog. Many articles, including the earlier entry on the drawbacks of high leptin levels, can be found here, and the clinic encourages their community to visit their website for more information about maintaining optimum health. Many of the insights they share, for instance, may be useful for those who need help managing nutritional deficiencies. Notably, it is also recommended that patients schedule an appointment at the clinic if they want a healthcare practitioner's opinion and assistance.

According to the article, leptin is sometimes known as the ?starvation hormone? because it essentially informs the brain when enough food has been consumed. Leptin is how a person feels satiated after a meal, so having too much or too little can drastically affect their body. Too much, for instance, and they may counterintuitively eat more because their body has developed a resistance to it and no longer responds to its presence in the way it should. Too little leptin can similarly wreak havoc on the body?s regular behavior.

?When you lack this hormone or have low amounts,? the article says, ?your body acts like it doesn?t have enough fat; because leptin is not present or you only have low amounts, this can generate overeating and obesity because leptin isn?t telling the body to start or stop eating.?

It continues, ?But low leptin levels can also transition your body into ?starvation mode.? When this happens, your body will lessen its energy levels and you use less calories. It?s no wonder low levels of this ?satiety? hormone are affiliated with poor cognition, a mental health issue like depression, anorexia or repeated infections.?

The Toronto Functional Medicine Centre says a number of unwanted health concerns may stem from unbalanced leptin levels, including (but not limited to) relatively poor immune function, depression, impaired cognition and memory and even low fertility and osteoporosis in women. As such, patients who believe that low leptin levels may be the culprit should seek the advice of a functional medicine practitioner. Should it be confirmed, a customised health program may be formulated to address the issue at its core.

Anyone seeking the help of functional medicine for low leptin levels at the Toronto Functional Medicine Centre will receive the benefit of a completely personalised approach to their health and well being. TFMC takes the patient's needs into account, and their healthcare team makes it a point to uncover and address any health issues as individual symptoms can overlap with underlying conditions.

Patients are welcome to contact the Toronto Functional Medicine Centre if they have any concerns regarding low leptin levels or any other health-related issue they may be experiencing. Toronto Functional Medicine Centre uses a combination of acupuncture, integrative functional medicine, IV therapy, alopathic 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. Feel free to contact them on the phone (416) 968-6961 or through email info@tfm.care.

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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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