

Toronto Functional Medicine Centre Explains Importance of Zinc in IV Therapy in Toronto

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explains the importance of zinc in IV therapy in Toronto. The article points out that zinc is an essential mineral that may help recharge a person?s immune function and promote healing for damaged tissues. Zinc serves as a cofactor for more than 300 enzymes in the body. And a number of studies have indicated that zinc may offer various health benefits, such as support for cardiovascular health, the skin, the eyes, and more. As such zinc is one of the supplements that they often recommend to patients to replenish their nutrient levels.

There are various health advantages of zinc supplementation. First of all, it may help in preventing or alleviating nutritional deficiencies. Research has shown that if there is insufficient zinc in the body, this may result into sexual dysfunction, growth impairment, gastrointestinal problems, inflammation, or cutaneous issues. Second, zinc may be able to decrease the duration of seasonal infections, such as the common cold. In a 2017 study of children, those who were provided with zinc supplements had a short period of runny nose and congestion. Third, it may help in clearing acne. In a 2021 study, those who took zinc supplements were able to notice improvements compared to the study participants who used antibiotics for acne. Fourth, zinc supplements may delay age-related macular degeneration (AMD).

A functional medicine practitioner can provide consultation with regards to zinc supplementation. It is important to note that too much zinc in the body can result in an upset stomach. It may also interact with medications, such as antibiotics. And if it is taken for a long period of time, it may diminish copper levels in the body. To ensure that the proper amount of zinc is taken, a health care provider has to supervise zinc supplementation.

Zinc may be administered as oral supplements or through intravenous (IV) therapy. Capsules or tablets containing zinc are available. However, it should be taken with food and not taken at the same time as iron and calcium supplements. And the liquid versions may be more suitable for those who have dysphagia or malabsorption.

Zinc may also be infused as one of the primary ingredients of IV therapy. IV therapy offers the benefit of bypassing the digestive tract, which means better absorption rates and avoidance of gastrointestinal side effects.

IV therapy naturally enhances cellular energy and blood cell production, while fighting oxidative stress. They compound IV therapy drips everyday at the Toronto Functional Medicine Centre. Each of these IV vitamin drips are personalized for each patient. IV therapy may be used for various health problems with regards muscle health, brain health, chronic fatigue, premature aging, blood sugar levels, cellular functioning, energy levels, degenerative disease, mental performance, adrenal function, physical performance, post-disease symptoms, and more. Their health care providers apply the functional medicine philosophy, which means that they address patients as individuals instead of groups of people.

The Toronto Functional Medicine Centre is a clinic in Toronto, Ontario, Canada, employs integrative functional medicine therapies including acupuncture, alopathic medicine, naturopathic medicine, and more. Health issues that may be supported by functional medicine include acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, chronic fatigue, thyroid conditions, skin rejuvenation, adrenal function, and others.

Those who are interested in learning more about IV therapy for zinc deficiency can visit the Toronto Functional Medicine Centre website or contact them on the phone or through email. 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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