

Toronto Functional Medicine Centre Explains Nutrition Cognition Link

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The ON based Toronto Functional Medicine Centre has shared new materials regarding nutrition and the link it may have with cognition. In ?The Nutrition-Cognition Link: Our Functional Medicine Toronto Centre Explains This,? the clinic says that it is possible to minimise age-related cognitive deterioration by focusing on certain types of nutrition. Anyone interested in functional medicine tips on eating healthy may check out the full article, available for free on the Centre?s website.

To begin with, the article makes a statement that many may already be familiar with: lifestyle and environmental factors can play a role in premature ageing. While ageing itself cannot be reversed, people should consider how their choices can impact their body?s passage through time since some activities can make it deteriorate faster. Fortunately, a change in habit can also have a more positive effect, such as keeping the muscles limber or helping the mind stay sharp as the years pass on. The Centre?s article touches mainly on the latter, but it is also recommended that people look into other ways they can maintain their bodies.

One of the major issues with cognitive decline is the fact that it does not proceed at a linear pace. A family, for instance, may notice that a beloved elderly relative appears to lose more and more of their mental faculties as time goes on, and this loss accelerates over time. The World Health Organization (WHO) has estimated that around 55 million people around the world have dementia, and this number is expected to rise to 78 million in 2030 and 139 million in 2050.

While life expectancy has risen in recent decades, this brings with it an ageing population that is at greater risk of age-related health concerns. Those with dementia are at even greater risk than others of the same age as well, possibly due to a decreased ability to take care of themselves.

The article notes, ?If you?re concerned about age-related cognition, making dietary improvements is a step towards optimal function. Consulting with a health care practitioner could ensure you?re moving in a suitable direction. In fact, a personalised approach to clinical care can empower you to stick to your health goals; at the Toronto Functional Medicine Centre, we offer clinical nutrition and functional medicine strategies tailored for your needs.?

It continues, ?Our practitioners may suggest different ways to upgrade your nutrient intake. We might recommend supplements, such as vitamins, minerals, and nutraceuticals, as well as lifestyle modifications. Dietary changes may need to be considered, but we can coach you on how to make healthy lifestyle decisions with our functional medicine approach.?

There are several avenues of research that indicate potential breakthroughs in nutrition-aided cognition. The article highlights several examples, such as nicotinamide adenine dinucleotide (NAD) based therapies, increased intake of folates, diets with anti-inflammatory function and so on. Anti-inflammatory diets, in some studies, may have shown links to improved cognition, brain health and even mood. This may explain why people report an improvement after adopting the Mediterranean diet, but the Centre advises their community to speak with a functional medicine practitioner before committing to any such strategy.

The Toronto Functional Medicine Centre employs a variety of IV therapies to help their patients. IV nutrient therapy is one way an individual may be able to absorb all the nutrients they need to slow down the effects of ageing. With the help of functional lab testing, analysis of these results may help the health practitioners to determine the state of a patient?s health and may give them a foundation on which to create a personalised IV vitamin therapy with beneficial ingredients. According to the clinic, other avenues may also be discussed, such as intramuscular injections.

Patients always undergo a comprehensive consultation when they first start working with the Toronto Functional Medicine Centre. This helps them uncover what issues the patient may have. Those interested are welcome to contact the clinic today at (416) 968-6961 to schedule an appointment. 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 alternating 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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