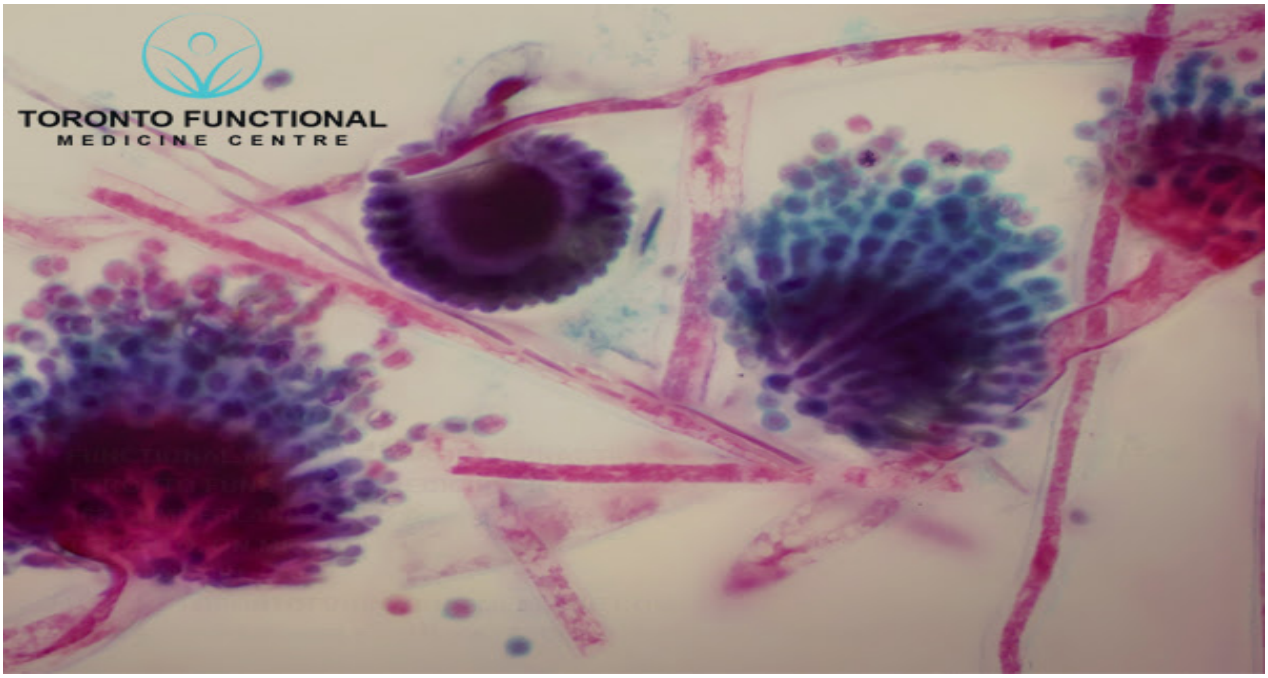


Toronto Functional Medicine Centre Describes Mold Exposure Symptoms

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that describes mold exposure symptoms. Mold exposure may result in long-term health problems, such as skin problems, disruption of bodily functions, cognition issues, mental health issues, digestion problems, and more. This is because molds produce allergens and irritants and simply touching or inhaling molds or their spores may result in allergic reactions in sensitive people. The reaction will vary from person to person with some people simply experiencing sniffles while others may suffer from severe shortness of breath when regularly exposed to molds. The article offers a brief guide to mold and the symptoms that may result from exposure.

Molds have been classified by scientists into allergenic, toxigenic, and pathogenic categories. Allergenic molds may have serious effects for people with allergies. Their immune system may be sensitive to certain mold spores, causing symptoms such as watery eyes, sneezing, running nose, nasal congestion, and itching. Toxigenic molds produce mycotoxins, which may affect people through ingestion, inhalation, or touching them. Mycotoxins have been found to be linked to neurological disorders, low immune function, nephrotoxicity, and hepatotoxicity. Meanwhile, pathogenic molds may cause severe health problems even in

people in good health, but even more so in those who are immunocompromised.

Symptoms of mold exposure may include: cognitive issues, such as memory loss, brain fog, and concentration problems; increased thirst and urination; vertigo; problem with regulating body temperature; mysterious body pains, such as muscle ache and nerve pain; unexplained fatigue; sensitivity to light and having red eyes; tremors or involuntary movements; digestive issues, such as diarrhea, abdominal pain, or nausea; tastes in the mouth that resemble metal; sneezing; skin rashes; and respiratory issues, such as coughing, wheezing, asthma, runny nose, and congestion.

The functional medicine practitioners at Toronto Functional Medicine Centre may suggest some lab tests to check if a patient has been exposed to molds or other environmental factors. They may provide an exposure profile to test for 40 species of mold. And genetic testing may also be used to confirm if a certain individual is susceptible to mold-related issues. After examining the results of the lab tests, their healthcare practitioners may recommend appropriate functional medicine treatments, such as medications, essential oils, herbal extracts, and binders to help in reducing the toxicities and combat fungal growth in the body. Their integrative approach to health may also be used for different health issues with regards to mold and other toxicities, heart disease, nutritional deficiencies, sleep problems, sexual health, hormone imbalances, infertility, and adrenal fatigue.

They recommend managing the root cause for those who want relief from chronic symptoms. Their functional medicine approach to clinical care allows them to understand the biology of a patient while applying an evidence-based approach for the therapies provided. They may also provide functional medicine testing to help clarify what a particular patient requires for optimal function. Their integrative medicine consultants may help in developing a comprehensive treatment plan for each particular patient.

The Toronto Functional Medicine Centre is a functional medicine clinic in Toronto, Ontario, Canada, that applies an integrative functional medicine approach combining acupuncture, integrative functional medicine, IV therapy, allopathic medicine, naturopathic medicine, detoxification, and bio-identical hormone treatments, and more. These therapy approaches are applicable for a wide range of health problems, including: menopause, hormone imbalances, chronic health issues, adrenal fatigue, brain health, chronic conditions, detoxification, digestive health, food allergies or intolerance, and more. Those who would like to have access to additional articles by Toronto Functional Medicine Centre, such as a recently released blog post that explains nutrition-cognition link, can also check out their website.

Those who are interested in the functional medicine therapies for mold exposure symptoms can check out the Toronto Functional Medicine Centre website or contact them on the phone at (416) 968-6961, or through

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 alternating 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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