

Toronto Functional Medicine Centre Offers Guide on Mold Toxicity

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that provides a guide with regards to the approach of functional medicine on mold toxicity. They want to emphasize that their approach to health care is to educate patients, promote optimal health, and encourage the prevention of illnesses. That is why in this article, they present important facts about mold and its effects on chronic illness, individual symptoms, and more.

The article provides eight important facts about mold and related illnesses. First of all, they want to point out that there is a difference between mold and mildew. Unlike mildew there are various kinds of toxic mold that may cause serious health issues for a person and other members of the family living in an area where mold is present. Second, black mold usually causes severe reactions because of the presence of mycotoxins that are often released into the air and can have inflammatory effects.

Third, an article from the Archives of Environmental & Occupational Health has provided scientific

evidence that exposure to mixed molds and their mycotoxins in a water-damaged building may result in various health issues that involve the immune system and the central nervous system, including allergies and pulmonary effects. Fourth, reactions to mold exposures will vary from one person to another. This is because the reaction is influenced by the state of the individual?s lung barrier, genetics, and the immune function?s acceptance of environmental factors.

Fifth, frequent exposure to mold can overcome lung barriers. The inflammation due to the mold can prevent the proper functioning of the pulmonary tight junctions. This function has to be optimal in order to close the epithelial cells and protect the lungs from injuries. Air pathogens, such as mold, may be able to penetrate these tight junctions and this could result in chronic inflammation or autoimmune disease. For individuals whose lung barriers have been affected by mold, they may experience shortness of breath, coughing, or experience difficulty in physical exertion.

Sixth, exposure to mold might also be the primary cause of neuropsychological problems. A research study that was published in Applied Neuropsychology, indicated that study participants when exposed to mold at home or in the workplace, experienced impairment on several cognitive measures, particularly in visuospatial memory, visuospatial learning, psychomotor speed, and verbal learning. Seventh, it may be a good idea to have an air purifier with a HEPA filter in the home or the workplace. In addition, a dehumidifier and hygrometer may help to check on the humidity levels indoors.

And finally, the key to handling mold indoors is simply to get rid of them. Unfortunately, this may not always be feasible, in which case, it might be helpful to enhance one?s immune function and respiratory system. Binders may be considered to help detoxify mycotoxins. Natural mold and anti-fungal remedies may also be considered. It may be a good idea to consult with a medical doctor, naturopathic doctor, or nurse practitioner that practices functional medicine for guidance.

The Toronto Functional Medicine Centre is a functional medicine clinic in Toronto, Ontario, Canada, that applies an integrative functional medicine approach. They combine integrative functional medicine, naturopathic medicine, acupuncture, IV therapy, allopathic medicine, detoxification, bio-identical hormone replacement, and more. These therapy methods can be applied for a wide variety of health problems, 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.

People who are interested in learning more about various health issues, such as the effect of social isolation on seniors, and what can be done about them, can check out the Toronto Functional Medicine Centre

website or contact them on the telephone (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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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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