



Toronto Functional Medicine Centre Is Offering IV Therapy with Manganese in Toronto

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Toronto Functional Medicine Centre is offering IV therapy with manganese in Toronto. The integrative medicine center, which takes a multidisciplinary approach to wellness, is calling on the city's residents to find out more about the health benefits and role of manganese in nutrition.

Manganese is a trace mineral that is vital for physical development, bone health, and wound healing in the human body. It is concentrated mostly in the cells' mitochondria and other important organs such as the liver, pancreas, and kidneys. Research has also found that manganese plays a role in instigating chemical reactions related to blood function and detoxification.

Toronto Functional Medicine Centre explains the wider consensus on the importance of manganese in physiological processes by quoting an article from *Metal Ions in Life Sciences*, a book series from Astrid and Helmut Sigel from the University of Basel, Switzerland. The quote says, "These processes include, but are not limited to, macronutrient metabolism, bone formation, free radical defense systems, and in the brain,

ammonia clearance, and neurotransmitter synthesis.?

Manganese's potential use to reduce bone loss has been studied among older females and females with osteopenia. One study found that supplementing with manganese alongside zinc, copper, and calcium might assist with reducing spinal bone loss in older females. Another study suggested that supplementing with vitamin D, magnesium, boron, manganese, and other minerals could lead to bone mass improvement in women with low bone density.

The University of Rochester Medical Center claimed that the declining level of MnSOD, or manganese superoxide dismutase, in the body is linked to cancers, psoriasis, and neurodegenerative conditions. So, incorporating manganese as a supplement could lead to an increase in the production of the enzyme as it supports cell membranes by getting rid of free radicals that can damage fats (lipids).

A study from the OsteoArthritis Research Society International found a link between manganese and reducing inflammation. The study, which monitored 93 people with osteoarthritis, found that 52% of the participants described improvements in their symptoms following six months of oral supplementation with glucosamine, chondroitin, and manganese ascorbate.

Manganese might also assist with balancing blood sugar levels as it is an important part of the process that creates insulin in the pancreas. Research is still ongoing on whether declining levels of the mineral in the body can trigger conditions such as diabetes to develop. One study focused on post-menopausal women revealed that a combination of manganese and calcium supplements might help with mood and pain during PMS.

Though manganese deficiency is uncommon, the Harvard T.H. Chan School of Public Health confirmed that those who eat a lot of iron-rich foods are at risk of developing it since the minerals present in them compete for the same limited proteins that help with absorption. Manganese-rich foods that can be consumed to offset this deficiency include blueberries, pineapples, leafy greens, whole grains, soybeans, and lentils.

Toronto Functional Medicine Centre offers IV nutrient therapy that can be used to provide the body with the minerals that it lacks, including manganese. The center's IV therapy connects an IV drip to the patient's vein and a nutritional intravenous solution enters the bloodstream. IV therapy bypasses the digestive tract, making it a suitable option for those with malabsorption issues.

Toronto Functional Medicine Centre's IV Lounge blends essential nutrients including a high dose of vitamin C (ascorbic acid), a medley of amino acids, nicotinamide adenine dinucleotide (NAD IV therapy), major antioxidants, and other beneficial ingredients. The blend can be customized to accommodate unique health needs, increase blood cell production, and promote an improvement in energy levels.

All the center's intravenous treatments, such as its Carnitine IV therapy in Toronto, are monitored by health practitioners who compound them fresh, daily. The IV Lounge's therapies may address several health conditions including immune function, adrenal function, autoimmune conditions, chronic fatigue syndrome, seasonal infections, muscle health, brain health, inflammation from muscle overuse (acute muscle spasm), concerns about cellular functioning, heart health, chronic stress, and more. People can contact them through the phone at (416) 968-6961, or via 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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