

Toronto Functional Medicine Centre?s Guide On Polyphenols

February 16, 2023

TORONTO, ON - February 16, 2023 -
The ON based Toronto Functional Medicine Centre has published new materials on polyphenols and their purported uses. The clinic often recommends these compounds to patients, and they wish to explain why that is. The full functional medicine guide on polyphenols can be found on the clinic?s official website.

Polyphenols, according to the guide, are plant-based molecules with antioxidant properties, which means they may be able to nullify the effects of free radicals (which are known to lead to cellular damage). A great deal of research has been conducted on polyphenols, leading many to believe that these molecules may help prevent chronic disease. Given that many diseases are associated with oxidative stress, such as cancer or cardiovascular and neurodegenerative diseases, there may be much potential here waiting to be tapped.

The guide points out that polyphenols are naturally formed in concord grape juice, and it refers to one study where this juice was given to participants. The clinic considers the study?s findings to be valuable ? participants demonstrated an increase in verbal learning. While this may not be of interest at first glance, the

Toronto Functional Medicine Centre points out that cognitive decline is a known component of aging, so polyphenols may be able to preserve or enhance cognitive function in older adults, especially those whose symptoms include early memory decline.

Based on the molecules? capacity to ward off oxidative stress, some believe that this can improve a variety of functions in the body, perhaps even minimizing a patient?s risk for heart disease. Inflammation is a known contributor to heart health decline, and polyphenol?s anti-inflammatory properties have already been established for some time.

Other areas are similarly promising. Many, for instance, suffer from some form of elevated blood sugar, and diabetes can be a most debilitating condition when not carefully managed. It may be that polyphenols have a part to play in reducing a patient?s risk for Type II diabetes as well, given that they might be able to counteract starch from breaking down into sugars, which in turn could minimize blood sugar spikes. Notably, it is possible that polyphenols may have the bonus effect of promoting insulin secretion, another factor that could serve to control blood sugar levels.

The Toronto Functional Medicine Centre notes that polyphenols are already present in abundance in the diet of a lot of people, but this is not always the case. Further, it is recommended that anyone interested in raising their intake of polyphenols first speak to a functional medicine practitioner, such as those at the Toronto Functional Medicine Centre.

The article states, ?Truly, polyphenols can offer enrichment to our long-term health. So how can they be consumed? At our Toronto practice, a functional medicine practitioner can guide you on adding them to your diet and/or supplemental regime. Some foods known to be rich in polyphenols include: berries, olive oil, black currants, beans, spinach, black and green tea and nuts. Note: some polyphenol supplements might interact or impede on iron and folate absorption. Our healthcare providers can help determine if polyphenol supplements are suited for you using the functional medicine model.?

The clinic clarifies that people should avoid drastically adding foods rich in polyphenols to their diet since this can have a detrimental effect, especially if they are taking certain types of medications or supplements. At the clinic, every aspect of a patient?s lifestyle is assessed in order to ensure there are no clashes of this nature, and learning the best approach to using polyphenols is as easy as booking an appointment. A patient?s medical history, lifestyle and environmental factors will be considered, and this may even lead the clinic to make other recommendations for lifestyle changes that would be more effective than consuming more polyphenols. Each patient is unique, and their journey to optimum health and wellness is their own. The clinic will simply aim to help them get back on their path.

The Toronto Functional Medicine Centre encourages the community to phone or email their clinic for further details. Sessions can be booked in this manner as well. On the other hand, many more resources can be found on the clinic?s website, including the perspective of functional medicine on mold toxicity and more. Feel free to contact them on the phone (416) 968-6961 or through email info@tfm.care.

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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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