

Toronto Functional Medicine Centre Features New Article on Types of Polyphenol

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TORONTO, ON - March 22, 2023 -
The ON based Toronto Functional Medicine Centre has published a new article on the types of polyphenols. The Centre has previously published a guide on polyphenols and the purpose they may serve in promoting wellness, and this article aims to dive even deeper into the subject.

As anyone who has pursued a better approach to wellness may be aware, certain lifestyle changes, coupled with natural remedies or substances, can be enough to improve their health. Polyphenols occur naturally in a variety of sources, and most will find that it is relatively simple to include these sources in their diets. However, few tend to understand exactly what outcomes each type of polyphenol is associated with, so they may not realise that a single food group may not suffice for their needs.

A polyphenol is a plant-based molecule that may boast both anti-inflammatory functions and antioxidant properties, and this may in turn mean that their presence can help limit the risk of certain chronic conditions and cancers. Since nutrition could play a role in how these conditions develop, the Toronto Functional

Medicine Centre recommends that people consider adding polyphenols to their personal treatment plan (which may include diet and nutraceuticals). Further, it has been established that polyphenols can combat free radicals, which are detrimental molecules that can trigger dark spots and wrinkles. As a result, their presence may inhibit the apparent progress of aging. Other possible uses include boosting muscle recovery after intense physical exertion and even the promotion of a healthy gut microbiome.

The article offers a quick overview of several polyphenols, including flavonoids, resveratrol, lignans, curcumin, tannins, anthocyanidins and more. These polyphenols can be found in red wine, berries, tomatoes, green tea, whole grains, turmeric, curry powder, and their potential health benefits are similarly numerous. These benefits may range from reducing blood pressure to decreasing the risk of heart disease, assistance managing cholesterol and more.

The article states, ?Clearly, polyphenols can lend a hand to your well-being, especially when combined with healthy lifestyle modifications (i.e. exercise). So how do we include them in our daily lives? A functional medicine practitioner can help, especially if you struggle with food allergies or sensitivities. You may be instructed to eat a wide range of fresh foods or remove processed foods from your diet. If they see fit, your functional medicine provider may recommend polyphenol supplements.?

Those interested in checking whether polyphenols would aid their wellness journey should note that some have the potential to react poorly with other substances. Curcumin, for instance, may interact with NSAIDS, blood thinners and statins, so anyone who has these substances in their system for any reason is advised to check with their naturopathic or functional medicine practitioner first.

The Toronto Functional Medicine Centre makes it a point to have each patient undergo a series of comprehensive tests that are designed to highlight any existing issues and help the health care team develop a suitable treatment plan. More information can be found in the full article, and patients are welcome to contact the Toronto Functional Medicine Centre by phone at (416) 968-6961 or email at info@tfm.care to follow up on any further inquiries. 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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