

Toronto Clinic Details Functional Medicine Approach To Male Fertility

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The Toronto Functional Medicine Centre based in Ontario noted studies that have uncovered a concerning trend where low quality sperm is on the rise across the globe. Since functional medicine aims to manage such imbalance wherever they occur, it is in the community?s best interests to learn all they can about this problem and what may be done to prevent and address it.

To give everyone a foundation to start from, the clinic has published new resources that shed some light on the issue. ?5 Nutrients for Promoting Male Fertility: The Functional Medicine Toronto Approach,? for instance, is a blog post that touches on some of the underlying problems that can in turn lead to male infertility while listing a number of remedies that may be able to combat these effects.

The article notes, ?Functional medicine from our Toronto clinic may be applied to male infertility and sexual health concerns. In fact, studies have shown that poor sperm quality is increasing worldwide, and scientists attribute this to toxins related to factors such as environmental surroundings and diet.?

It continues, ?However, clinical nutrition and functional medicine wisdom could assist with optimizing male fertility. This is because individual shortcomings might impact sperm potency and quality, such as nutritional deficiencies or hormone imbalances.? The clinic advises that interested parties, such as those who are planning to start a family, should know more about the functional medicine approach to male fertility by reading the article in full to see what dietary changes might be able to improve their chances of conceiving.

The first nutrient on the clinic?s list is Coenzyme Q10, the supplementation of which may help men who are experiencing what is known as idiopathic infertility (or infertility with an unknown cause). This type of infertility is most commonly associated with poor sperm quality, so any nutrient that can boost sperm quality would be of massive service. Coenzyme Q10, fortunately, has been shown to boost sperm motility and concentration, both of which are vital components of a successful conception. The clinic adds that men using Coenzyme Q10, also known as CoQ10, also showed an improvement in their semen?s antioxidant status.

The next item of note is acetyl-L-carnitine. The clinic says that a study which examined the effect of three months of supplementation on a group of infertile men between 20 - 40 years old showed better sperm motility as well as a, ?significant improvement of straight progressive velocity.? Again, this may help increase the sperm?s chances of completing its journey.

The Toronto Functional Medicine Centre further brings longjack to the attention of the community, also known as Tongkat Ali or Eurycoma longifolia. Long considered for its potential for improving fertility, longjack has been shown in at least one study to improve a man?s sperm on several fronts. These improvements include a significant increase in semen volume as well as its concentration and motility. Further, men with idiopathic infertility also showed an increase in the number of viable sperm. Many may consider it telling that some of the couples who participated in the study also became pregnant as time went on.

The Toronto Functional Medicine Centre regularly sees patients who are dealing with a variety of issues, and their goal is always to put the power of health and wellness back in their community?s hands. As such, once a patient has undergone a series of lab tests to uncover as much information as possible about their infertility, they will be walked through options at their disposal. The clinic uses a combination of acupuncture, integrative functional medicine, IV therapy, allopathic medicine, naturopathic medicine, detoxification, and bio-identical hormone treatments to address a wide range of concerns including adrenal fatigue, brain health, chronic conditions, detoxification, digestive health, food allergies or intolerance, hormone imbalances, infertility, immunity, inflammation, menopause, thyroid malfunction, and others.

The Toronto Functional Medicine Centre regularly publishes articles on a variety of topics related to health

and wellness. Those who appreciated their resources on male infertility may also benefit from reading other topics such as types of polyphenols and their potential benefits, how to manage mold toxicity, tips on eating healthy, 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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