

The Toronto Functional Medicine Centre IV Lounge Explains How Nutritional Support May Help Manage Fibromyalgia and Chronic Fatigue Syndrome

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains how regular nutraceuticals intake and lifestyle modifications combined with adjunct IV therapy nutrients support may help with chronic fatigue syndrome (CFS) and fibromyalgia (FM). This is because important nutrients may provide benefits for improving energy levels, mood, cellular function, pain management, and detoxification. Read on to learn about vital nutrients that may support FM and CFS symptoms.

CFS and FM are complicated health conditions and their symptoms seem to be significantly interrelated, which has proven to be an obstacle in diagnosing a patient with one condition or the other. Nevertheless, there is a difference between the two. FM patients suffer from persistent pain, with or without significant fatigue while CFS patients suffer from a significant lack of energy and may have some aches but not major pain. According to studies, both conditions may have several causes. For an integrative functional medicine clinic, they may provide supplements for handling the symptoms, such as anxiety, cellular dysfunction, digestive disorders, and tiredness.

They are 8 kinds of nutrients that may be used for handling the symptoms of CFS and FM. These are the polyphenols, probiotics, D-ribose, nicotinamide adenine dinucleotide (NAD+), adenosine triphosphate (ATP), alpha-lipoic acid (ALA), glutathione, and low-dose naltrexone (LDN).

Polyphenols are plant-based compounds that are major antioxidants that may counteract oxidative stress. It is oxidative stress that is believed to contribute to both CFS and FM, possibly resulting into improper cellular function and poor immune function.

Probiotics may also be used because studies have indicated that gut microbiota may have a vital role in CFS and FM. A study involving the use of Lactobacillus casei, which is a probiotic strain, was found to help manage anxiety after more than 8 weeks of taking probiotics. Meanwhile, another study showed that Bifidobacterium infantis may also help in decreasing inflammation in 8 weeks.

D-ribose is another kind of nutrient that may also be used because FM and CFS appear to be linked to mitochondrial dysfunction, which can affect proper cellular function. One study has shown that D-ribose, which is a form of ribose, may result into better sleep, energy levels, less pain, mental precision, and overall wellness.

NAD+ may also help because CFS and FM patients have been found to lack this nutrient, which is a coenzyme for cellular function. Treatments with NAD+ may help in improving mitochondrial function in the cells.

ATP is the source of power at the cellular level. Thus, supplementing with ATP may result into better cellular functioning.

ALA is a potent water- and fat-soluble antioxidant that may decrease inflammation. It also binds to toxic heavy metals in the body and promotes their removal.

Glutathione is a powerful antioxidant that is often lacking in FM and CFS patients. This nutrient is necessary for building proteins and new tissues. Increasing the glutathione level may help in decreasing pain and fatigue.

Finally, low doses of naltrexone, which is a medication used for treating drug and alcohol dependence, may benefit FM and CFS patients, especially in decreasing inflammation, releasing endorphins, supporting immune function, pain relief, and blocking proteins that may cause chronic symptoms.

The Toronto Functional Medicine Centre is a functional medicine clinic located in Toronto, Ontario, Canada, that is focused on the practice of integrative functional medicine. This particular method combines the methods acupuncture, restorative medicine, IV therapy, allopathic medicine, naturopathic medicine, detoxification, and bio-identical hormone treatments.

These approaches can be used for a wide variety of health issues, such as: hormone imbalances, chronic conditions, menopausal health issues, sensitivities or intolerance to food, digestive health, inflammation, detoxification, immunity, infertility, and more.

Those who want to get more information about the applications of IV therapy, such as intravenous therapy with ATP in Toronto, can visit the Toronto Functional Medicine Centre website or 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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