

Toronto Functional Medicine Centre Explains the Functional Medicine Approach to Fibromyalgia

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published an article that explains the functional medicine approach to fibromyalgia, which is a chronic condition that can cause substantial sensory and muscle discomforts. When addressing this condition, the strategy used by a functional medicine clinic will be to focus on various aspects of health, including nutritional status, cellular health, stress management, and gut microbiome.

Although it has been deemed a public health issue by the World Health Organization, there are challenges encountered when diagnosing it. For instance, patients have difficulties in describing their specific symptoms or healthcare professionals may find it hard to link the pain felt by the patient to fibromyalgia. In some situations, healthcare practitioners still have not yet recognized the existence of the condition. The symptoms of fibromyalgia include: depression; sleep problems, particularly with getting restorative sleep; anxiety; fatigue; low concentration levels; headaches; dull body aches; digestion issues; and brain fog.

The functional medicine philosophy is that knowing the root cause of a chronic disease may offer some insights on the treatments to be provided, while promoting disease prevention and optimal health. Unlike other chronic disorders, fibromyalgia tends to have several triggers at once, such as environmental toxicity, nutritional deficiencies, adrenal disorder, etc. A functional medicine provider may help in determining the different sources of the discomforts, while recommending therapies for various fibromyalgia-related symptoms.

After performing a comprehensive lab testing and diagnostic session, a functional medicine practitioner will discover the contributing factors for a patient?s fibromyalgia. There are various factors that may trigger this condition. First of all, the body may be lacking some important nutrients, such as glutathione, magnesium, etc. Second, there may be a problem with the patient?s thyroid. In one research, it was found that 40 percent of patients with thyroid auto antibodies also had fibromyalgia and chronic pain. Third, toxins at the workplace and at home may be contributing to the symptoms. Fourth, the patient?s gut health may be in poor condition. It has been noted that small intestine bacterial overgrowth, which is a condition where there is too much bacteria in the gut, tends to be present in people with fibromyalgia. And lastly, the presence of candida overgrowth might cause digestive problems. When there are excessive quantities of candida, this can weaken the intestinal walls and this causes toxic by-products to be released into the body.

A functional medicine provider will take into account the patient?s current lifestyle, medical history, genetics, and environmental factors with the goal of working on the root cause of the health issues, while providing treatment for current symptoms. Patients who come to the Toronto Functional Medicine Centre are given access to the integrative medicine approach, which may include bio-identical hormone replacement therapy, acupuncture, naturopathic medicine, and a broad range of other therapies. Intravenous vitamin therapy may also be crafted for each specific patient in compliance with the principles of integrative functional medicine.

The Toronto Functional Medicine Centre is a functional medicine clinic found in Toronto, Ontario, Canada, that practices integrative functional medicine. This particular approach may be applied to a broad range of health issues, including: menopause, hormone imbalances, chronic health issues, adrenal fatigue, brain health, chronic conditions, and more. They may also offer assistance with: adrenal fatigue, brain health, detoxification, digestive health, food allergies or intolerance, infertility, immunity, inflammation, menopause, mold toxicity, nutritional deficiencies, thyroid malfunction, and others.

Those who are interested in getting to know more about the functional medicine approach and its applications, including as a way to support male fertility, can check out the Toronto Functional Medicine Centre website or contact them on the phone at (416) 968-6961 or through email at 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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