

IV Lounge in Toronto Explains the Link Between Heavy Metals and Male Infertility

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Toronto Functional Medicine Centre?s IV Lounge has recently published an article that explains the link between heavy metals and male infertility. Heavy metals may have negative effects on male fertility. According to an article in Environmental Sciences Europe, ?Adverse environmental factors have a significant impact on semen quality, leading to decreased sperm concentration, total sperm count, motility, viability, and increased abnormal sperm morphology, sperm DNA fragmentation, ultimately causing male infertility.?

Heavy metals may damage male fertility even in small quantities. These are environmental toxins that may have negative effects on cellular function, sexual health, and detoxification pathways. The Toronto Functional Medicine Centre understands the role of heavy metals on male infertility and how to support sperm health with lifestyle modifications, hormonal optimization, clinical nutrition, and functional medicine. They also offer IV therapy for supporting heavy metal detoxification in men at their Toronto clinic.

The heavy metals that may result in male infertility are cadmium, lead, mercury, and arsenic. Exposure to

cadmium may result into DNA damage in sperm and low sperm count. It may also result into oxidative stress, inflammation of the testicles, and reduced cellular functioning of sperm. Cadmium is typically released into the environment via a number of industrial processes, such as metal smelting, battery manufacturing, and through tobacco smoke.

Lead may also result in male infertility. In a research study involving male IVF partners, it was observed that excessive lead in their semen prevented the sperm from fertilizing eggs. The results were surprising because the male study participants had not worked with lead, especially the non-smokers.

Mercury, which can be obtained through seafood, dental compositions, fluorescent light bulbs, and skin-lightening products, has also been linked to infertility. It was noted that mercury exposure resulted in abnormal sperm morphology and motility and sperm DNA damage. Meanwhile, arsenic from contaminated drinking water, fish,shellfish and poultry can result in oxidative stress that in turn can result in an impaired sperm.

The functional medicine approach to heavy metals resulting in male infertility is to eliminate heavy metals from the body through chelation in combination with a healthy diet, exercise, and hormonal amelioration. Chelation therapy that is administered orally or intravenously through IV therapy drips may help eliminate heavy metals. A chelating agent, such as etheylenediaminetetraacetic acid (EDTA), 2,3-dimercapto-1-propanesulfonic acid (DMPS) or 2-3 dimercaptosuccinic acid (DMSA), may be prescribed. The chelating agent gathers the heavy metals and encourages the kidneys to eliminate these toxins through urine.

IV therapy may also be considered to administer major antioxidants into the body for the purpose of eliminating oxidative damage. These may include nicotinamide adenine dinucleotide (NAD+), alpha lipoic acid or glutathione. Meanwhile, IV administration may also be an ideal option for patients who suffer from malabsorption.

Simultaneously, dietary changes, such as using the Mediterranean diet, which has significant amounts of good fats and antioxidants, have been noted by studies that it may offer benefits for male fertility.

The Toronto Functional Medicine Centre is a functional medicine clinic in Toronto, Ontario, Canada, that employs the integrative functional medicine approach to health. It combines acupuncture, bio-identical hormone replacement, integrative functional medicine, allopathic medicine, IV therapy, naturopathic medicine, and more. These methods can be applied for a wide range of health issues, including: hormone imbalances, acute health issues, neuropathic pain, postmenopausal health issues, mineral deficiencies, thyroid conditions, and others.

Those who are interested in learning more about the functional medicine approach to male infertility, including IV therapy for supporting heavy metal chelation in women, can check out the Toronto Functional Medicine Centre website. 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. The clinic is accepting new patients in which you can contact them through phone at (416) 968-6961, or email at info@tfm.care.

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For more information about Toronto Functional Medicine Centre, contact the company here:Toronto Functional Medicine CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine Centre55 Avenue Rd 204 AToronto, ON M5R 3L2

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.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

