

Toronto Functional Medicine Centre Presents the Functional Medicine View on Male Infertility

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains the functional medicine view on male infertility. It is important to note that the World Health Organization (WHO) has recognized male infertility as a global health problem. Certain aspects of lifestyle, including the consumption of processed foods, drinking too much alcohol, and using cell phones in day-to-day activities, have been observed to be linked to infertility. For some men, avoiding harmful lifestyle factors may help fertility. However, for others, certain exposures, for instance to nicotine, have already resulted into health issues, such as hormone imbalances, oxidative stress, and poor sperm quality. With the functional medicine approach, male infertility may be avoided by attaining optimal health.

There are a number of lifestyle factors that may decrease male fertility. These include: smoking, obesity, alcohol, caffeine, mobile technology, and recreational substances like opiates. Thus, at the Toronto Functional Medicine Centre, they take a holistic approach to fertility problems. During the discussion on the patient?s first visit, the functional medicine practitioner will consider lifestyle and environmental factors, individual symptoms, medical history, and more. They may recommend functional medicine testing to assess hormonal health, nutritional deficiencies, and toxins. After collecting all the information, they will develop a

customized health care plan for the patient.

Some of the treatments that may be recommended to upgrade male fertility are bio-identical hormone replacement therapy, acupuncture, nutraceuticals and Lifestyle changes include avoiding the use of certain substances, quitting smoking, losing weight, consuming only organic and non-processed foods, etc. IV Therapy drips may be used to support heavy metals detoxification and getting rid of free radicals. IV therapy may also be used as an adjunct support to help in fighting nutritional deficiencies resulting from a poor diet. With IV drips, vitamin C, selenium, zinc and other nutrients may be added, providing vitamins, minerals and antioxidants that may help sperm quality and motility.

At the Toronto Functional Medicine Centre, they collaborate with patients in coming up with a personal treatment plan, which may motivate the patient to attain optimal health. They will educate the patient on approaches to preventing chronic disease and male infertility through integrative medicine and nutrition. The integrative approach combines various modalities to manage the patient?s symptoms, while handling the underlying cause of the patient?s health issues. These modalities may include naturopathic medicine, allopathic medicine, bio-identical hormone replacement therapy, acupuncture, and more.

They can also provide intravenous (IV) therapy through their IV Lounge. They employ a customized approach to blending IV therapy drips, which are made using integrative functional medicine approaches. They provide essential nutrients for IV therapy to be used as additional support for a broad range of health requirements. These nutrients include: high-dose vitamin C, major antioxidants, glutathione, heavy metal chelators, NAD+, amino acids, and more. IV nutrient therapy may be customized as adjunct support for various health problems, such as digestive health issues, sleep concerns, brain function issues, nutritional deficiencies resulting from intestinal inflammation, chronic health problems, and more.

Those who would like to learn more about the functional medicine approach to various health conditions, such as the latest blog post which discussed the functional medicine approach to fibromyalgia, can visit the Toronto Functional Medicine Centre website or contact them through the telephone 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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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

