

Toronto Functional Medicine Centre Offers Functional Medicine Tips on Toxins to Avoid Before Getting Pregnant

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released an article that provides functional medicine tips on toxins to avoid particularly for those who are trying to get pregnant. Female infertility may result from a variety of causes, which include toxins from the air, water, or soil. According to a BC Medical Journal article, certain environmental toxins can disrupt the function of hormones and thus interfere with female fertility by acting as steroid receptors. By acting as agonists and antagonists, these chemicals are capable of disrupting hormone signaling, biosynthesis, and metabolism.

In the same way that male infertility has been found to be affected significantly by toxins, these chemicals have also been noted to cause problems with conception in women. Some pollutants have been found to hinder natural female fertility and reduce the IVF success rate. These include bisphenol-A (BPA), tobacco, heavy metals, and pesticides.

BPA is a chemical used in the production of water bottles, plastic bags, food containers, tins, and ovenware. Traces of BPA may be found in such items and possibly ingested by people. Studies have found that infertile women usually have high levels of BPA in their bodies compared to women who are fertile. That is why it has been recommended to use BPA-free containers and alternatives to plastics.

Women trying to get pregnant should also avoid tobacco smoke, including second-hand smoke, because tobacco contains various chemicals and heavy metals. Studies have shown that smoking more than 10 cigarettes a day can decrease chances for conception.

Heavy metals like lead, cadmium, and mercury can attach themselves to hormones that have to do with sexual maturation. Thus, heavy metals can hinder timely sexual maturation, which causes harm to reproductive health. It is recommended that women trying to get pregnant should drink filtered water and avoid eating those fish that usually contain mercury, such as marlin, swordfish, and king mackerel.

Pesticides should also be avoided because studies have found them to be linked to miscarriages and they can also be passed on to the baby through breast milk. It is recommended that people stop using pesticides in their garden and wash fruits and vegetables thoroughly before eating them. It is also a good idea to avoid outdoor spaces where pesticides have been applied.

Toronto Functional Medicine Centre recommends a functional medicine approach to promoting female fertility, just like with male fertility. Women who are hoping to get pregnant can consult with their healthcare providers to optimize the chances of conception. During the initial session at the functional medicine centre, they will discuss functional medicine laboratory testing, lifestyle modifications, and clinical therapies for detoxification.

Laboratory testing can be used to measure nutritional deficiencies, hormone imbalances, and the toxins present in the body. The results can be used to develop a specific plan for each individual to promote optimal functioning and improve fertility. They can also offer some guidance of the appropriate lifestyle modifications, such as improving diet by eliminating processed foods from meals. They can offer support for those who are finding it difficult to quit smoking. Clinical therapies may also be provided such as chelation therapy for removing heavy metals or IV vitamin therapy for countering nutritional deficiencies and for detoxification.

The Toronto Functional Medicine Centre is a functional medicine clinic in Toronto, Ontario, Canada, that employs the integrative naturopathic functional medicine technique. It combines functional medicine and alternative medicine, such as homeopathic medicine, traditional Chinese medicine or Eastern medicine, herbal medicine, bio-identical hormone replacement, and more. These methods may be applicable for a wide range of health issues, including: acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, and more. They may also help with: tissue repair, athletic recovery, cellular damage,

DNA repair, infertility, thyroid issues, chronic fatigue, mineral deficiencies, immune function, adrenal function, skin rejuvenation, and more.

Those who are interested in the functional medicine approach to fertility, including the functional medicine view on male infertility, can check out the Toronto Functional Medicine Centre website or call them on the phone or contact them by email. 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 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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