

Toronto Functional Medicine Centre Explains Psychobiotics' Impact on Neurological Disorders

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post on the impact of psychobiotics on neurological disorders. This is part 2 of the previous article, ?Introduction to Psychobiotics Part 1.? Psychobiotics are probiotic strains that may offer benefits for mental health by playing a vital role in regulating functions of the gut-brain axis and central nervous system (CNS). Although more human studies are needed, scientists have suggested that psychobiotics may have a significant impact on mental health therapies of the future. This is possible because both mental disorders and intestinal disorders have been noted to coexist in the same person.

In the current article, they further examine how psychobiotics may provide benefits for certain neurological health disorders, specifically, Parkinson?s disease (PD), multiple sclerosis, depression, and anxiety. Many studies have confirmed the promising effects on PD. Clinical research has shown that there were improvements in some digestive problems, such as bloating and constipation, including hypersensitivity abdominal pain, and oxidative stress markers in PD patients. These research findings indicate that probiotics may be used as an adjunct treatment for PD by enhancing gut function and easing some of the non-motor symptoms of PD.

With regards to multiple sclerosis, the latest studies suggest that probiotics may help in optimizing the immune system of patients by regulating the immune function, suppressing inflammatory pathways, and changing the gut microbiome. Research studies have observed that 12 weeks of treatment using a probiotic mixture containing L. fermentum, L. acidophilus, B. bifidum, and L. casei had a positive impact on inflammatory factors, insulin resistance markers, expanded disability status, HDL, total HDL-cholesterol, mental health, and malondialdehyde levels, in MS patients. These suggest that probiotics may serve as a supplementary treatment for MS by decreasing inflammation, regulating the immune function, and enhancing the patient?s mood and metabolic condition.

Studies have also indicated that probiotics may help in managing depression and anxiety. It was noted that certain probiotic strains may help in providing relief for symptoms of anxiety and depression by changing the gut microbiota composition and regulating the gut-brain axis. Some studies have also shown the positive effects of probiotics on stress levels, cognitive function, memory, and overall well-being in patients struggling with major depressive disorder and anxiety.

However, it is also important to note that not all research noted substantial improvements in mood and well-being when using probiotics. More studies are required to fully understand the mechanisms and to develop clear guidelines for using probiotics in clinical practice. Nevertheless, current evidence indicates that people who regularly ingest fermented foods and probiotics have less CNS issues compared to people who don?t take probiotics. Thus, probiotics and prebiotics may be used as adjunct therapy for various health issues, when used in conjunction with lifestyle recommendations and other functional medicine approaches.

The personalized approach to health used at the Toronto Functional Medicine Centre considers a patient?s comprehensive medical history, lifestyle factors, genetic makeup, and environmental factors when creating a comprehensive treatment plan. They recommend that people revitalize their gut health through disease prevention, nutrition, and healthy lifestyle recommendations.

The Toronto Functional Medicine Centre is a functional medicine practice in Toronto, Ontario, Canada, that employs the integrative functional medicine approach. This integrates bio-identical hormone replacement, allopathic medicine, naturopathic medicine, acupuncture, restorative medicine, and more. These methods can be used for a number of health conditions, such as: acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, tissue repair, athletic recovery, cellular damage, DNA repair, fertility support, thyroid issues, chronic fatigue, mineral deficiencies, immune function, adrenal function, skin rejuvenation, and more.

Those who want to know more about psychobiotics' impact on neurological disorders can check out the Toronto Functional Medicine Centre website or contact them on the phone at (416) 968-6961 or 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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