

Toronto Functional Medicine Centre Explains How Adrenal Fatigue May Prevent Optimal Wellness

July 05, 2023

TORONTO, ON - July 05, 2023 -

Toronto Functional Medicine Centre in Toronto, ON, Canada, in a new blog post, explains adrenal fatigue and how it can hinder a person attaining optimal wellness. The body may experience adrenal fatigue when the adrenal glands produce too much or insufficient hormones, which results in hormonal imbalances. The adrenal glands produce cortisol, aldosterone, and adrenaline and noradrenaline, and if these are not available in the proper quantities, this could affect a person?s health. It would be a good idea to discuss the issue with a functional medicine healthcare provider for advice on laboratory testing and therapies.

The adrenal glands release cortisol when a person is under stress, and when extra energy is required to handle a stressor. Cortisol has anti-inflammatory functions; helps regulate the use of fats, proteins, and carbohydrates; and controls blood sugar levels, blood pressure, and sleep. Aldosterone is responsible for regulating electrolytes in the blood and also for controlling the acidity levels in the blood. Insufficient aldosterone is a symptom of Addison?s disease, which is when the adrenal glands fail to do their function. Adrenaline and noradrenaline regulate blood pressure and the flow of blood for muscle use and brain function. They also serve to metabolize glucose and increase heart contractions and heart rate. They are typically released when the person is under physical and/or mental stress.

Adrenal fatigue issues may be addressed at Toronto Functional Medicine Centre through personalized treatment plans because each individual is unique. The functional medicine plan may include consultation tests, supplementation, and changes to diet and lifestyle. Functional medicine practitioners may recommend some laboratory tests to find out which therapies are appropriate for a particular patient?s biology. The clinic can provide DUTCH testing for adrenal hormones, which is a dried urine test for measuring the production of cortisol and metabolites. This test could offer new details about a patient?s lack of energy. From the results, they can customize a treatment plan for the individual?s adrenal needs.

Depending on the patient?s specific laboratory test results and symptoms, they may advise certain supplements. Additional vitamin B5, or pantothenic acid, might help the body in producing hormones related to stress, such as cortisol, while providing support for adrenal function. Adaptogenic herbal extracts may also be suggested to help the body in coping with stressors. In addition, depending on the vitamins and minerals needed, IV therapy may also be recommended for patients suffering from malabsorption.

Certain changes to the individual?s diet and lifestyle may also help for proper adrenal functioning. Avoiding smoking and alcohol alone can prevent the accumulation of toxins in the adrenal glands. Stress management activities, such as yoga, acupuncture, and cognitive behavioural therapy may help in reducing the stress load on a person?s mental health and adrenal glands. Improper functioning of the adrenal glands can prevent an individual from achieving optimal wellness. Thus, functional medicine focuses on the root causes of the health issues, including waning sexual health, digestive problems, nutritional deficiencies, an overactive or underactive thyroid function, and more. The functional medicine and clinical nutrition strategies applied at Toronto Functional Medicine Centre may address an individual?s health problems, reduce the symptoms, and help with the management of chronic disease.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada utilizes the integrative functional medicine approach that combines allopathic medicine, restorative medicine, acupuncture, naturopathic medicine, detoxification, and more. This concept can be used for different health issues, such as: neuropathic pain, postmenopausal health issues, acute health issues, tissue repair, athletic recovery, hormone imbalances, DNA repair, cellular damage, chronic fatigue, mineral deficiencies, thyroid issues, adrenal function, skin rejuvenation, immune function, and more.

Those who would like to know more about functional medicine topics, such as psychobiotics' impact on neurological disorders, can visit the Toronto Functional Medicine Centre website or contact them on the

telephone at (416) 968-6961, or by 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.

###

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

