

Toronto Functional Medicine Centre Explains Value of Serine IV Therapy in Toronto

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TORONTO, ON - July 16, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has published a new blog post that elucidates on the importance of serine IV therapy in Toronto. While serine is not as popular as other amino acids like branched chain amino acids (BCAAs) that are useful for post-exercise recovery, serine is a useful ingredient in IV drip therapy offered by Toronto Functional Medicine Centre.

They want to emphasize eight facts and advantages of serine. First, serine is a precursor to glycine, taurine, and other amino acids. It is regarded as ?non-essential? because the body can create serine on its own. However, serine may be provided as a supplement to ensure prime levels in the body. Second, serine is available in two forms: L-serine and D-serine. Both forms are essential as protein building blocks and maintaining balance is potentially beneficial for avoiding cognitive problems. Serine may also be used to help avoid age-related cognitive decline or for enhancing cognitive functions.

Third, serine may offer a benefit for neurological conditions. There is an increasing amount of evidence that

L-serine may help regulate the release of various cytokines in the brain during neuropathological situations, to recover cognitive function, inhibit inflammation, enhance cerebral blood flow, encourage remyelination, and provide other neuroprotective effects on neurological injury. Fourth, L-serine may provide neuroprotection. It contributes to the synthesis of the lipid known as phosphatidylserine, which serves as a neuromodulator in the brain. Thus, serine may offer help with memory-related problems.

Fifth, serine is required in the synthesis of tryptophan in the body and tryptophan is another amino acid that helps with relaxation and is needed in the production of serotonin. Tryptophan may help in decreasing depression symptoms, anxiety, and chronic stress symptoms. Sixth, serine may offer help to fibromyalgia patients, who lack a natural supply of amino acids in their bodies and suffer from malabsorption of some amino acids, such as serine and histidine. Deficiency in serine can possibly signify the bodies of fibromyalgia patients have difficulty in producing tryptophan and serotonin.

Seventh, L-serine has been found in studies to improve sleep quality when taken before bedtime. This means serine may help in improving immune health because sleep is vital to the proper functioning of the immune system. It may also help in the proper functioning of the nerves, improvement of athletic performance, and everything that has to do with wellness.

Eighth, it is important to note that laboratory studies have not yet indicated if the serine supplement is necessary for breastfeeding and pregnant women. Also, some serine dosages might worsen kidney disease. Thus, people need to consult with a healthcare provider if they believe they need serine supplementation. Toronto Functional Medicine Centre can provide advice on serine and other vitamins and minerals. If oral supplements cause an upset stomach or bloating, patients may be provided with IV therapy.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies the integrative functional medicine approach which integrates the use of allopathic medicine, restorative medicine, acupuncture, naturopathic medicine, detoxification, and more. This approach may be applied for various types of health problems, including: 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 need to obtain more information about IV therapy in Toronto, including a previous article on threonine IV therapy, can check out the Toronto Functional Medicine Centre website or contact them via the phone (416) 968-6961 or by email 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.

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