

Toronto Functional Medicine Centre Explains Importance of IV Therapy in Toronto for Optimal Hydration

July 25, 2023

TORONTO, ON - July 25, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has released a new article that explains the importance of IV therapy in Toronto for optimal hydration. Their IV therapy Toronto lounge is offering the Max Hydration Drip, which is a kind of infusion with the purpose of replenishing vital fluids in the body. When used in combination with exercise, a healthy diet and lifestyle, this type of IV therapy could help with optimal health.

Hydration is important due to many reasons, including: boosting immune function during infections; allowing joints to move efficiently with lubrication; regulating body temperature; optimizing cellular health by providing nutrients to cells; and for making sure that body functions are working properly, including sleep quality and the functions of the various organs.

They want to stress that fluid intake is a vital daily routine but for many people, this is not being followed. The

result is low levels of hydration, which has several negative effects, including with regards to skin elasticity, cellular functioning, energy levels, cognitive function, muscle recovery, mental clarity, physical performance, and more.

The body loses fluids everyday because of breathing, sweating, and urination. For those who are sick vomiting or diarrhea can result in more fluid loss. That is why liquid intake is very important as drinking water is vital even if a person is not thirsty. One reason why optimal hydration is important is because it helps to get rid of toxicities from the body, especially environmental toxins. Fluids are used by the kidneys to get rid of waste and toxic substances. Failure to drink enough water can impede kidney functioning.

Hydration can also contribute to the regulation of blood pressure. This is because lower hydration means lower blood volume, which results into higher sodium levels in the blood. This stimulates the system to produce an excess amount of the hormone, vasopressin. Vasopressin has the role of helping the body retain more water but it also causes the blood vessels to tighten up, which may result in chronic hypertension.

Hydration may also help with digestive problems, such as constipation. Constipation is usually triggered by illnesses, poor fibre intake, and medications. While drinking water doesn?t result in a quick fix for constipation, more water in the body makes the stool soft and easier to remove from the body.

Drinking water can also enhance skin vitality and has an anti-aging effect. Hydration can actually enhance skin appearance. Studies have shown that deficiency in water can result in a number of dermatological issues.

Hydration can also help with the overall health of the bones and it can help in decreasing joint pain and chronic inflammation. This is because cartilage is composed of almost 80 percent water. Fluids are also needed for decreasing friction between the bones.

Optimal hydration can be achieved by drinking water, coconut water, taking non-dairy substitutes for milk, eating more fruits and vegetables, and through vitamin IV therapy. IV drip therapy can be used to address fluid loss, support production of red blood cells, and to remedy nutritional deficiency. IV therapy offers the benefit of complete absorption of nutrients without using the digestive system.

The Toronto Functional Medicine Centre is a functional medicine clinic located in Toronto, Ontario, Canada, that employs the integrative functional medicine approach. It combines methods such as acupuncture, bio-identical hormone replacement, detoxification, allopathic, naturopathic medicine and more. These methods can be used for various health issues, such as: acute health issues, neuropathic pain, pre and postmenopausal health issues, hormone imbalances, 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 would like to know more about IV therapy in Toronto, including a previous article on IV therapy with vitamin C, can visit the Toronto Functional Medicine Centre website or contact them through the telephone at (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.

###

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

