

Toronto Functional Medicine Centre Explains How to Choose Key Nutrients in IV Therapy in Toronto

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a guide on how to choose key nutrients in IV therapy in Toronto. The health care team from the functional medicine centre can educate people on the natural ingredients that can be included in IV therapy. Intravenous infusion therapies may be used as additional nutritional support tools and when they are combined with recommended lifestyle changes and other functional medicine therapies, they could be an important contributor to the optimal functioning of an individual.

Customization of IV therapy may be needed for certain patients in order to prevent undesirable side effects from oral supplementation or when they may have problems with low absorption of nutrients. Others may opt to have IV therapy drips to rehydrate and support an efficient recovery after strenuous physical exertion.

At the Toronto Functional Medicine Centre, the liquid to be used in the intravenous infusion is freshly compounded to provide the necessary nutrients for immediate use, including vitamin A, folic acid, ascorbic

acid, L-glutamic acid, or a combination of several amino acids. By using IV therapy, all of the nutrients are fully absorbed by the person because the fluid doesn?t have to go through the digestive tract that may filter out some nutrients. Some of the potential health benefits of IV nutrient therapy are: mental clarity, an energy boost for athletic performance, decrease in chronic stress, improvement of cognitive function, rehydration from fluid loss, enhancement of immune health, and reduced pain levels.

To determine which nutrients should be included in one?s IV drip, it is advisable to consult with an IV therapist or a functional medicine provider, such as the healthcare professionals at the IV Lounge of the Toronto Functional Medicine Centre. They will examine the specific person?s health issues, genetics, medical history, and environmental and lifestyle factors, and will also suggest some lab testing. Once all of the factors have been assessed, the IV drip therapy can be customized to help optimize that person?s potential.

The B vitamins may help with: red blood cell production, DNA production, the functioning of nerves, brain function, cellular functioning, and hormonal health. Vitamin C is a powerful antioxidant that may help boost immune health, protect against cellular damage, and contribute to the healthy growth of teeth, skin cells and bones, and collagen for skin vitality.

Vitamin D, which is usually lacking in North Americans, except during the summer months, may support mental health, strength, bone health, regulation of blood pressure, and support for cell synthesis. Magnesium may also be included as one of the nutrients because lack of magnesium can result in high blood pressure, weak bones, and heart health issues.

Various kinds of amino acids can also be included as they are protein building blocks that play an important role in building hormones and neurotransmitters, muscle repair, and regulation of sleep. Increasing the availability of amino acids can help increase muscle protein synthesis at rest and after resistance exercise in the young, and at rest in the elderly. Nutrients with antioxidant characteristics can also be included, such as vitamin E, N-acetylcysteine, and glutathione can help in fighting free radicals, boost cellular health, and decrease the risks for chronic health conditions.

The Toronto Functional Medicine Centre is a functional medicine facility in Toronto, Ontario, Canada, that uses the integrative functional medicine strategies. This combines acupuncture, bio-identical hormone replacement, allopathic medicine, naturopathic medicine, and more. These approaches may be applied for various health problems, including: postmenopausal health issues, acute health issues, neuropathic pain, athletic recovery, hormone imbalances, tissue repair, cellular damage, DNA repair, mineral deficiencies, thyroid issues, chronic fatigue, skin rejuvenation, immune function, adrenal function, and more.

Those who would like to know more about IV therapy in Toronto, including a previous article about post-workout IV therapy, can visit the Toronto Functional Medicine Centre website or contact them through the phone at (416) 968-6961 or by email at info@@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays and Wednesdays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; from 9:00 am to 5:00 pm on Fridays; 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.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

