

Toronto Functional Medicine Centre Introduces Bio Identical Hormones for Relieving Hormone Imbalance

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that introduces bio-identical hormones as a way to help relieve hormone imbalance. Hormones play a vital role in bodily functions because they carry ?signals? from the bloodstream to other parts of the body, such as the muscles, telling the body when to do certain tasks, such as sleeping. If there are insufficient or too much hormones, the result is a hormone imbalance, which can either last for a short period of time or persist for a longer period of time. Hormone imbalance can affect metabolism, brain health, and other issues, which is why treatments for hormone imbalance may be necessary to enhance quality of life.

Bioidentical hormone replacement therapy (BHRT) uses plant-derived hormones that are chemically identical to hormones released and used by the human body. Using such plant-derived ingredients, human hormones such as estrogen, DHEA, testosterone, adrenal hormones, and progesterone can be simulated. Bioidentical hormones may be administered through capsules, injections, patches, or creams. They may be used for perimenopausal and menopausal symptoms, including adrenal issues, fibromyalgia, osteoporosis, and poor thyroid function.

BHRT may also be used for: irregular menstrual cycles; vaginal dryness; poor skin health; night sweats; mood swings, depression, anxiety; poor cognitive function (i.e. brain fog, low concentration); birth control hormone rebalancing; and more.

BHRT is different from the conventional hormone replacement therapy (HRT), which is recommended by medical doctors who practice conventional medicine. HRT uses synthetic hormones instead of plant based hormones. Some patients prefer BHRT because scientists have warned about long-term HRT resulting into the formation of certain cancers, pulmonary embolism, heart disease, and strokes. Meanwhile, studies indicate that BHRT is linked with lower risks of cardiovascular disease and breast cancer. However, there may be some possible interim risks related to BHRT, including mood swings, digestive problems, and a higher risk for some cancer. Ultimately, choosing between BHRT or HRT will be a personal decision for the patient and should be discussed with a functional medicine provider.

The decision to get BHRT would be based on some personal factors, including medical history, health goals, family history, and lifestyle factors. Those who have a family history of hormone-responsive cancers or have a predisposition to blood clots are advised to avoid HRT and BHRT. At the Toronto Functional Medicine Centre, a comprehensive diagnostic session will be held before the patient gets the compounded bioidentical hormones. Core tests, including the clinic?s DUTCH test for sex and adrenal hormones, may be performed to measure hormone levels. Once the test results and the patient?s health status have been examined, they can come up with the specific treatment plan. The comprehensive strategy may include BHRT and other supportive treatments, including herbal medicine, acupuncture, IV therapy, lifestyle modifications, orthodox and naturopathic medicine.

At the Toronto Functional Medicine Centre, they provide integrative medicine services and they can motivate patients to take ownership of their health, while benefiting from the synergy of alternative treatment options. Through a combination of modalities, individual symptoms and the root cause of the health problem may be addressed.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies the integrative functional medicine concept, which integrates allopathic medicine, restorative medicine, acupuncture, bio-identical hormone replacement, detoxification, and more. This approach can be used for various health problems, including: 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 are interested in the integrative naturopathic functional medicine approach, including how the

functional medicine clinic supports perimenopause symptoms , can check out the Toronto Functional Medicine Centre website. The clinic?s telephone is (416) 968-6961 and email is info@fm.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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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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