

Toronto Functional Medicine Centre Explains the Functional Medicine Approach for Managing Hot Flashes

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explains the use of functional medicine for hot flashes. Hot flashes may occur unexpectedly, with sudden heat radiating through the chest, face, and ultimately the entire body. These can happen occasionally, usually only once a week, or frequently, which may be every few hours. Hot flashes may also be experienced as night sweats, which means they can also result in sleep problems. When using the functional medicine approach, the specific symptoms of each particular patient and the entire body are considered. A comprehensive treatment plan will be crafted based on medical history, health goals, laboratory test results, and environmental and lifestyle factors.

Thus, integrative medicine therapies for hot flashes may include: lifestyle modifications; dietary changes; supplements; and bioidentical hormone replacement therapy. At the Toronto Functional Medicine Centre, they can provide a proactive, customized, long-term health plan for the patient. Their approach is based on the belief that each person has a unique expression of health, which is sometimes not considered by conventional medicine.

Lifestyle modifications may include avoiding smoking, which can decrease the severity of a hot flash. Weight management through regular exercise may also be recommended because it has been noted that obesity can make the hot flashes worse. Acupuncture, meditation, and mindfulness may also help in alleviating anxiety that comes with the hot flashes.

Dietary changes may also help. Reducing spicy food and caffeine intake may be recommended and also adopting the Mediterranean diet. A study revealed that menopausal women eating a diet rich in phytoestrogens, such as flaxseeds, soybeans, legumes, and whole grains, or practicing the Mediterranean diet were not prone to hot flashes and night sweats by 20 percent.

Taking phytonutrient-rich supplements may also be recommended. This is because some plant-derived, hormone-free nutrients have been observed to minimize hot flashes. These include rhapontic rhubarb roots with studies indicating no adverse side effects after consuming them.

Bio-identical hormone replacement therapy may also be prescribed. These bio-identical hormones are plant-derived but are chemically similar to human hormones. Progesterone and estrogen hormones may be simulated by such plant-derived ingredients. But it is important to note that bioidentical hormones have to be specially compounded for a specific dosing.

It is also important to note that the above-mentioned treatments may or may not be appropriate for a particular patient. It is essential to consult with a health care provider to rule out any underlying conditions. In general, hot flashes come with menopause, but with functional medicine, the severity of the menopausal symptoms may be decreased.

Functional medicine therapies are based on the patient?s exclusive biology, which indicates that the treatments are custom-fitted to the patient?s unique condition. Specifically, they will get details regarding the patient?s biology from the laboratory tests that may not be available from conventional medicine, for instance, the DUTCH test. This test includes the submission of dried urine samples to quantify sex hormones and metabolites. From the results, the healthcare providers at Toronto Functional Medicine Centre can personalize the treatment plan and they may even recommend that the patient take part in a hormone optimization program, which can educate and motivate the patient to keep the symptoms under control using adapted modalities.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada uses an integrative functional medicine approach. This approach can be utilized for various types of health issues, such as: neuropathic pain,

postmenopausal health issues, acute health issues, tissue repair, athletic recovery, hormone imbalances, DNA repair, fertility issues, cellular damage, chronic fatigue, mineral deficiencies, thyroid issues, adrenal function, skin rejuvenation, immune function, and more.

Those who are interested in the integrative naturopathic functional medicine approach, such those who want an introduction to bio-identical hormones, can visit the Toronto Functional Medicine Centre website or contact them on the phone at (416) 968-6961 or through 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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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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