

Toronto Functional Medicine Centre Discusses Options For Easing PMS Symptoms

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The Toronto Functional Medicine Centre, based in Ontario, recently published a blog post on Functional Medicine for Easing PMS Symptoms. A functional medicine clinic may offer customised therapies for this condition, which may include stress management methods, acupuncture, herbal tinctures, nutraceutical supplements, IV therapy in Toronto, and more.

PMS is an array of physical and emotional symptoms that often occur a week before a menstrual period, and there are numerous symptoms. Among them are cramping, aches and pains, bloating, breasts that are swollen and sore, mood swings, depression, acne, and digestive problems (constipation). Since functional medicine views the human body as a complete entity, patients may be advised to follow a routine which includes activities such as aerobic exercise or yoga, eating a heart-healthy diet, and taking the appropriate nutritional supplements (either oral or through IV vitamin drip therapy) to help correct deficiencies.

Lifestyle modifications are often discussed as possible options as well. If depression manifests during PMS, it has been shown that aerobic exercise can boost endorphins; in turn, this may help reduce PMS discomforts, including stress. One notable study found that 60 minutes of aerobic workouts, done thrice a week for at least

two months, led to physical and emotional improvements in women.

Yoga may also have positive effects for PMS symptom relief. Another study revealed that 12 weeks of yoga led women to have less bloating, and cramping was similarly eased when particular poses were practised, such as ?cobra? or ?cat.?

A patient should further consider the impact of their diet. A heart-healthy diet such as the Mediterranean Diet ? which emphasises good fats, loads of antioxidants, minerals, nutraceuticals, and fresh produce ? may contribute to a reduction in PMS effects. In fact, one article from Nutrients states, ?? the antioxidant power of various fruits may explain the protective role of fruit in PMS. Increased oxidative stress and reduced antioxidant capacity may occur in PMS, and ?may be a cause or consequence of various stress symptoms in PMS.?

The Toronto Functional Medicine Centre also published a blog post which covers the topic of hot flashes managed by functional medicine. Hot flashes occur unexpectedly, with severe heat radiating from the face, chest, and full body. They can happen once a week or every few hours. They can also appear as night sweats, which can also cause sleep disturbances. Hot flashes are thought to occur as the ovaries become less efficient and oestrogen and progesterone levels fall. This can result in temperature sensitivity and other menopausal symptoms.

In order to build a comprehensive care plan, medical history, environmental and lifestyle factors, health goals, and lab data are all addressed in functional medicine. The centre further recommends contacting a doctor to rule out any underlying concerns. Menopausal hot flashes are a common symptom. Yet, some women may be able to reduce the severity of menopausal symptoms by using functional medicine.

A functional medicine healthcare provider considers the key components of a patient?s individuality. These include a patient?s medical history, lab test results, and lifestyle and environmental factors. The point of functional medicine is to manage the root cause of a patient?s health concerns. When the source of an illness or condition is tackled, patients may address its symptoms ? while promoting chronic illness prevention as well.

For some, IV nutrient therapy may help alleviate mineral deficiencies, boost red blood cell production and energy levels, offer immune health support, and more. The functional medicine model considers how nutrient deficiencies play a role in health issues, including PMS. Vitamin D, magnesium, and calcium have been

shown to be noticeably lacking in PMS sufferers. Patients may be advised to take these as oral tablets/capsules if lab results show a deficiency. In some cases, vitamin D may be advised as booster shots as well.

The Toronto Functional Medicine Centre uses a combination of Acupuncture, Integrative Functional Medicine, IV Therapy, Naturopathic Medicine, Detoxification and Bio-Identical Hormone Treatments to optimise health. The clinic is located in the heart of Yorkville. To learn more about the options available at the centre, patients may visit the centre?s official website or contact the office directly 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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