

Toronto Functional Medicine Centre Explains the Functional Medicine Method for Managing Endometriosis

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explains the application of functional medicine for managing endometriosis. Functional medicine is a systems-oriented integrative approach that determines the root cause of the health problems, while considering the patient?s individuality. To be able to reach a diagnosis, functional medicine practitioners will take into account the patient?s medical history, lifestyle/environmental factors, genes, and core tests to determine health status. Endometriosis is a disease in which extra tissue, which is similar to the uterine lining, grows externally from the uterus. The result is the formation of scar tissue and inflammation around the pelvis.

Since the extra tissue acts like the natural tissue found in the uterine lining, it also bleeds during the woman?s menstrual period, except that it is unable to naturally detach itself from the body. The outcome is irritated tissue that gradually becomes scar tissue. Clinical symptoms of endometriosis include bleeding/spotting during the middle of menstrual cycles, pelvis/abdominal pain, painful/heavy periods, nausea, fatigue, digestive issues (constipation, bloating), pain during sex, and infertility. In some cases, symptoms may also occur in other areas of the body, such as bloody urine or stool and body aches. For

some women, endometriosis may not have symptoms and the condition may only be discovered when focusing on a different health problem, such as infertility.

While the cause of endometriosis is still unknown, scientists have a number of theories. First, endometrial tissue may disperse via the lymphatic system and may travel along the bloodstream through retrograde menstruation, which happens when menstrual blood flows backwards to the fallopian tubes. This causes the blood to enter the pelvic cavity while also exiting the body via the vagina. Second, cells from endometrial tissue might get attached to the abdomen walls after a surgical procedure, such as a C-section, or through retrograde menstruation. Third, family history may be involved. Fourth, endometrial tissue may enter the fallopian tubes instead of leaving the body during menstruation. Fifth, other cells in the body may turn into endometrial cells and endometrial tissue may start to thrive.

Functional medicine therapies may help in managing the individual symptoms of endometriosis. These may include: changing the patient?s diet, taking supplements for symptom relief, and prescription of bioidentical hormones.

They may recommend shifting to a diet consisting of fresh, organic ingredients. An article in the ?Nutrition Journal? has indicated that increasing the consumption of fruits and green vegetables may reduce inflammatory markers. Anti-inflammatory food may also help in reducing the severity of symptoms.

They may also recommend that the patient take oral nutraceuticals, such as curcumin. Curcumin has been found in various studies to have anti-inflammatory and antioxidant characteristics and may decrease oxidative stress that can trigger chronic pain. They may also suggest alleviating certain nutritional deficiencies because certain nutrients may decrease inflammation, such as vitamin C.

Addressing hormonal imbalance using bioidentical hormones may also be recommended. Bioidentical hormones are plant-derived but mimic human hormones and they are available through a number of delivery methods, such as creams and suppositories, and will need to be compounded specifically for each patient.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada employs an integrative functional medicine strategy that uses a combination of acupuncture, integrative functional medicine, IV therapy, allopathic medicine, naturopathic medicine, detoxification, bio-identical hormone, and more.

Those who would like to know more about the integrative naturopathic functional medicine approach, such as

the use of functional medicine for fibroids that has been discussed previously, can check out 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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