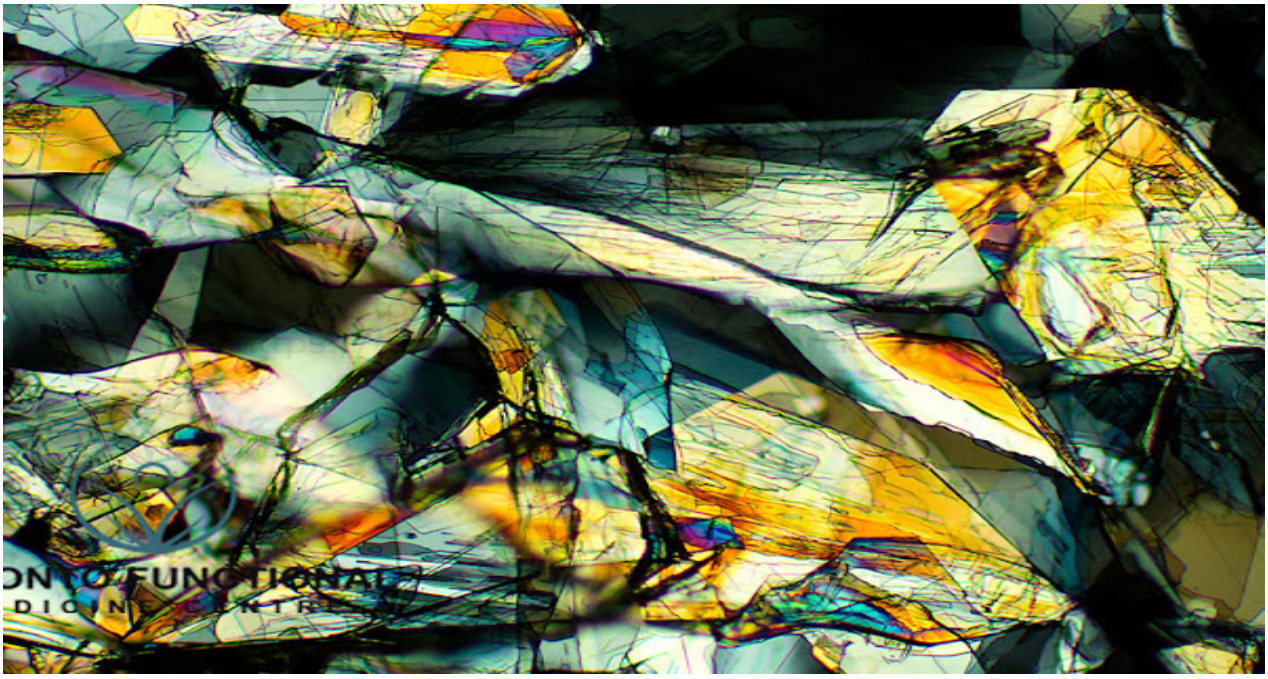


IV Therapy Lounge in Toronto Explains the Importance of Vitamins, Minerals, Amino Acids, and Antioxidants

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Toronto Functional Medicine Centre?s IV Therapy Lounge in Toronto, Ontario, Canada, has recently published a blog post that elucidates on the importance of vitamins, minerals, amino acids, and antioxidants. They may recommend that the patient supplement cellular health with key nutrients to achieve optimal health. It is important to note that nutrients are chemical substances that foster the healthy growth of muscles, brain, bones, and child development. Nutrients also play a vital role in energy production, breathing, fertility, immune health, toxin removal, and other functions.

Nutrients can be classified either as micronutrients or macronutrients. Macronutrients are proteins, fats, and carbohydrates, and a person needs significant amounts of macronutrients for the optimal function and configuration of the body. On the other hand, micronutrients are needed to prevent disease. However, aside from vitamin D, most micronutrients can?t be produced by the body. Therefore, consuming a certain amount of micronutrients is recommended. Examples of micronutrients are vitamin D, folate, and iron.

Vitamins are compounds required by the body in moderate amounts. Thirteen vitamins have been identified by scientists and they can be subdivided into the water-soluble vitamins and fat-soluble vitamins. The fat-soluble vitamins include vitamin A, vitamin D, vitamin E, and vitamin K, and these accumulate in fat-based tissues and the liver. The water-soluble vitamins are vitamin C and the B vitamins (biotin, folate, methylcobalamin, niacin, pantothenic acid, pyridoxine, riboflavin and thiamine). Since they are water-soluble, they can?t be accumulated in the body because they are easily excreted through urination. That is why water-soluble vitamins need to be regularly replenished.

Minerals are naturally-occurring chemical substances often found in water and soil. Minerals are used by the body for bodily development, controlling fluids for cellular function, helping with the maintenance of strength, and optimizing the transformation of food to energy. Therefore, replenishment of minerals is also important for wellness. These can be subdivided into macrominerals and trace minerals. Significant amounts of macrominerals are needed by the body. Examples of macrominerals are phosphorus, magnesium, potassium, chloride, calcium, sodium, and sulfur. On the other hand, the body only needs small amounts of trace minerals, such as fluoride, copper, iodine, and more. Some people with health issues, such as chronic kidney disease, may be advised to consume less minerals.

Meanwhile, free radicals can have negative effects on the body, such as DNA damage, cellular damage, cause ?bad? cholesterol to block arteries, and prevent cellular functioning. They can also cause oxidative damage, which is the root cause of chronic and degenerative health problems. Antioxidants, such as glutathione, may help in fighting the free radicals.

Amino acids support hair growth, skin cells, neurotransmitters, the repair of cells and tissue, and the breakdown of food to be used for energy. Several amino acids are needed to build proteins in the body. While the body can produce many amino acids, it is unable to produce the top nine amino acids that are necessary for optimal health. These are essential amino acids, such as lysine and tryptophan, that need to be ingested through food.

Those who are interested in the vitamin IV therapy concept, such as the use of chelation IV therapy in Toronto that has been previously discussed, 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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