

Toronto Functional Medicine Centre Reveals the Supplements to Consider for Endometriosis Symptoms

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TORONTO, ON - September 19, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that reveals the supplements you may consider for endometriosis symptoms. With endometriosis, there is scar tissue and inflammation in the pelvic area. It has several symptoms, such as heavy bleeding during menstruation, chronic pain around the pelvis, mental health issues, infertility, low energy levels, painful intercourse, and digestive problems specifically bloating.

The effects of endometriosis may become a daily health challenge for some women and prevent them from achieving optimal health. Meanwhile, once endometriosis has been diagnosed, functional medicine testing can check the patient?s hormone levels, vitamin levels, and more. The findings can guide the patient on possible supplementation.

Supplements that may be recommended include: Ashwagandha, N-acetylcysteine (NAC), curcumin, selenium, essential fatty acids, magnesium, and vitamin C. Ashwagandha is an herb that has been observed

to have antioxidant and anti-inflammatory effects. Since women suffering from endometriosis typically have high cortisol levels, Ashwagandha may help decrease stress and reduce cortisol levels. NAC has been shown in various studies that it may help in decreasing pain and encourages fertility outcomes.

Curcumin, which is a turmeric extract, has been observed in various studies to help decrease tissue migration in the uterus. It has also been noted to bring down the production of estradiol, which is a form of estrogen that can develop into endometrial adhesions. Selenium is another mineral that tends to be low in quantity in patients with endometriosis. Symptoms of selenium deficiency include fatigue and cramping, and supplementing with selenium may help in decreasing those effects.

When taken together vitamin E and omega-3 may be able to provide pain relief. In one such study, the participants took vitamin E and omega-3 every day and they experienced less cramping while taking the supplements instead of the placebo.

Meanwhile, it has been observed that increasing magnesium intake may help in relaxing smooth muscles and may therefore affect endometriosis via its impact on retrograde menstruation. Other Vitamins may reduce oxidative stress and help in decreasing the related pain. In one study, taking vitamin C and vitamin E was observed to help decrease the severity of dysmenorrhea, dyspareunia, and the severity of pelvic pain.

It should be noted that oral supplementation is an option but it may have side effects like diarrhea or nausea, and it may not be appropriate for patients suffering from malabsorption. Therefore, adjunct IV therapy may be recommended for patients with colitis, Crohn?s disease, celiac disease, etc. They recommend that patients discuss with their functional medicine practitioners the suitable treatment option for their endometriosis symptoms.

Their functional medicine practitioners may be able to tailor the treatment plans for a range of health concerns, such as body aches, inflammatory conditions, chronic disease conditions, infertility, heart disease, nutritional deficiencies, and menopausal symptoms. Their custom treatments, such as drips from their IV Lounge, are customized for the patient using the integrative functional medicine model. They follow the ?whole body? approach to achieving wellness, which means they will focus not just on the patient?s symptoms but also on the root cause of the health problem.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada uses an integrative functional medicine concept that combines allopathic medicine, restorative medicine, acupuncture, bio-identical hormone replacement, naturopathic medicine, detoxification, and more. Those who would like to understand more about these strategies, including how to manage endometriosis with functional medicine, 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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