

Toronto Functional Medicine Centre Explains the Link Between Chronic Stress and Hormones

September 21, 2023

TORONTO, ON - September 21, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explains the link between chronic stress and hormones. Chronic and long-lasting daily stress can have a significant effect on the individual?s hormones. They also explain how individualized treatment plans may help in managing stress and hormones.

The physical body of a person is ready to respond to stress through the hypothalamus, which interacts with the adrenal glands. The hypothalamus produces corticotropin-releasing hormone (CRH), which stimulates the pituitary gland to produce adrenocorticotropic hormone (ACTH), which in turn stimulates the adrenal glands to produce and release corticosteroid hormones, such as cortisol, into the blood. Cortisol has several important functions and may help in the body?s response to danger or stress. It increases the metabolism of glucose, regulates blood pressure, and decreases inflammation.

When the perceived ?threat? is gone, the cortisol levels are supposed to go back to normal. However, when

the stressors keep on returning, such as when the person is stressed due to debt, the work environment, caregiving needs of the family, and more, the body becomes overexposed to cortisol and other stress hormones. This can disrupt overall hormonal balance and bodily processes, which results in: sleep disorders, weight problems, anxiety, digestive issues, chronic pain, and higher risks for heart disease. This may also affect the production of the sex hormones estrogen and testosterone, which means chronic stress can disrupt other aspects of health.

Each individual reacts in a different way to chronic stress due to a number of factors, such as genetics and lifestyle factors. Thus, functional medicine practitioners will always take into account the person?s individuality and comprehensive health history. At the Toronto Functional Medicine Centre, they may discuss a number of things with patients who have chronic stress and hormone problems, such as: functional tests, supplements, acupuncture, and lifestyle interventions.

Functional medicine testing such as the DUTCH (dried urine test for comprehensive hormones) test, can be used to check the patient?s hormone levels. Depending on the results of the lab tests, they may discuss the possibility of oral or IV supplements. For instance, magnesium may help with mood and sleep while vitamin B5 may be used to support adrenal functioning.

Acupuncture may help with bringing down the patient?s stress levels. It has also been suggested for the treatment of illnesses related to the autonomic nerve because of the ability of acupuncture to regulate the imbalance between sympathetic and parasympathetic activities. This was revealed in a study published in the journal, ?Evidence-Based Complementary and Alternative Medicine.?

Lifestyles changes may include increasing physical activity, such as walking, dancing, or doing aerobic exercise since these can help with heart rate and boost oxygen levels, providing more oxygen to the cells and reducing strains on the cardiovascular system and the muscles. It is important to note, however, that customized integrative medicine services are offered at the Toronto Functional Medicine Centre, which means that the various components discussed above may or may not be applicable to a particular person?s biology.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies an integrative functional medicine strategy. This approach can be used for different kinds of health issues, including: adrenal function, acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, tissue repair, athletic recovery, cellular damage, DNA repair, fertility issues, thyroid issues, chronic fatigue, mineral deficiencies, immune function, skin rejuvenation, and more.

Those who want to know more about the Toronto Functional Medicine Centre can check out their website. They also regularly release health and wellness articles, including a recent post on how to manage

endometriosis symptoms. The clinic is 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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