

Naturopathic Approach To Type II Diabetes Explained by TFMC

September 27, 2023

TORONTO, ON - September 27, 2023 -
The ON based Toronto Functional Medicine Centre (TFMC) has shared new materials that aim to explain how the team uses the functional medicine approach to Type II Diabetes. This chronic condition is known to be challenging for patients to deal with, but the clinic says a more holistic strategy may be exactly what they need to adjust more fluidly to their body?s demands.

The Centre?s insights are freely available for all to read in a new article, shared via their official blog space. In ?How Our Toronto Functional Medicine Clinic Approaches Target Type II Diabetes,? the clinic says, ?As a hormone, insulin is supposed to regulate your blood sugar levels. Type II diabetes is a condition in which your body doesn?t use insulin properly, resulting in unusual blood sugar levels. When left untreated, or if it?s mismanaged, the condition may influence other health issues, such as kidney and eye damage, as well as heart disease.?

As is the case for anyone with a chronic condition, the key to making it work lies in managing or controlling its

associated risk factors. Some risk factors, unfortunately, cannot be dealt with or changed in any way as they are far outside the patient?s control, such as a genetic propensity for diabetes (the condition runs in the family). However, other factors can be addressed in some way, and it is important for patients to learn more about these opportunities to control the potential direction ? or prevention ? of such conditions.

In the article, the TFMC identifies the following risk factors for Type II diabetes: extreme blood pressure and cholesterol levels, being overweight, being diagnosed with pre-diabetes, sleep apnea, polycystic ovary syndrome (PCOS), depression and taking glucocorticoid medications. Typically, a patient with Type II diabetes (or who is at risk of developing it) will be told to monitor their blood sugar as closely as possible, but the Centre says this may be an incomplete way of approaching the problem.

?In a study of 222 participants with Type II diabetes,? the article says, ?intense physical activities were executed for three months. Noteworthy improvements were related to weight loss, blood pressure, blood glucose, and triglycerides. Scientists concluded that, because of these results, lifestyle interventions should be advocated for those with Type II diabetes, especially for patients with unsteady glycaemic levels.?

The takeaway from this, TFMC argues, is that patients and their healthcare providers should consider a wider array of variables when monitoring and controlling the progression of Type II diabetes. It is for this reason that functional medicine practitioners are more likely to examine much more than a patient?s glucose levels; their medical history, current lifestyle factors, environment, and more may be investigated as well. Functional medicine health care providers will pay consideration to the patient?s health goals as this may influence their lifestyle over a given period.

A number of examples of functional medicine treatments are offered in the article that may have an impact on a patient?s health and well being. The first treatment, suggested as an adjunct support modality, is acupuncture, which involves the stimulation of points on the body via sterile needles. The Centre says it may be used to target diabetic neuropathy.

The clinic generally advises patients to avoid thinking of blood sugar control in terms of simply eliminating sugar from their diet. A number of food groups can have beneficial or detrimental effects, so a diet must be given careful consideration. However, some diets are thought to be excellent for the majority of patients, and the clinic will be glad to show the community how to get started.

?We can help you implement a Mediterranean-based diet,? the clinic says, ?which is laden with plant-based ingredients and may lessen insulin resistance. This can promote blood sugar management while dropping levels of A1C. The diet may also help reduce inflammation and strengthen immune function, as it contains anti-inflammatory functions.?

Other suggestions include regular workout sessions, exploring herbal medicines and consulting with an integrated healthcare practitioner. The Toronto Functional Medicine Centre is ready and willing to help anyone in need, be it with Type II diabetes, fatigue, the link between chronic stress and hormones, or any other health-related subject. Those interested may learn more by reading the Centre?s articles or by contacting the Toronto Functional Medicine Centre directly at (416) 968-6961 or info@tfm.care

###

For more information about Toronto Functional Medicine Centre, contact the company here:Toronto Functional Medicine CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine Centre55 Avenue Rd 204 AToronto, ON M5R 3L2

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.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

