

Toronto Functional Medicine Centre Explains Link Between Nutrient Deficiencies and Skin Health

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TORONTO, ON - October 09, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published an article that explains the connection between nutrient deficiencies and skin health. In their IV Lounge, they usually discuss nutrient deficiencies. It is important to note that many nutrients act together to help sustain and protect the skin. The connection between poor nutrition and skin health was first observed in the 1700s, when it was discovered that deficiency in vitamin C may result in scurvy. Soon after, scientists discovered that supplementing with certain nutrients may lead to skin improvements.

Deficiencies in certain nutrients have been found to result in a range of skin problems, such as: premature aging, dryness, wrinkles, sun damage, and poor wound repair. At the Toronto Functional Medicine Centre, they may recommend some lab testing, including a personalized nutritional evaluation to find which nutrients are lacking. After taking into account the lab test results, including the patient?s dietary intake, medical history, toxin exposures, and lifestyle, they can customize a treatment plan designed to achieve the patient?s skin health goals.

Some of the nutrients that may influence skin health are vitamin A, vitamin C, vitamin E, essential fatty acids, and zinc. Vitamin A has antioxidant characteristics, which is why it may help in decreasing wrinkles, acne, and hyperpigmentation. Vitamin C is a powerful antioxidant that plays an important role in the building of collagen and connective tissue. It may also protect the skin from pollutants and topical vitamin C may help with skin brightening although further research is needed.

Vitamin E works hand in hand with vitamin C in maintaining collagen levels. Scientists also believe that vitamin E has anti-inflammatory components that may help prevent skin damage from environmental free radicals. Omega-6 and omega-3 fatty acids may help with boosting skin hydration, which may affect both the appearance and function of the skin. According to research conducted at Oregon State University, supplementing with omega-3 fatty acids may help protect against photodamage and photoaging. Zinc may offer protection against damage from ultraviolet radiation. Furthermore, zinc and vitamin C may have anti-microbial effects, which may fight bacteria that cause acne.

One important discussion between the patient and the functional medicine health care provider is whether to take the supplements orally or intravenously. The choice may depend on a number of factors, including the patient?s digestive health condition and seriousness of primary health concerns. For many patients, oral supplements in tablet, liquid, or capsule form, may be sufficient. However, for patients with malabsorption problems, oral supplementation may not be possible. Thus, IV therapy drips may be suggested for them.

Intravenous therapy means the nutrients bypass the digestive tract. An IV tube is inserted into the vein of the patient, which allows the nutrients to directly enter the bloodstream. Even patients who don?t have malabsorption issues may choose IV therapy because it offers 100 percent absorption of nutrients, unlike with oral supplementation. It is important to remember that only certain minerals, vitamins, and nutrients may be combined together and provided as IV infusion treatments. Their IV Lounge may also provide vitamins as oral or sublingual prescriptions, or as booster shots.

Those who would like to know more about the use of IV therapy for skin health, including the use of glutathione IV therapy, can visit the Toronto Functional Medicine Centre website or contact them through the phone at (416) 968-6961 or via email at info@tfm.care. 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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For more information about Toronto Functional Medicine Centre, contact the company here:Toronto Functional Medicine CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine

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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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