

Toronto Functional Medicine Centre Offers Tips that May Enhance Detoxification

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that offers tips that may enhance detoxification including the use of IV therapy and functional medicine. Their IV Lounge may help patients in getting rid of toxins from their body. Detoxification is important because people are regularly exposed to toxins, from inhaling pollutants in the air or second-hand cigarette smoke to handling household cleaners. Toxins may accumulate in the body, potentially causing health problems, including cellular damage, breathing problems, nasal congestion, brain fog, digestive problems, oily skin, and chronic fatigue.

The human body has its own detoxification system, which is made up of the kidneys, gastrointestinal tract, and liver. They work together to counteract and eliminate harmful chemicals that find their way inside the body. Unfortunately, this system may be hampered when the body is suffering from chronic illness, poor diet, and lack of physical activity. By improving detoxification, people may not only eliminate toxins, but also avoid the possible long-term health effects of toxins. At Toronto Functional Medicine Centre, they may offer tips on how to improve detoxification based on IV infusion therapies and integrative functional medicine strategies.

One of the tips they may offer is to add natural ingredients to the patient?s IV therapy. At their IV Lounge, they offer adjunct vitamin drip therapy for custom-tailored treatments plans. If appropriate for the patient?s biology, they may suggest therapeutic doses of acetylcysteine (NAC) as one of the ingredients for the patient?s IV drip. This is an amino acid that has been noted in research to combat free radicals. If a patient has too many toxins in the body, such that immune function is being hampered, NAC may be taken to help in the production of glutathione, which is a powerful antioxidant.

A second tip is to take supplements that may detoxify the liver. Some herbal products, like milk thistle, may be taken as adjunctive oral supplements. One of the key components of milk thistle is silymarin, which may help in scavenging free radicals and in cell repair. Silymarin is also regarded as a protector of liver cells.

A third tip is to consume phytonutrients, such as turmeric and cruciferous veggies. These foods may support liver detoxification. Thus, it will be beneficial to replace regular processed foods, such as microwavable meals, with these kinds of foods.

A fourth tip is to undergo chelation therapy as a way to get rid of heavy metals, such as mercury. Such heavy metals are very toxic and may cause significant harm to the body. The chelating agent may be dimercapto succinic acid (DMSA), Ethylenediaminetetraacetic acid (EDTA), or 2,3-dimercapto-1-propanesulfonic acid (DMPS). These chemicals are capable of absorbing metals from the tissues and then these are excreted through the urine. However, it is important to note that chelating agents may also get rid of healthy minerals that may be required for optimal health, such as copper and zinc. That is why it is vital to consult with a functional medicine healthcare provider when taking this treatment. With access to a personalized treatment service, patients can expect to find support for detoxification and symptom relief, while discovering new ways to enhance the patient?s wellness.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada utilises an integrative functional medicine concept that combines acupuncture, integrative functional medicine, IV therapy, naturopathic medicine, detoxification and bio-identical hormone treatments to optimise health. This concept may be used for various kinds of health issues, such as: acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, tissue repair, athletic recovery, cellular damage, DNA repair, thyroid issues, chronic fatigue, mineral deficiencies, fertility support, immune function, adrenal function, skin rejuvenation, and more.

More information about their integrative functional medicine approach, including the use of IV therapy for

nutrient deficiencies, can be obtained by visiting the Toronto Functional Medicine Centre website or calling them on the telephone at (416) 968-6961 or through 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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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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