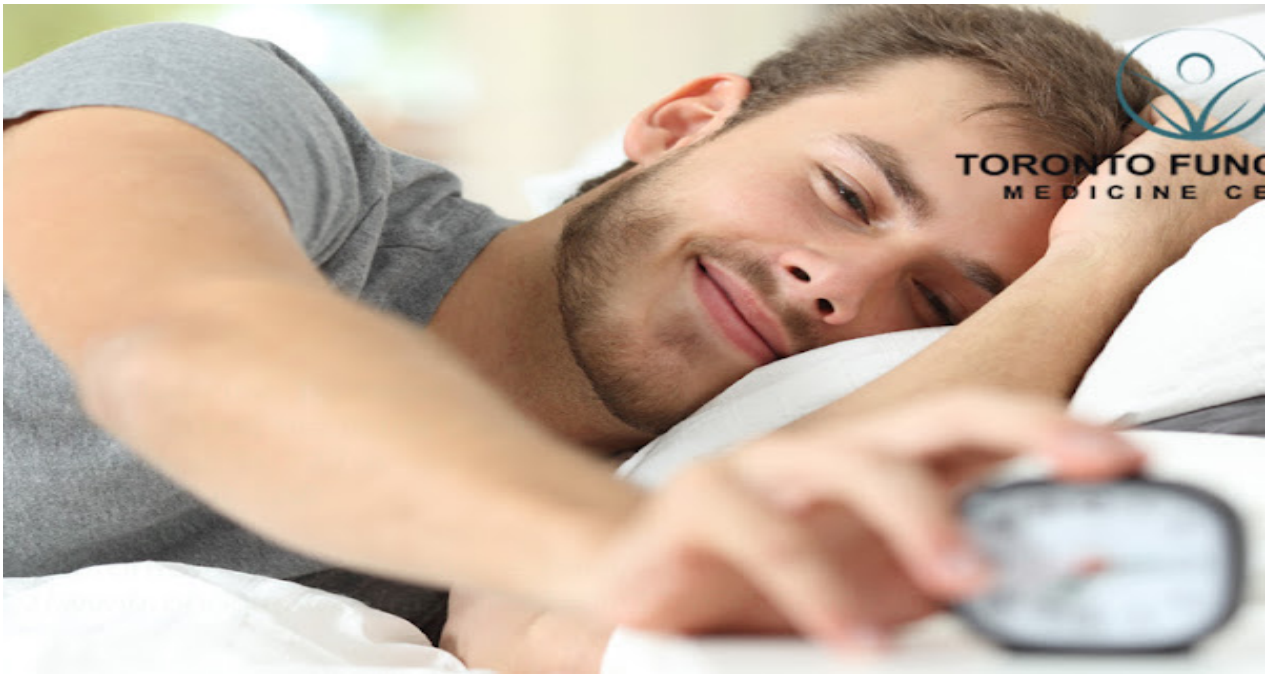


Toronto Functional Medicine Centre Provides an Overview of Functional Medicine for Insomnia

October 16, 2023

TORONTO, ON - October 16, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that offers an overview of functional medicine for insomnia. They employ the functional medicine approach for dealing with insomnia because it allows them to determine how the patient?s body is preventing them from getting adequate sleep. The article explains how they handle insomnia with integrative functional medicine tests and therapies, while also providing a brief overview of their clinic services.

For those who visit them for their sleep health concerns, they will provide their personalized integrative medicine services. During the initial visit, they will examine the patient?s medical history, lifestyle factors and environmental surroundings, current symptoms, genetics/ family history, and specific health goals that the patient wants to achieve. They may suggest a number of functional laboratory tests to quantify certain factors that might be preventing adequate sleep.

They may also perform a nutritional evaluation of the patient to help find out about nutritional deficiencies.

Nutrient levels need to be assessed because vitamins and minerals play a vital role in getting adequate sleep. For instance, a deficiency in vitamin D has been observed to result in higher risks of having short durations of sleep and poor sleep quality. In addition, they may also recommend DUTCH testing to examine the patient?s hormone balance. By determining those hormones that are deficient, i.e. cortisol and melatonin, they can develop a personalized therapy for addressing these deficiencies to promote improvements in sleep.

The Toronto Functional Medicine Centre may promote a healthy lifestyle to help with the patient?s sleep. This may include dietary changes. For instance, a diet known as Dietary Approach to Stop Hypertension (DASH) may be recommended for patients suffering from insomnia and also have high blood pressure. This diet focuses on the consumption of vegetables, whole grains, and fruits while avoiding sugary and fatty foods that have been known to hinder sleep. Furthermore, the DASH diet has been observed in a number of studies to decrease the risk of insomnia.

Supplementation, whether oral or intravenous (IV), may also be recommended to supply the lacking nutrients that have been linked to improvements in sleep, i.e. magnesium, oral tablets or capsules may be suggested but for patients with malabsorption issues, IV therapy drips through their IV Lounge may be suggested to supply the nutrients directly to the bloodstream and bypass the gastrointestinal system.

They may also recommend herbs or plant extracts, such as valerian root. Studies have suggested that the valerian root may be beneficial for those with sleep problems, particularly for women who are undergoing menopause.

The Toronto Functional Medicine Centre may also recommend relaxation techniques, including acupuncture, tai chi, or meditation. These have been noted to help extend the patient?s duration of sleep. They may also suggest yoga classes because some positions, particularly the ?corpse? and ?lying butterfly? positions, have been observed to help promote better sleep.

They are currently accepting new patients for their clinic offering integrative functional medicine strategies, so patients are encouraged to book their initial visit to discuss functional medicine sleep support. They aim to relieve sleep problems with a broad range of treatment modalities.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada takes an integrative functional medicine approach that combines allopathic medicine, restorative medicine, acupuncture, naturopathic medicine, bio-identical hormone replacement, IV therapy, detoxification, and more.

More information can be found by checking out the Toronto Functional Medicine Centre website. They also

regularly publish articles such as the role of functional medicine in managing low testosterone levels and other health issues. They can be contacted on the phone at (416) 968-6961 or via 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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