

Toronto Functional Medicine Centre Is Offering Functional Medicine Treatment For IBS

November 04, 2023

TORONTO, ON - November 04, 2023 -
Toronto Functional Medicine Centre is offering personalized functional medicine treatments that may help those suffering from IBS (Irritable Bowel Syndrome).

IBS is a gastrointestinal issue, affecting both kids and adults, that triggers bowel discomfort. Some of the clinical symptoms of IBS include bloating, excessive flatulence, abdominal pain, diarrhea, constipation, and/or mucus in the stool. The International Foundation for Gastrointestinal Disorders confirms that IBS may appear normal on routine tests causing healthcare providers to take a long time to correctly diagnose the issue. As it is a chronic condition, some people might have symptoms for a couple of days per month while some may have their daily life impeded for several months at a time.

The condition may be caused by a range of issues including everything from a bacterial infection or a parasitic infection (giardiasis) of the intestines, to excessive stress and the use of some medications such as antibiotics. An article from the Gastroenterology Clinics of North America says, ?Relatives of an individual

with IBS are two to three times as likely to have IBS, with both genders being affected.? Scientists also postulate that it may also be brought on by miscommunication amid nerves in the gut-brain interaction.

IBS can cause critical symptoms that lead to absences from school and work, hindering daily life. In fact, Canada has one of the highest rates of IBS in the world, estimated at 18% vs 11% globally, according to the Canadian Digestive Health Foundation. Moreover, the health condition often gets commonly misdiagnosed or underdiagnosed and patients do not seek treatment for their digestive issues due to shame.

The functional medicine model, which takes into account the patient?s biology, health goals, medical history/family histories, current lifestyle, and environmental settings, may address many of the symptoms associated with IBS. Functional medicine for IBS may also be adapted using routine lab tests. For example, a stool sample may be measured for fecal inflammatory markers, which helps determine if symptoms are related to IBS or another condition called IBD (inflammatory bowel disorder).

Irritable bowel syndrome is not the same as IBD. Though both conditions have some similar symptoms, they require different treatments. IBD is an umbrella term for colitis and Crohn?s and can damage the gastrointestinal tract. These impairments may be physically seen during lab examinations. IBS, on the other hand, cannot be detected on conventional tests but functional medicine testing may be conducted to inspect for IBS indicators.

Toronto Functional Medicine Centre recommends some healthy modifications for IBS-related physical and mental stressors. First, those suffering from the condition are urged to include probiotic supplements in their diet. These are used for numerous digestive conditions, including to prevent post-antibiotic C. Difficile infections, food poisoning, and IBS. Probiotics may alter the gut microbiota, which could decrease symptom severity. A review from Cureus found that many patients who have taken probiotics have reported a reduction in symptom complaints and an improvement in stool regularity.

The dietary changes recommended include removing particular foods from patients' diets and slowly reintroducing them to see if the patient gets the same reactions. A low-FODMAP (low fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) diet may be discussed as some components of gluten can worsen IBS symptoms. Finally, those living a sedentary lifestyle may experience exacerbated IBS symptoms and physical activities such as walking, yoga, and mountaineering can offer some comfort to gastrointestinal symptoms.

Toronto Functional Medicine Centre offers both conventional and natural therapies to meet the needs of patients suffering from IBS. Its range of health services includes a health detoxification program, Western medicine, naturopathic medicine, intravenous therapy from its IV therapy Toronto lounge, hormone optimization programs, bio-identical thyroid hormone therapy, allopathic medicine, acupuncture, and more.

Along with IBS, the centre can tailor treatment plans for an array of health issues including heart disease, hormone imbalance, body aches, menopausal symptoms (i.e. night sweats), nutritional deficiency, autoimmune disease, and more.

Readers are urged to visit the Toronto Functional Medicine Centre website to browse through more information about its IV therapies and other treatments such as functional medicine for Crohn's Disease. 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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