

Toronto Functional Medicine Centre's IV Lounge: Your Guide to Lowering the Risk of Dementia

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Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has released an article that provides a guide to the use of functional medicine for therapy for reducing the risk of dementia. They want to emphasize that an integrative clinic, such as the TFMC, may be able to help boost awareness of cognitive risk factors. With the World Health Organization (WHO) agreeing that dementia is one of the factors that lead to disability and death in seniors throughout the world, enhancing cognition as people age is an important health goal. Thus, making appropriate changes to one?s diet, lifestyle, and usage of a number of substances may possibly affect future brain function and health goals.

It has been observed that dementia is on the rise among Canadian seniors, and around 3 percent of Canadians below the age of 65 already have it. Dementia involves a decline in brain function, such as the inability to perform daily tasks and a decrease in mental clarity. Dementia occurs when the functioning of the nerve cells weakens, which may result in the breakdown of their connections with other nerve cells, resulting in nerve cells dying. Risk factors for dementia include hypertension, high blood sugar levels; obesity, sedentary living (i.e. lack of physical activity); reaching age 65+; smoking, drinking excessive alcohol; social isolation; and low mood.

In the meantime, they aim to underscore the potential of using IV therapy for brain fog. TFMC will conduct functional medicine laboratory tests for a patient and analyze the outcomes, the patient?s previous medical history and genetics, environmental exposures, and diet and lifestyle. They will then develop a personalized treatment plan of the patient using integrative functional medicine therapies. These therapies may include medications, IV therapy and/or oral supplementation as adjuvant treatment with the dosages of nutrients based on the patient?s biology.

Some of the nutrients that may be suggested as supplements include: vitamin D; curcumin; oral glutathione precursors and/or glutathione therapy; choline; nicotinamide adenine dinucleotide (NAD) precursors; and omega-3 fatty acids. In a study published in ?Alzheimer?s & Dementia: Diagnosis, Assessment & Disease Monitoring,? supplemental vitamin D has been found to cut down the likelihood of developing dementia in aged individuals by more than 10 years. Curcumin functions as a potent antioxidant and has anti-inflammatory effects. Studies have found that curcumin may decrease reactive oxygen species (ROS) and may help in inhibiting AP-1, which is a transcription factor that plays a role in the expression of amyloid, which is connected to Alzheimer?s disease.

Meanwhile, studies have found that low levels of glutathione, which is a potent antioxidant, is somehow connected to Alzheimer?s disease. It is important to note that the levels of glutathione may be increased by supplementation with N-acetylcysteine (NAC).

NAD is a coenzyme that is required for the human body to thrive. Precursors of NAD have been noted to possibly help in maintaining cognitive function. It has also been observed that low levels of docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) in the human body may increase an individual?s risk of developing dementia. To counteract these, omega-3 supplementation may be suggested. And lastly, choline is a nutrient that produces acetylcholine, which is a neurotransmitter that has been noted to help with cognitive function. Supplementation with choline may help replenish acetylcholine in dementia patients. Meanwhile, for patients with malabsorption problems, IV therapy may be used to supply some nutrients directly to the bloodstream.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada is focused on the application of an integrative functional medicine strategy that combines allopathic medicine, naturopathic medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This approach may be used for a range of health issues, including acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, tissue repair, athletic recovery, cellular damage, DNA repair, fertility issues, thyroid issues, chronic fatigue, mineral deficiencies, immune function, adrenal function, skin rejuvenation, and

more.

Those who are interested in the use of IV therapy in Toronto for dementia can visit the Toronto Functional Medicine Centre website or contact them through the phone at (416) 968-6961, or by 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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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.

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