



## **Toronto Functional Medicine Centre Explains the Top Benefits of IV Therapy with Vitamin C**

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Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has explained through a blog post the top seven benefits of IV therapy with vitamin C. First is the reduction of the accumulation of free radicals. Second is the possible contribution to the regulation of blood pressure. Third is the possibility of helping boost immune function. Fourth is to help the human body absorb non-heme iron. Fifth is the possibility of providing protection against dementia. Sixth is support for skin health and wound healing. Finally, it may delay the progression of age-related macular degeneration.

Free radicals are chemicals harmful to the human body and are produced by pollutants, chemicals, and UV radiation. On the other hand, vitamin C is a powerful antioxidant that has the special ability to scavenge free radicals, thus helping to minimize damage to cells and protecting cellular health. Meanwhile, deficiency in vitamin C has been observed to be connected to various health problems, such as high blood pressure. Those who consume antioxidant-rich foods, such as those containing high levels of vitamin C, have been found to have reduced risks of developing high blood pressure compared to those who didn't.

Vitamin C may also reduce the duration of a cold or flu, although it may not stop a person from getting sick from these illnesses. This is because it helps support the production of white blood cells and encourages the immune cells (white blood cells) peak performance. For those who consume only plant-based foods, an issue is the poor absorption of non-heme iron. Vitamin C may help in boosting the absorption of non-heme iron, thus reducing the risks of low iron anemia.

Laboratory studies have indicated that oxidative stress in the central nervous system may increase the risk of a person developing dementia. Due to the ability of vitamin C to scavenge for free radicals, which may be created as a result of oxidative stress, it may help in decreasing the risks of cognitive decline.

Vitamin C may promote the production of collagen, which is why it may support better skin health and wound healing. Collagen may be helpful for the healing of cuts and scrapes, including the promotion of recovery from more serious injuries. It may also help provide an anti-aging effect on the skin and possibly promote the lightening of dark skin spots.

Finally, vitamin C may delay the progression of age-related macular degeneration (AMD). AMD is an aging disease where oxidation plays a key role. With the much higher oxygen consumption by the retina than by any other tissue, AMD is highly vulnerable to oxidative stress. Fortunately, studies have revealed that supplementation with major antioxidants, such as vitamins C and E, may help slow down AMD.

Meanwhile, the Toronto Functional Medicine Centre may recommend the use of IV therapy to directly supply vitamin C to the bloodstream without having to go through the gastrointestinal tract. For patients suffering from malabsorption, vitamin drips would be recommended. IV vitamin infusions are available as a high-dose vitamin C or a combination of key nutrients and other vitamins to target certain health issues.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada uses an integrative functional medicine approach that integrates allopathic medicine, naturopathic medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This strategy may be applied for various kinds of health problems, such as neuropathic pain, postmenopausal health issues, acute health issues, tissue repair, athletic recovery, hormone imbalances, DNA repair, fertility issues, cellular damage, chronic fatigue, mineral deficiencies, thyroid issues, adrenal function, skin rejuvenation, immune function, and more.

Those who would like to know more about the applications of IV therapy, such as IV therapy to support brain health, can check out the Toronto Functional Medicine Centre website or contact them through the phone at (416) 968-6961, or by email at [info@tfm.care](mailto: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 Centre Heather Claus (416) 968-6961 info@tfm.care Toronto Functional Medicine Centre 55 Avenue Rd 204 A Toronto, 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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