



Toronto Functional Medicine Centre Explains the Use of Functional Medicine for Chronic Pain

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has elucidated in a new blog post the use of functional medicine for chronic pain. Integrated healthcare, exemplified by approaches like functional medicine, holds promise in alleviating chronic pain. Research has revealed that certain nutrient deficiencies can contribute to such pain. When intravenous (IV) infusions and various supplementation methods are integrated with other therapeutic approaches and a commitment to a healthy lifestyle, this comprehensive care approach may contribute to promoting overall well-being and optimal functioning.

Chronic pain is pain that remains even after the regular process of recovery, which is an average of three months. It may result from an injury and it may feel like it is never-ending, with some breaks or it may be continuous. The result is that chronic pain prevents the individual from enjoying relationships, exercise, and consuming optimal nutrients. It's quite common for people suffering from chronic pain to feel demotivated and have a low mood because of the persistent discomforts or pain, even resulting in insomnia and other health problems.

Scientific data has indicated that certain types of chronic pain may be connected to the poor intake of nutrients. Fortunately, this may be addressed by the integrative functional medicine approach. At Toronto Functional Medicine Centre, they will craft a customized treatment plan, which could help in determining the root cause of the chronic pain. This may include functional and naturopathic medicine, cold laser treatments, Western medicine, herbal anti-inflammatories, acupuncture, and/or adjunct support of IV therapy. When combined with healthy lifestyle factors and other therapies, IV drips may be able to promote improvements in wellness.

When a patient comes to Toronto Functional Medicine Centre for chronic pain, the functional medicine practitioners may recommend certain tests to be performed first, including a food sensitivity test or a personalized nutritional evaluation. The results of these tests will help them in determining the integrative medicine therapies to apply for the patient. Examples of these therapies for chronic pain are: supplementation with palmitoylethanolamide (PEA), acupuncture, and IV nutrient therapy.

PEA is a natural ingredient found in egg yolks and soy lecithin. The endocannabinoid system (ECS) has been observed to help bring homeostasis to the functioning of the human body by activating two receptors, which are CB1 and CB2. Research studies have revealed that PEA can bind to the two types of ECS receptors and this has been found to help with individualized pain relief.

Acupuncture is a traditional Chinese medicine method that targets certain points on the body for the purpose of promoting the flow of energy or chi. Studies have indicated that acupuncture for pain in the back, neck, or knee resulting from a surgical procedure or osteoarthritis has been well-tolerated by patients and there was little risk for serious adverse effects.

Finally, IV nutrient therapy may help in promoting optimal health when combined with functional medicine therapies and a healthy lifestyle. They may recommend adjunct IV drips for some chronic disease symptoms and conditions to help with hydration, support detoxification, and correct nutrient deficiencies. This is because high-dose antioxidants may help with unique biological requirements with the result that oxidative stress, as well as its damaging, inflammatory characteristics, can be addressed in the body.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies 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 different types of health issues, including: postmenopausal health issues, acute health issues, neuropathic pain, athletic recovery, hormone imbalances, tissue repair, fertility issues, cellular damage, DNA repair, mineral deficiencies, thyroid issues, chronic fatigue, skin rejuvenation, immune function, adrenal function, and more.

Those who are interested in learning more about the functional medicine approach followed by Toronto Functional Medicine Centre, such as the use of functional medicine for autoimmune diseases, can visit their website or contact them on the phone or through email. 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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