

Toronto Functional Medicine Centre Offers Functional Medicine Tips for Winter Season

November 26, 2023

TORONTO, ON - November 26, 2023 -
Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has provided a number of functional medicine tips for the winter season in a new blog post. They offer health support by applying integrative medicine methods. Various modalities are adapted for the person?s specific needs, including individualized medications, nutraceutical protocols, or acupuncture with intravenous (IV) therapy drips. Oral supplementation and/or IV drips may be recommended as adjunctive therapy for resolving nutritional deficiencies, boosting energy levels, and addressing other health issues. In the blog post, TFMC elucidates on how the immune system works and how functional medicine may help in optimizing a person?s overall winter wellness.

Maximizing the body?s overall wellness is essential for fighting and eliminating dangerous elements in the body, such as pathogens that can cause seasonal infections. It is important to note that there are a number of factors that can increase a person?s vulnerability to disease, including viral and bacterial illnesses. These include: lack of energy/sleep and low physical activity; chronic stress; vitamin D deficiency; certain medications; poor diet of processed foods, high sugar or high-fat items; and excessive substance use (i.e. alcohol, nicotine, etc.).

It is also important to note that the body?s ability to ward off illnesses may decline as people age, making the person more vulnerable to other health issues, such as heart disease and other chronic conditions. Some studies have found that certain groups of people, such as the elderly, tend to have high risks of catching infections and this may come with harmful effects. But by applying practical strategies with a proactive, personalized, long-term health plan, a person may be able to decrease the risk of becoming sick, while improving general health benefits.

The functional medicine model focuses on individuality. By understanding a person?s unique factors, such as comprehensive health history, nutritional deficiencies, genetics, environmental/lifestyle factors, etc., an integrative functional medicine clinic like TFMC, may be able to diagnose, offer treatment, and potentially prevent a chronic illness in the near future. This entails crafting a custom program for the person?s specific health needs, which TFMC can provide.

To optimize a person?s winter wellness, they may recommend some functional laboratory tests. These can assist them in evaluating the patient?s current health problems, while identifying the deficiencies that may need to be remedied to achieve optimal health. For instance, they may perform a personalized nutritional evaluation, which is a non-invasive test that measures certain biomarkers. The results of this test may be used to determine if the body needs additional nutrients, including B vitamins, amino acids, antioxidants, minerals, and more.

After assessing the core test results and the patient?s entire health background, they will craft customized treatment for the individual. They may recommend comprehensive health restoration strategies to improve immune function and boost overall well-being. Supplementation strategies for optimizing winter wellness may include: herbal medicines, oral nutrients, and adjunctive IV therapy support. Adjunctive IV therapy support may include the infusion of certain nutrients like vitamin C, glutathione, and selenium. These IV drips will be administered in the TFMC IV Lounge. They can also provide instructions for the patient on how to take oral supplements.

Those who are interested in learning more about the integrative naturopathic and functional medicine strategies, such as functional medicine for chronic pain, can check out the Toronto Functional Medicine Centre website or contact them on the telephone at (416) 968-6961 or through 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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