



## Toronto Functional Medicine Centre Explores the Adjunct Treatment Option for Depression

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released a blog post that explores the functional medicine adjunct treatment option for depression. They elucidate on their functional medicine approach and complementary/adjunct therapies that may help lift the mood of a person suffering from depression. Since each specific situation is different, their functional medicine providers will carefully evaluate the various components of the patient's individuality to help enhance well-being. They will examine the patient's comprehensive health history, environmental exposures, and lifestyle factors. They will conduct functional medicine lab testing to measure different aspects of health, such as hormonal balance, blood count, nutrient levels, and more.

Lack of certain nutrients can affect a person's mood. Thus, if they suspect nutrient deficiencies in a patient, they may recommend a personalized nutritional evaluation. This will help them find out which nutrients are lacking because these may contribute to the low mood and general wellness issues. For instance, magnesium, zinc, and vitamins D and K are known to minimize the risk for depression. Supplementation may be used to address these deficiencies and dietary modifications that cut out unhealthy, processed foods and increase in consumption of healthy foods, may help alleviate depression, poor functioning, pains, etc.

Some hormones, such as cortisol, estrogen, testosterone, and progesterone, may also be linked to poor mood and functioning, as well as low libido, chronic pain, and irregular periods. A DUTCH test may be performed if it is suspected that hormones are related to the low mood. This test may reveal hormone discrepancies through dried urine samples. If the results reveal unsteady levels, they may suggest a type of hormone replacement therapy that can be provided through traditional and/or complementary therapies.

Another possible reason for low mood is exposure to toxins. Studies have shown that frequent exposure to lead or other heavy metals may affect nervous system signalling. Their health providers may perform a heavy metal toxicity profile to help find out which toxins the patient is exposed to. Nutraceuticals may be recommended for liver detox or chelation therapy may be used to help remove toxic heavy metals using a chelating agent.

The health practitioners at Toronto Functional Medicine Centre are capable of handling the patient's health issues, such as adjunct depression care, blood pressure, and body aches. They can customize the patient's clinical experience with kindness, while encouraging the patient to attain health goals. Applying the integrative functional medicine approach they will personalize the treatment plan based on the uniqueness of the patient. Other modalities are also available, such as hormone replacement therapies (hormone optimization programs), naturopathic medicine, acupuncture, herbal medicines, intravenous therapy, Western medicine, and more.

They also have an IV Lounge for providing functional medicine-based intravenous (IV) therapy to support the various treatments. IV therapy is typically provided in combination with a healthy lifestyle and other functional medicine approaches to promote optimal functioning and health. They want to point out that they always consider patients to be unique entities with specific needs. Their personalized medicine strategy may help address the patient's symptoms while also preventing the development of chronic illnesses.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada uses an integrative functional medicine approach that mixes allopathic medicine, naturopathic medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This principle may be used for various types 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 are interested in the integrative functional medicine technique, including the functional medicine approach for low testosterone, can check out the Toronto Functional Medicine Centre website or contact them on the telephone (416) 968-6961 or through 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 Christina Ramos (416) 968-6961 [info@tfm.care](mailto: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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