



# **Toronto Functional Medicine Centre Explains the Importance of Functional Medicine for Adrenal Function Support**

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Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has recently released a blog post that explains the importance of functional medicine for adrenal function support for stress management. Their functional medicine approaches, including the use of herbal supplements, may help in managing cortisol levels. Cortisol is continuously released by the body when constantly stressed and this can result into various health issues, such as anxious feelings, digestive problems, weight and mental clarity issues, sleep issues, and increased risk of heart disease. It may also result into weak functioning, as well as poor hormonal function.

Persistent stress in a person can affect various aspects of health, influencing the individual's hormonal balance. The result is that different kinds of health problems may emerge, such as body aches, brain fog, and low energy levels. At TFMC, they always consider each patient as a unique individual and will personalise the treatment provided. They will always take into account the mind and body in their gentle approach to providing health care.

The adrenal glands, which are tiny and located over both kidneys, have the vital role of releasing various kinds of hormones that support blood pressure, immune function, and other vital bodily functions. One of the hormones released by the adrenal glands is cortisol, which is also known as the ?stress hormone.? Cortisol is released whenever an individual is faced with ?urgent? issues and has several functions such as: helping control inflammation; management of blood pressure, metabolism, and blood sugar levels; and regulation of the sleep-wake cycle.

Stress has been observed in scientific studies to contribute to weak functioning, such as poor hormonal health, which is why it is essential to manage stress levels. The integrative functional medicine therapies provided at TFMC can be custom-fitted to address cortisol and adrenal health issues. They may recommend certain lab tests, oral supplements that include herbal medicines, and lifestyle modifications. To provide a personalised, long-term, and proactive health plan for each patient, they will analyse the person?s family and medical history, lifestyle factors, health goals, environmental factors, and the results of the functional lab tests.

TFMC may recommend various functional medicine treatments, such as: acupuncture, changes to the person?s sleep routine, and the use of some nutritional and herbal supplements. For the herbal supplements, they may suggest adaptogenic herbs to help with stress management. These may include some Amazon rainforest adaptogenic herbs, such as the maca root, suma root, and saracura-mira.

Maca root was traditionally used by native Peruvians as a superfood because it may help sustain daily energy levels and immune health. It may also have a positive impact on strength, energy, vitality, endurance, sexual function, and hormonal balance. The suma root has been used for many generations by the indigenous people of the Amazon as a ?general tonic,? particularly for helping with bringing down blood sugar levels and stress management. The Amazonian plant saracura-mira is an adaptogen and has been used for its different qualities, including as an immunostimulant and for helping enhance cognition and energy levels. It may also be used as a tonic for low appetite, digestive problems, and the liver and kidneys, and it may promote detoxification.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies the integrative functional medicine concept that mixes allopathic medicine, naturopathic medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This particular approach may be utilized for different types of health problems, such as: 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 the integrative naturopathic functional medicine approach, including the use of functional medicine for women's hair loss, can check out the Toronto Functional Medicine Centre website or contact them by 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 Tuesdays 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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