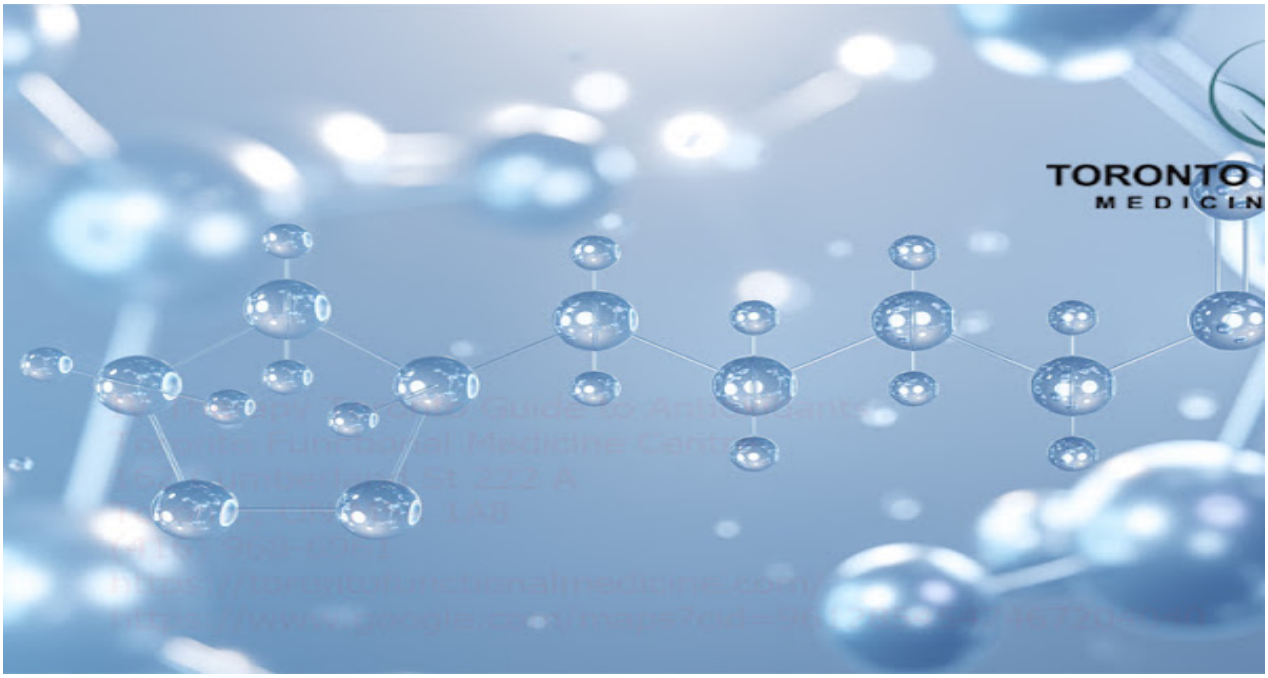


IV Therapy Clinic in Toronto Offers Guide to Antioxidants and Where to Source Them

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Toronto Functional Medicine Centre?s IV therapy Lounge provides a guide to antioxidants and where to source them. Antioxidants are compounds that are capable of scavenging free radicals to help neutralize their negative effects on the body. Free radicals are chemicals that may cause harm to the cells of the body when they are present in excessive amounts. Substantial amounts of free radicals may be formed through exposure to UV rays, heavy metals (i.e. mercury), air pollution, high blood sugar, chronic stress, radiation, and cigarette smoke. Possible sources of antioxidants are through dietary intake, oral supplements, topicals, and IV therapy drips.

Excessive quantities of free radicals in the body may result in the formation of oxidative stress, which results when there is an imbalance between free radicals and antioxidants. Oxidative stress can harm cellular structures, such as lipids, membranes, lipoproteins, proteins, and DNA. It may also contribute to rheumatoid arthritis, cellular damage, diabetes, age-related conditions (i.e. Alzheimer?s), heart disease, and poor cognitive function.

Antioxidants have been noted to have beneficial effects for the body because they can prevent the formation and circulation of free radicals, thus neutralizing their negative effects. Scientists have noted that the anti-inflammatory components of radicals may help to enhance immune health and extend a person?s lifespan. With regular supplementation in combination with a healthy diet and positive lifestyle changes, health benefits may be achieved. Potential benefits include: disease prevention; eye and cardiovascular health support; improvements to gut health; and anti-aging effect (for skin health and brain function).

Antioxidants may be sourced from the food people eat, such as various fruits and vegetables. These include: berries, artichokes, leafy greens, sweet potatoes, whole grains, beets, Brazil nuts, and more. Oral supplements containing antioxidants, such as coenzyme Q10, are also available as tablets, liquids, powders, and capsules. However, they recommend consultation with one?s healthcare provider before taking any oral supplements to avoid medication interactions and other potential problems. Topical antioxidants are also available for skin health problems, such as wrinkles. When applied onto the skin, they may provide protection against pollution and enhance skin quality.

To ensure optimum nutrient intake of antioxidants for supportive measures, such as helping with blood cell production, improving energy production, and rehydration, they recommend intravenous (IV) therapy drips. Major antioxidants, such as alpha lipoic acid, glutathione, selenium, and ascorbic acid, may be compounded by TFMC into IV drips. This is provided through their IV Lounge, where doses of nutrients are custom-fitted to the person?s specific biology. They can provide personalized IV therapy in Toronto, which allows the patient to work with them in developing a specific health strategy. Thus, there may be instances where they may recommend IV therapy drips for additional support.

There are a number of reasons why IV therapy may be suggested. First, IV therapy drips bypass the digestive tract, which means the nutrients go directly to the bloodstream, which helps to avoid undesirable digestive side effects. Second, it allows full absorption of the nutrients because through the oral route, some of the nutrients are lost from the digestive process.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada, applies the integrative functional medicine approach that combines naturopathic medicine, allopathic medicine and alternative medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This principle may be applied for various 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 want to know more about the integrative naturopathic functional medicine concept, such as the provision of personalized care with IV therapy, can visit the Toronto Functional Medicine Centre website or contact them 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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For more information about Toronto Functional Medicine Centre, contact the company here:Toronto Functional Medicine CentreHeather Claus(416) 968-6961info@tfm.careToronto Functional Medicine Centre55 Avenue Rd 204 AToronto, 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.

Website: https://torontofunctionalmedicine.com/

Email: info@tfm.care

Phone: (416) 968-6961

