



Toronto Functional Medicine Centre Shows How Functional Medicine Nutrition with IV Therapy May Be Used for Improving Brain Health

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Toronto Functional Medicine Centre (TFMC), an IV therapy clinic in Toronto, has recently published a blog post that explains the use of functional medicine for improving brain health. This means that functional medicine therapies may help in enhancing brain health by taking care of nutritional deficiencies that have an impact on memory and concentration. In addition, they may use integrative tools such as adjunctive IV therapy from Toronto, dietary changes, and more. Furthermore, for patients suffering from neurodegenerative disorders, studies have indicated that providing the body with the proper nutrients may allow them to have an improved quality of life, which may also contribute to delaying or preventing cognitive decline.

For individuals who need to improve their wellness for cognitive issues, the TFMC clinic will carefully examine their health condition at their initial appointment. Their detailed evaluation may include inquiring about the person's levels of vitamins, minerals, and other nutrients because age-related cognitive decline has been observed to be related to poor cellular functioning and oxidative stress. It is also important to note that these harmful effects may manifest as undesirable effects of lack of nutrition.

After carefully evaluating the core elements of the patient's health and studying the lab test results, they may develop a specific therapy strategy to tackle the patient's nutritional status. This may contribute to the decrease of some cognitive issues, such as brain fog or fuzzy memory. Some of the functional therapies they may recommend are: dietary changes, support for gut health, and supplementation with optimal nutrients.

For patients consuming highly-processed foods, they may recommend a wholesome diet, such as the Mediterranean diet. They may also suggest the consumption of superfoods, which contain natural antioxidants like ellagic acid, flavonoids, carotenoids, and resveratrol. Foods that contain anti-inflammatory elements may help in decreasing chronic inflammation, particularly within the brain.

Meanwhile, providing support for gut health is important because the gut-brain axis contains signals that interact between the gut nerves and the brain. One way of enhancing the gut-brain axis is by consuming probiotics. A study has revealed that Alzheimer's patients who drank fermented milk-based products with gut-friendly bacteria were able to score optimally on a test, compared to those who drank regular milk.

If the lab tests indicate that the patient lacks concentrations of nutrients, they may suggest oral supplementation in the form of liquid drinks, powders, capsules, and more. Furthermore, to ensure that the patient has optimum nutrition, IV vitamin therapy may be included in the custom treatment plan for adjuvant support. IV therapy may provide the advantage of promoting red blood cell formation, full absorption of nutrients, and effective rehydration. An IV drip bypasses the digestive tract, which means it immediately becomes available for the body to use. IV therapy in combination with healthy lifestyle factors, oral supplementation, and other treatment modalities may contribute to possible cognitive improvements and wellness upgrades. It is important to remember that the health services offered by TFMC, including adjunct, scientifically formulated, and personalized IV therapies, are adapted to the patient's biology.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada is focused on the application of 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 a range of health issues, including acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, tissue repair, athletic recovery, cellular damage, DNA repair, fertility issues, thyroid issues, chronic fatigue, mineral deficiencies, immune function, adrenal function, skin rejuvenation, and more.

Those who are interested in the integrative naturopathic functional medicine principle, including the impact of

functional medicine on influence of iron on longevity, 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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