



Toronto Functional Medicine Centre Shows How Functional Medicine May Be Used for Acid Reflux

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Toronto Functional Medicine Centre (TFMC), an IV therapy clinic in Toronto, has shown in a new blog post the application of functional medicine for acid reflux. By finding out the root cause of acid reflux, they may be able to help address its uncomfortable symptoms, such as regurgitation, non-cardiac chest pain, heartburn, or swallowing problems. Through their personalized integrative medicine services, they may help in alleviating the symptoms because the treatments are specifically designed for the individual's specific deficiencies and unique biology.

Acid reflux, a prevalent digestive problem, occurs when the lower esophageal sphincter (LES) fails to function correctly. Normally, the LES closes as food passes through it. However, in cases of acid reflux, this sphincter either doesn't close entirely or opens too frequently. This malfunction allows stomach acid to travel back up into the esophagus, often leading to discomfort. Symptoms of acid reflux include: bloating (abdominal pain); nausea; issues with swallowing, dysphagia; regurgitation (sour taste); indigestion; heartburn (burning sensation); sore throat; and unrelenting hiccups. It is important to note that acid reflux is not the same as gastroesophageal reflux disease (GERD), but GERD may be used to describe acid reflux. In some instances, the condition can worsen and become GERD, which is a persistent and harsh type of acid reflux. The

symptoms become chronic, and the esophagus becomes more inflamed, which can negatively affect the person's cellular health.

The functional medicine approach is to help uncover the source of acid reflux. For instance, the use of certain medications and lifestyle factors, such as smoking, poor diet, and obesity, may cause acid reflux. Through a personalized medicine approach, TFMC may help in finding out the root cause through their functional medicine lab tests and therapies that are designed for the person's unique health requirements.

The compassionate health team at TFMC understands that every individual is one-of-a-kind in all aspects of health, which is why they always take a personalized approach to wellness and the application of the integrative health tools for encouraging relief. The integrated treatment plan to be designed by TFMC may include the following elements: functional medicine testing, sleep improvements, lifestyle and dietary changes, and herbal medicine.

They may suggest a number of core lab tests to examine the patient's gut health and digestion. For instance, there is the small intestinal bacterial overgrowth (SIBO) breath test, which may be used to quantify bacterial overgrowth that may trigger acid reflux symptoms. A food sensitivity test may also be recommended to help determine if the symptoms are being triggered by the foods regularly consumed, possibly because of gluten.

Furthermore, because the acid reflux can possibly worsen when the patient sleeps in a prone position, they may advise the patient to sleep on their left side at night. This may help in decreasing episodes, such as regurgitation, which can result in sleep disturbances.

They may also suggest avoiding food that tend to cause heartburn, such as processed foods, bacon, fried foods, and carbonated beverages. They may recommend the Mediterranean diet because it typically includes whole foods, plant-based foods, and omega-3s. Finally, they may suggest licorice root that is typically recommended by complementary practitioners to help relieve heartburn.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies the integrative functional medicine approach that combines 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 would like to know more about the integrative functional medicine approach, including the use of functional medicine for brain health, can visit the Toronto Functional Medicine Centre website or contact them 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 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 Centre Christina Ramos (416) 968-6961 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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