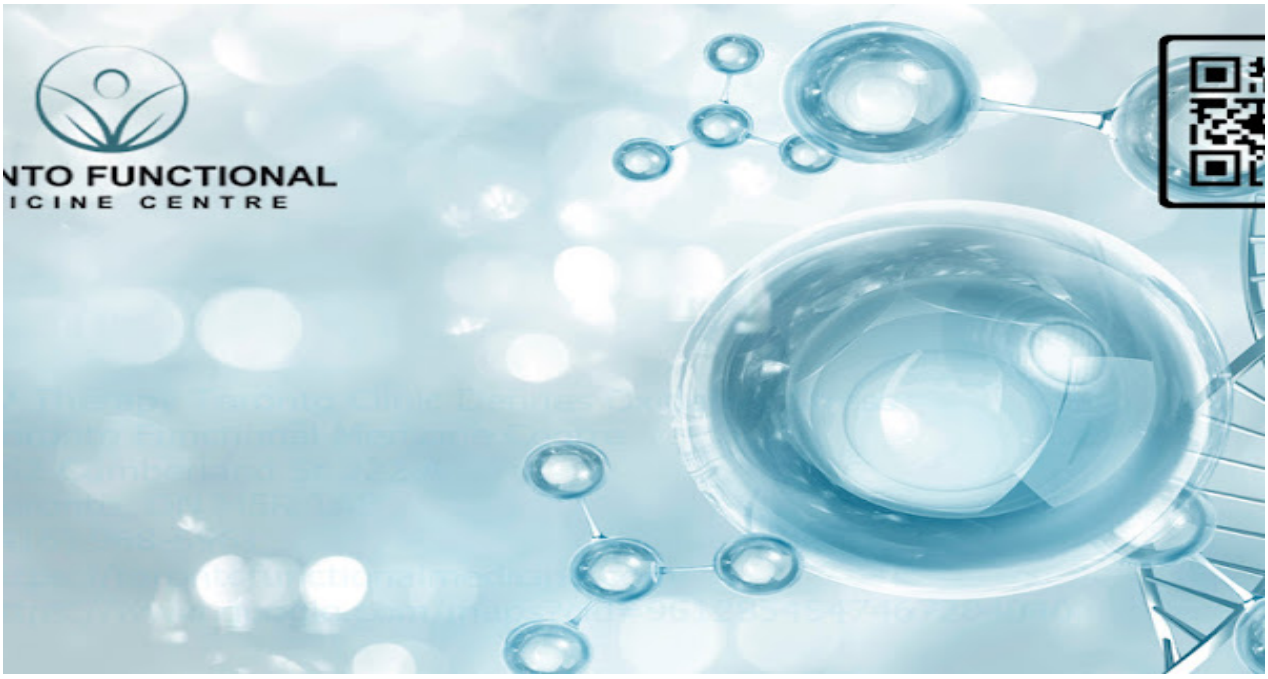


IV Therapy Toronto Clinic Defines Oxidative Stress

February 09, 2024

TORONTO, ON - February 09, 2024 -
Toronto Functional Medicine Centre?s IV therapy Toronto lounge defines oxidative stress and how to tackle it in its new blog post. The clinic explains how oxidative stress can affect optimal functioning and long-term health. Oxidative stress is the condition where there is an imbalance between free radicals and antioxidants. This condition may result in DNA damage and acceleration of the aging process.

Free radicals are unstable and highly reactive molecules that may be produced as a result of exposure to cigarette smoke, toxins (i.e. air pollution, chemicals), excessive alcohol intake, eating processed foods, radiation, fried foods, and persistent elevated stress. Free radicals have an unpaired electron, which means they are active in searching for another molecule or atom to achieve stability but in the process, they can damage human cells. Meanwhile, antioxidants may help prevent the harmful effects of free radicals on the body. Examples of antioxidants are vitamin C, glutathione, vitamin E, plant estrogens known as phytoestrogens, and the phytonutrient beta-carotene .

If left untreated, severe oxidative stress in the body may cause damage to DNA and cells, which may result in chronic inflammation. Some of the possible symptoms of oxidative stress are: decline in mental clarity (i.e.

brain fog, memory issues); chronic fatigue, poor energy levels; muscle and/or joint pain; and persistent infections. Chronic inflammation and poor cellular health may result in an internal ?pro-inflammatory? environment. With free radicals free to cause damage to cells in the body, oxidative stress may contribute to a number of chronic and degenerative health conditions and could gradually result in diabetes, stroke, cancers, Parkinson?s, depression, heart disease, arthritis, and more.

TFMC offers a number of tips to help reduce oxidative stress. These include: improving dietary consumption of fruits and vegetables; making healthy lifestyle modifications, such as avoiding alcohol and tobacco smoke; consult with your healthcare provider about oral antioxidant supplementation, and consider vitamin IV therapy as supplementary support to receive high doses of antioxidants like glutathione.

Fruits, vegetables, and medicinal herbs are abundant sources of essential antioxidants, including glutathione, selenium, polyphenols, alpha lipoic acid, ascorbic acid, and carotenoids. To reduce oxidative stress, it is beneficial to avoid factors like alcohol consumption, unmanaged stress, and smoking. Instead, adopting stress management practices such as acupuncture, tai chi, yoga, or meditation can help mitigate oxidative damage in the body. Considering oral supplements, like alpha lipoic acid, is another option. Our wellness centre advises consulting a functional medicine healthcare provider before starting high doses of antioxidant supplements, to ensure safe use and prevent potential interactions with medications

For optimal absorption of vitamins, minerals, and antioxidants, IV drip therapy may be recommended. This method is preferred because oral supplements can lose a portion of their nutrients during gastrointestinal processing. At the TFMC IV Lounge, IV nutrient therapy is available in conjunction with oral supplementation. The IV drip method ensures direct nutrient delivery to the bloodstream, allowing the body to receive the full doses of nutrients. Tailoring a custom treatment plan, we focus on enhancing the individual's healthy longevity. This personalized strategy guarantees that therapies are uniquely aligned with each person's specific biological requirements

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada, employs the integrative functional medicine principle 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 their integrative functional medicine services, including the use of

IV therapy for immune health, 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.

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