

IV Therapy Toronto Clinic Explains Various Magnesium Facts and Health Benefits

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Toronto Functional Medicine Centre (TFMC), an IV therapy Toronto clinic, has explained the various health benefits of magnesium and its importance for optimal function. Magnesium is one of the major minerals that may significantly influence nerve functions, bone health, heart functions, and more. The importance of magnesium for the body can be observed when a person has low levels of magnesium, or what is known as hypomagnesemia. This condition has been noted to contribute to the development of various health issues, such as osteoporosis, metabolic disorders, type 2 diabetes, and other health conditions related to malabsorption.

TFMC lists various roles of magnesium in the human body. Magnesium plays an important role in bone health. It is important to note that up to 60 percent of magnesium found in the body is located in the bones, while the rest is in soft tissues, such as the muscles. It is also involved in cellular health and in chemical reactions of more than 300 enzymes, such as those involved in the management of blood sugar levels and muscle function, and in the development of proteins. Magnesium also serves as a kind of ?electrode? that helps muscles contract and the heart beat.

It is also important to note that deficiency in magnesium may develop as a result of the consumption of processed foods, chronic diarrhea, vitamin D deficiency, heightened stress, excessive use of alcohol and drugs, pregnancy, and taking prescription medication, particularly proton pump inhibitors. Thus, it has been noted that supplementing with magnesium becomes more important as people age. This is because the absorption of magnesium can decline as a result of aging. However, scientists have already observed that close to 42 percent of young adults are already suffering from chronic magnesium deficiency.

Magnesium also plays a vital role in the use of vitamin D by the human body. This is because vitamin D requires magnesium to transition into an active form, which is required to allow breaking down vitamin D for use. Research has also shown that almost two-thirds of the Western world is not consuming enough magnesium. Thus, supplementing with major minerals, such as magnesium, is often required to help people meet their daily mineral levels. Magnesium may be obtained through fruits, leafy vegetables, and/or non-dairy milk. However, when these are cooked or boiled, their mineral content is significantly reduced.

Meanwhile, in a published study, oral magnesium was found to suppress bone turnover in both postmenopausal women and young adult men, resulting in decreases in fractures and better bone density. Magnesium levels have also been found to be low in people diagnosed to have mental health issues like depression. Supplementation may help for positive effects on mood levels and brain function.

Magnesium supplements may be taken orally but they recommend consulting with a healthcare provider before taking them because side effects may include diarrhea and nausea. And when a person has malabsorption issues, IV therapy drips may be recommended for additional support. This is available through the TFMC IV lounge where a customized solution is provided for the patient.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada, uses the integrative functional medicine principle that combines allopathic and alternative medicine, bio-identical hormone replacement, IV therapy, detoxification, and more. This approach may be used for a broad range of health issues, such as: neuropathic pain, athletic recovery, acute health issues, tissue repair, fertility issues, postmenopausal health issues, DNA repair, immune function, hormone imbalances, chronic fatigue, skin rejuvenation, cellular damage, adrenal function, mineral deficiencies, thyroid issues, and more.

Those who would like to know more about integrative functional medicine can also take a look at other blog posts, such as where their Toronto IV therapy lounge explains liposomal vitamin C, by checking out the Toronto Functional Medicine Centre website or contacting 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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