



## **Toronto Functional Medicine Centre Explains the Science of Nutrient Absorption and IV Therapy Benefits**

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Toronto Functional Medicine Centre, a health centre offering an array of integrative and functional medicine services, is enlightening people about the process of nutrient absorption in the human body. They recently published an expansive blog post titled "How Do We Absorb Nutrients? Our IV Therapy Toronto Lounge Explains", where they delve into the biological facets of nutrient absorption and the possible impacts on health.

An individual's body extracts nutrients from food in the small intestine after undergoing the digestion process in the stomach. However, various influences such as prolonged stress, food sensitivities, certain illnesses, and particular medicines may hinder the body's ability to properly absorb nutrients. This may potentially cause nutritional deficiencies.

The new blog post by Toronto Functional Medicine Centre demystifies the distinction between fat-soluble and water-soluble vitamins. Water-soluble vitamins like B6 and B12 are readily absorbed but rapidly discharged

through urination, thereby necessitating regular replacement. On the other hand, fat-soluble vitamins such as vitamins A and D are stored in the body for future usage, negating the need for constant replenishment.

IV Therapy is a cornerstone of the Centre's services. In response to nutrient deficiencies, Toronto Functional Medicine Centre provides IV therapy, where vitamins, minerals, and other essential nutrients are delivered straight to the bloodstream, circumventing the digestive system. As indicated in their Toronto clinic's article on IV Therapy fact sheet on Taurine, water-soluble vitamins such as B-vitamins, and vitamin C may be absorbed directly into the bloodstream via an IV drip. Then the body properly and timely uses these nutrients.

Toronto Functional Medicine Centre states that their IV Therapy service isn't meant to replace oral supplementation. They are designed as an adjunct tool to augment overall health. It may be especially beneficial for individuals who have difficulty absorbing nutrients due to certain health conditions or lifestyle factors.

The Centre underscores that absorption outcomes may vary significantly among patients, influenced by genetic, biochemical, and lifestyle variations. The clinic's individualized healthcare approach is focused on identifying and addressing the root causes of disease by understanding each patient's unique physiological factors.

In addition to providing a comprehensive understanding of nutrient absorption, The Toronto Functional Medicine Centre offers a wide range of services such as acupuncture, integrative functional medicine, naturopathic medicine, detoxification procedures, bio-identical hormone treatments, and pain management. Moreover, the IV Therapy Toronto Lounge provides patients with a comfortable environment to receive nourishing IV infusions.

Expanding on the Centre's service range, the TFMC holistic services also encompass lab testing and cold laser and shockwave therapies for pain regulation. They are dedicated to comprehensive care, aiming to enhance immune function, reduce inflammation, and boost cellular health.

This patient-centered commitment is apparent not only in the Centre's services but also in its efforts to educate its patients and the wider community. Their blog is a treasury of information on diverse topics from detoxification and gut health to hormonal balance and brain health. The Toronto Functional Medicine Centre is unflinchingly committed to fostering optimal health with a holistic approach to wellness as their guiding principle. Their focus on gut health, brain health, and hormonal balance underpins this mission, offering a well-rounded approach to patient care.

For more information on Toronto Functional Medicine Centre or to arrange an appointment, individuals are invited to visit their website or contact them on the phone at (416) 968-6961 or through email at [info@tfm.care](mailto: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 Heather Claus (416) 968-6961 [info@tfm.care](mailto: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.*

Website: <https://torontofunctionalmedicine.com/>

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