

Toronto Functional Medicine Centre Explains How Lack Of Vitamin D Affects Health

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The Toronto Functional Medicine Centre recently published a blog post that addresses Vitamin D deficiency and the ways to remedy it. The post discusses the many health benefits of Vitamin D, like supporting bone health, reducing inflammation, and regulating immune function. It discloses the signs of Vitamin D deficiency and outlines the potential risk factors of this condition.

The Centre suggests one remedy for Vitamin D deficiency is intramuscular injection therapy, personalized following a nutritional assessment. This assessment calculates the current levels of vitamins and nutrients in your body. Once the results are in, a suitable dose of Vitamin D may be given to aid in rebalancing the body's needs.

Vitamin B12 IV therapy is also an additional service of the Toronto Functional Medicine Centre. This service comprises direct infusion of a variety of nutrients, such as B vitamins, Ascorbic Acid, Vitamin A, and Amino Acids into the bloodstream alongside other beneficial compounds. It is a viable method to tackle nutritional

deficiencies and promote better health overall.

The Centre's take on functional medicine shows it may help with a variety of health challenges, including acid reflux, adrenal function, chronic fatigue, depression, and Crohn's disease. Blog posts and guides, explain the benefits of functional medicine, cellular health, and detoxification.

The Toronto Functional Medicine Centre aims to empower their patients by equipping them with the knowledge and insights they need to take charge of their health journey.

The Toronto Functional Medicine Centre?s approach is to offer a variety of holistic treatments aimed at increasing and preserving optimal health. Patients may expect individualized treatment plans focusing on gut health, brain health, and hormonal balance, utilizing therapies such as IV therapy, acupuncture, bio-identical hormone replacement therapy, naturopathic medicine, and more.

For more details, see the Centre's official website or contact them on the phone at (416) 968-6961 or through email at info@tfm.care. The centre is located at 162 Cumberland St 222 A, Toronto, Ontario M5R 1A8. 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.

Website: https://torontofunctionalmedicine.com/

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