

Toronto Functional Medicine Centre Shares Educational Resource on Toothache Plant Benefits

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TORONTO, ON - February 13, 2026 -
Toronto Functional Medicine Centre has published educational information about the Toothache Plant (Acmella oleracea), a traditional botanical remedy native to Brazil that may help with oral pain management and inflammation reduction.

The healthcare facility's recent educational resource details how this plant, also known as jambu, buzz buttons, or electric daisy, contains spilanthol, a compound found in its leaves and flowers that provides a tingling sensation that may help relieve oral discomfort. The plant has been traditionally used in Brazilian medicine for dental concerns and is now gaining attention in integrative healthcare approaches.

According to the information shared by Toronto Functional Medicine Centre, the Toothache Plant offers nutritional value beyond its traditional uses. The edible leaves contain magnesium, lutein, and vitamins C, A, and K. Research cited in the educational material indicates that raw toothache plants contain 24 percent more protein than conventional vegetables.

The anti-inflammatory properties of spilanthol may help reduce both the perception of pain and physical inflammation, similar to common pain management approaches using acetaminophen or ibuprofen. The plant's components are thought to potentially help with stomatitis, a condition involving inflammation of the mucous linings of the lip and mouth.

The educational resource also outlines important considerations for those interested in botanical medicine. The Toothache Plant may not be suitable for pregnant or breastfeeding individuals, those with allergies to daisies or other plants from the Asteraceae family, people taking diuretics, or males diagnosed with prostate cancer.

This educational initiative aligns with the centre's approach to integrative healthcare, which combines conventional medicine with naturopathic and functional medicine practices. The facility offers various services including botanical medicine, digestive health support, hormonal balance therapy, IV therapy, and laboratory testing services.

While the centre has previously shared Toronto Functional Medicine Centre Insights on Microplastics and other health topics, this latest educational resource focuses specifically on traditional botanical remedies and their potential applications in modern integrative healthcare.

The information provided emphasizes that botanical remedies should be considered as part of a comprehensive healthcare approach. The centre notes that all health information should be discussed with qualified healthcare practitioners and that individual responses to botanical remedies may vary.

Toronto Functional Medicine Centre continues to provide educational resources about various aspects of integrative healthcare, including botanical medicine, nutritional approaches, and functional medicine strategies. The facility accepts new patients for adjuvant natural therapies, including herbal medicine and IV therapy services.

Located in Yorkville, Toronto, the Centre focuses on addressing the root causes of health concerns through an integrative approach to gut health, brain health, and hormonal balance. To learn more, visit their website or contact them at (416) 968-6961 or info@tfm.care. Their practitioners utilize comprehensive laboratory testing to personalize therapy recommendations based on individual patient needs. Visit the clinic, explore the website, or contact the clinic at (416) 968-6961 or info@tfm.care.

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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/

Email: info@tfm.care

Phone: (416) 968-6961

