Toronto Functional Medicine Centre Releases Educational Resource on PANCs as Sustainable Superfoods

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TORONTO, ON - June 04, 2026 -
Toronto Functional Medicine Centre has released a new educational resource detailing PANCs (Plantas Alimentícias Não Convencionais), also known as unconventional edible plants, and their role in supporting both human health and environmental sustainability. The fact sheet explores how these traditional Amazonian indigenous foods may help address nutritional gaps while promoting planetary health.

PANCs represent a category of edible plant species not typically found in modern commercial agriculture, despite there being over 30,000 known edible plant species globally. While large-scale agricultural industries focus on farming fewer than 200 species, PANCs offer diverse nutritional benefits including vitamins, minerals, healthy fats, proteins, amino acids, and antioxidants that may help support preventive health approaches.

The educational resource highlights several examples of PANCs and their potential health benefits.

Ora-pro-nóbis, Taioba, Jambu, Lamb's ear, and Beldroega are among the plants helpful in the fact sheet, each offering unique nutritional properties. These plants contain high fiber content and bioactive compounds that may help modulate excessive inflammation, along with key vitamins essential for overall wellness.

Beyond their nutritional value, PANCs present significant environmental advantages. Many of these plants thrive without requiring fertilizers or pesticides and may grow in degraded soils, making them compatible with reforestation strategies and regenerative food systems. Their cultivation typically requires less water and chemicals compared to conventional crops, helping preserve their nutrient levels while supporting genetic diversity in food supplies.

The Toronto Functional Medicine Centre integrates educational resources like the Toronto Functional Medicine Fact Sheet on Maca Root for Stress and Libido into their patient education approach.

The Centre's approach to wellness focuses on three foundational pillars: gut health, brain health, and hormonal balance. By addressing root causes of health issues through integrative methods, practitioners at the facility work to optimize immune function and improve cellular health. The clinic offers various services including acupuncture, integrative functional medicine, IV therapy, naturopathic medicine, detoxification, and bio-identical hormone therapies.

Functional laboratory testing allows the Centre's practitioners to tailor therapies to individual biological needs. This patient-centered approach enables collaboration between patients and healthcare practitioners throughout the treatment planning process, ensuring that nutritional strategies align with each person's unique health requirements. Through Functional Medicine Toronto practices, the clinic provides personalized wellness plans that may incorporate diverse nutritional strategies including PANCs and other traditional foods.

The release of this educational resource reflects the Centre's commitment to providing evidence-based information about diverse approaches to nutrition and wellness. As interest in sustainable food systems and traditional nutritional knowledge continues to grow, resources about PANCs offer valuable insights into foods that may support both individual health and environmental sustainability.

Toronto Functional Medicine Centre, located in Yorkville, Toronto, continues to develop educational materials that explore the intersection of traditional knowledge and modern functional medicine approaches. Visit our website or contact them on the phone (416) 968-6961 or through email info@tfm.care. The clinic's integrative approach combines various therapeutic modalities to address complex health concerns while emphasizing prevention and optimal wellness through nutrition, lifestyle modifications, and targeted therapies.

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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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