



Toronto Functional Medicine Centre Publishes Stone Breaker Protocol Guide for Integrative Healthcare

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Toronto Functional Medicine Centre has published a new educational guide explaining the stone breaker protocol, a therapeutic approach that incorporates Chanca piedra, a plant traditionally used in Indigenous Amazonian medicine. The publication examines how this botanical remedy integrates into contemporary functional medicine protocols for various health conditions.

The guide provides healthcare practitioners and patients with information about Chanca piedra's traditional applications and its role in modern integrative healthcare settings. The plant, known as stone breaker in Spanish, has been utilized in Amazonian medicine for generations to support digestion, detoxification, and urinary health.

The publication outlines six key principles from indigenous wellness practices that inform current functional medicine approaches. These principles encompass nutrition as a foundation for health maintenance, personalized care protocols, environmental health factors, mind-body connections, community support

structures, and awareness of bodily signals. Each principle reflects traditional knowledge that has been passed down through generations of indigenous healers.

Chanca piedra has historically been employed for various health concerns, including fever management and intestinal health support. The Toronto Functional Medicine Centre's guide details the plant's documented properties, including its potential role in supporting kidney and urinary tract functions, liver detoxification processes, and cellular protection. Scientific studies have identified antimicrobial and anti-inflammatory properties in the plant, creating connections between traditional uses and contemporary research findings.

The Functional Medicine Toronto Guide on Chronic Disease Management addresses critical safety considerations for botanical supplementation. The publication emphasizes that while traditional remedies may provide therapeutic support, guidance from qualified naturopathic doctors remains essential. The guide notes that botanical supplements may interact with nutraceuticals and are not appropriate for all individuals, particularly those who are pregnant or breastfeeding.

The educational content explores how indigenous communities have utilized native plants and dietary practices for health maintenance over centuries. This traditional approach to wellness aligns with functional medicine principles that focus on identifying root causes of health concerns rather than solely managing symptoms. The guide presents these traditional practices as complementary to modern clinical protocols.

The publication also examines the broader role of Amazonian medicinal plants in global health contexts. It discusses how traditional plant-based therapies have influenced contemporary integrative medicine practices and continue to inform new therapeutic approaches. The guide provides references to scientific studies that have investigated the properties and applications of Chanca piedra in clinical settings.

Toronto Functional Medicine Centre operates from its Yorkville location, providing services that include acupuncture, integrative functional medicine, IV therapy, naturopathic medicine, detoxification, and bio-identical hormone therapies. The clinic's approach centers on three foundational areas: gut health, brain health, and hormonal balance. Their methodology focuses on identifying underlying health factors while supporting immune function and cellular health.

The centre offers both in-person and virtual appointments for patients seeking integrative healthcare services. Through educational publications like the stone breaker protocol guide, the clinic provides resources for understanding functional medicine approaches and their applications in health management. Visit their website or contact them on the phone (416) 968-6961 or through email info@tfm.care.

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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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