

April 2017



Functional and  
Integrative Medicine  
of Idaho, P.A.  
Gail Eberharter, MD  
Karen Callagy, PA  
Amber Warren, PA

Dear Patients and Friends

**NEW GROUP VISITS:** If you are needing support for or information about the Anti-Inflammatory Diet, Starting an Exercise Program or Establishing a Healthy Sleep Pattern see our offerings below. Group visits can be billed to your insurance or there is a cash price for those with high deductible, no insurance or who are out of network. Please call the office at 385 - 7711 to sign up.

**Delayed Vaccine Schedule for children.** This is the vaccine schedule from Dr. Kenneth Bock's excellent book called *Healing the New Childhood Epidemics: Autism, ADHD, Asthma, Allergies*

**CONTEST and PRIZE:** This is a fun idea our staff came up with to encourage you to print off the annual exam forms from the website and fill them out before your appt. See details below.

**McCall Appointments:** I will be able to see established patients in McCall on Monday mornings beginning in May. This will be a small beginning. I will not be able to do annual exams there but we can discuss any aspect of your Functional Medicine care including test results. I will be able to do acupuncture there as well. Please call the Boise office at [208 385 7711](tel:2083857711) to request one of those appointments. I am happy to see patient's who are established with Karen or Amber if this is needed.

Please call the office for any medical questions or new patient information. We are unable to reply to questions from the newsletter email address. A practitioner is available 24/7 for urgent medical problems. The office answering machine has the cell phone of the practitioner on call. Thank you.

Happy Spring as we watch the new growth and hear the birds sing!  
Gail Eberharter MD

### NEW FIMI GROUP VISITS:

May 4th, Thursday, Noon to 1 PM: Appropriate Exercise for Women with Amber Warren, PA. Come learn how you can use exercise to optimize adrenal function, balance your hormones, lose weight, and feel strong and healthy!

May 11, Tuesday, from Noon to 1 PM: Anti-Inflammatory Diet review and update with Karen Callagy, PA. Discuss any problems you are having in making dietary changes, get new recipe ideas and adapt the anti-inflammatory diet to your own needs.

May 15th, Monday from 5-6 PM with Gail Eberharter, MD.

"Sleep is the Best Drug on the Planet". Sleep allows brain neuro transmitters to replenish, aids the body in building muscle, losing fat, detoxifying and restoring the adrenals. What's not to like? We will review the lifestyle changes that support good quality sleep and the supplements that can assist imbalance. We will discuss newer issues of sleep disordered breathing and how to decrease risk of sleep apnea.

Please call the office to register for any of these Group Visits and discuss which payment option is best for you. [208 385 7711](tel:2083857711). All Group Visits will be in the teaching space at FIMI. We hope to see you there.

Delayed Vaccine Schedule: Functional Medicine experts such as Dr. Kenneth Bock have suggested delayed vaccine administration to avoid overtaxing the immune system and his schedule is the one we recommend unless there are significant reactions or concerns about autism, autoimmunity etc in the family. In Europe there are no vaccines given until 3 months of age. The one vaccine at a time method helps parents monitor their child's response carefully. It can be found in Dr. Bock's book titled *Healing the Four Childhood Epidemics: Autism, Allergies, Asthma and ADHD* and is summarized here:

4 months: Hib and IPV - first doses

5 months: DTaP first dose

6 months: Hib and IPV - second doses

7 months: DTaP second dose

8 months: Hib third dose

9 months: DTaP third dose

15 months: Measles

17 months: Hib fourth dose, IPV third dose

18 months: DTaP fourth dose

21 - 27 months: Rubella (6-12 months after Measles)

2 years: Pneumococcal vaccine, one dose

2-3 years: Mumps (6-12 months after Rubella)

4-5 years: DTaP booster

4-5 years: IPV booster

4-5 years: Varicella if mandated by state law and you child does not show immunity to chicken pox on a blood test.

4-5 years: check titers for measles, mumps and rubella prior to boosters. If they have immunity you do not need to give a booster.

## Hepatitis B:

First dose before starting day care, otherwise wait until the year before kindergarten.

Second dose: ~ 1-2 months after the first dose.

Third dose: 4-6 months after the second dose.

Administer vaccines only to healthy children. Postpone vaccines if your child has been ill within 1-2 weeks is currently ill or may be coming down with an illness. Compromised immunity can lead to an adverse reaction. We will continue the series on individual vaccines next month.

Gail Eberharter MD

## Help Us Stay On Time!

### CONTEST and PRIZE:

For the next 6 months we will put the name of each person who prints the annual exam forms off the website and brings them to their annual exam already filled out. We know your time is important and we think this will really help us stay on our schedule. At the end of the 6 months we will draw a winner out of the box and they will receive a \$25.00 gift certificate to Wild Root Cafe in downtown Boise. This is the most delicious and healthy food you will find in Boise. They are very supportive of avoiding allergens for individuals and source locally and organically. Lets get you in and out of the office ON TIME!

To Your Health,  
Gail Eberharter MD