

January 2016



# Functional and Integrative Medicine of Idaho, P.A.

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Dear friends and patients,

Happy 2016! We hope you had a wonderful holiday season celebrating all that life has to offer.

With every New Year, people make promises to themselves like eating healthier and getting more exercise. As you embark on your own goals for 2016, we are offering a variety of educational classes to help you gain the knowledge and tools needed to live a healthier more balanced life. Listed below are the details of those classes and dates. For further details regarding all of our classes in the clinic, please reference our [website](#) at clinic events.

*Effective in January, we will be closing the clinic on Fridays.*

Here's to a wonderful 2016!

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## Quick Links

[Our website](#)  
[The Institute of Functional Medicine](#)

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## Update: Medicare Patients

Dear friends and patients on Medicare:

You will be receiving a letter soon explaining that our office will be opting out of Medicare on April 1, 2016. This difficult decision has come about due to my needing to work less and have a more flexible schedule. My husband had cancer this year causing me to reassess where I am most needed. He is doing well but I am moving to a smaller practice and Medicare reimbursement does not allow me to do that. Please see the letter for details and let us know how we can help with this transition. I have attached a list of recommended doctors that are taking Medicare.

Sincerely,

Gail Eberharter MD

## Group Visit: Upcoming Classes

January 20 - Mitochondria

January 27 - Stress

February 10 - Female Hormones

February 17 - Anti inflammatory diet/Healing leaky gut

March 9 - Exercise/core strength

March 23 - Heart math

April - Spring Sugar Detox - 5 week class

## GROUP VISIT: Understanding Stress and Adrenal Fatigue

Come join us for a group visit that helps you identify the components of how stress works in the body and what steps you can take to manage the impact of stress effectively.

Class Objectives:

How to read stress signals.

Differences between acute and chronic stress.

Testing of adrenal function.  
Connecting mind and body.  
Tools for managing and healing stress.

DATE: January 27th

TIME: 4-5:45

Please reserve your place with the front desk. Insurance coverage for most people.

## Group Visit : Mitochondrial Health

Learn about essential cell repair for energy production & detoxification.

Important keys for anyone with:

Migraine headache	Parkinsons
High Blood Pressure	MS
Autoimmune Disease	Diabetes
Risk for Dementia	Fatigue

Date: January 20th

Time: 4-5:45

Please sign up with the front desk to reserve your spot. Insurance coverage for most people.