

July 2017



Functional and Integrative Medicine of Idaho, P.A.

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Dear Patients and Friends

PODCAST RECOMMENDATION: We highly recommend Mike Mutzell's podcast series called *High Intensity Health*. See below for a link to an excellent interview on the metabolic approach to cancer.

NEW RAINBOW RECIPES: See the new and expanded Rainbow Recipe section on our website for delicious, allergen free recipes that emphasize whole foods. Eat the Rainbow! Great ideas for fresh fruits and veggies.

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

In This Issue

Podcast Recommendation

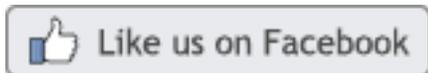
Rainbow Recipes

CONTEST: Help Us Stay On TIME!

Quick Links

[Our website](#)

[The Institute of Functional Medicine](#)



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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.

To a joyful summer!
Gail Eberharter MD

NEW FIMI GROUP VISITS:

Episode #188 Mike Mutzel's High Intensity Health

Rainbow Recipes. Check out the revised and expanded recipe section on our website. The recipes are all free of gluten, dairy and eggs. Most are soy free as well. These can get you started on the Anti-Inflammatory diet, support a spring or fall cleanse and help you enjoy the seasonal bounty of summer. These are all recipes that our staff use and find delicious. We will continue to add ideas, please let us know if you are looking for a particular type of recipe.

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