

August 2015



# Functional and Integrative Medicine of Idaho, P.A. Gail Eberharter, MD Persis Hope, FNP

Dear friends and patients,

We hope this newsletter finds you enjoying the finest that summer has to offer!

We have some exciting news to share in this month's newsletter. We are delighted to report that Karen Callegy PA will be joining us in late August or September. She has 10 years of experience as a PA and has already begun her Functional Medicine training. Please read below to learn more about Karen and when she will be seeing patients. ***SAVE THE DATE: Help us welcome Karen at a FIMI Open House on Friday September 25 from 4-7 PM.***

If you are looking for some time for yourself during the busy summer months, we have several classes being offered at the clinic. Look for Yoga on Monday's starting in late August and our existing Yoga class on Thursdays along with a mediation class on Wednesday evenings. Also, in September, we will be starting our popular Fall Detox class to help recover from the summer time fun. See details below on that class. For further details regarding all our classes in the clinic, please reference our website at [clinic events](#)

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Have a fabulous August!

## Meditation Wednesdays Wednesdays, 5:30-6:00 p.m.

Gail Eberharter MD is offering a free drop in meditation time in our group room. There is no formal instruction although there may be speakers qualified to teach meditation from time to time. To join us, come to the group room on Wednesday from 5:30 - 6:00. There are chairs or bolsters for sitting on and a chime to start and end with. We do have written information on mindfulness meditation if you are needing guidance. If you do not have experience with meditation this is a simple way to create a quiet focus on the breath and see what happens. Hope to see you there!

## Welcome Our New Practitioner: Karen Callegy, PA

On a Personal Note:

Persis and I are delighted to report that Karen Callegy PA will be joining us in late August or September. She has 10 years of experience as a PA and has already begun her Functional Medicine training. I plan to work closely with her as she learns Functional Medicine in greater depth. She will be available for more urgent appointments on a daily basis, help us offer more group visits and she will be seeing new patients and building her own practice. A Physician's Assistant does require a supervisory physician and is well qualified to be a primary care practitioner. She will be able to prescribe everything that Persis and I can.

I think that you will find her personality and the quality of care she offers to be consistent with what you are used to at FIMI. Persis and I each plan to work for approximately 5 more years although we are both taking more time off to allow for our own self care. The mentoring of younger practitioners who see the need for this improved approach to prevention and treatment of chronic problems seems especially important. I am in communication with several younger resident physicians and medical students and am encouraging them to see the future

through the Functional Medicine Model. My intention is to allow a younger practitioner to take over the practice in around 5 years and continue to work part time, participate in group visits and practice acupuncture. Please let us know if you have any thoughts or suggestions for us as we plan and try to anticipate the changes that are coming.

Sincerely,  
Gail Eberharter MD.

Karen Callegy PA

Education and Experience:

Karen grew up in Pennsylvania and obtained a BS degree from Pennsylvania State in Exercise and Sports Science. She obtained a PT Assistant degree from the University of Hawaii and then her MS in Physician Assistant Studies from A.T. Still University through Arizona School of Health Sciences in 2005. She has recently attended the 5 day intensive introduction to Functional Medicine through the Institute for Functional Medicine. She has worked in urgent care, family practice and oncology settings and enjoys seeing patients of all ages. She and her family are moving to Idaho this July and are looking forward to all the beauty it has to offer.

***SAVE THE DATE: Help us welcome Karen at a FIMI Open House on Friday September 25 from 4-7 PM.***

**CLASS: Fall Detox/Cleanse**  
**Sept 1st - Sept 29th, Tuesdays 4-6 p.m.**

Persis Hope, NP., and Meagan Omsberg, LPN., will be doing a series of group visits guiding you through a cleansing/elimination diet based on the book "Clean" by Dr. A. Junger and the "10 Day Detox" by Dr. M. Hyman.

A cleanse, under medical supervision, can help the body to detoxify more effectively. This can be beneficial for many healthy issues including: high blood

pressure, IBS, depression, constipation, bloating, gas, allergies and weight loss. This diet includes two liquid meals and one solid meal each day along with several supplements to properly support your body during the cleanse. These group visits will involve both lecture and discussion, with the group sharing the experiences of the cleanse. Participants should plan to attend every class.

**When:** Sept 1st and meeting each Tuesday through Sept 29th.  
The class will be held from 4-6 p.m. each Tuesday.

**Where:** Functional and Integrative Medicine of Idaho

If you are interested, please call the office and Persis or Meagan will review your chart to make sure the cleanse is right for you.

Group visits are covered by insurance, and are billed as an office visit. Your out of pocket costs should be your usual copay. There will be an additional cost for the supplements and functional food.

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