

August 2016



Functional and Integrative Medicine of Idaho, P.A.

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Dear Patients and Friends,

Happy Summer to everyone! We hope you are enjoying all that summer has to offer!

This month, we are highlighting our upcoming class schedule which will resume starting in September. For details on these classes,, please see information below on group visits and descriptions of the various classes we are offering.

Here's to the sunshine and another great summer month. Enjoy!

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What s a Group Visit?

We have been offering Group Visits for several years now and have found them to be a fun and friendly way to offer information on a variety of topics. Sometimes we just run out of time at office visits and this way we can explore a topic in depth for 1.5 hours with plenty of time for questions and answers to individual issues. There is the added benefit of hearing other people's insights and hard earned knowledge in the group setting. It can really help to know you are not the only one working with a particular challenge.

Group Visits are covered by insurance as long as each person signs a document acknowledging that there will be others present for HIPPA compliance. We charge your insurance for a 15 minute visit and you will have a brief assessment and check in

by a practitioner prior to the Group Visit. We use a Power Point and handouts with as much discussion as is desired by participants to keep you from falling asleep! We have tea or water available and take a bathroom break. For those with a high deductible or no insurance there are 3 slots available at each Group Visit at a flat \$100 fee and you may need to sign a form requesting that we do not submit the charge to your insurance. These slots are available if your insurance is out of network (Medicare, Tricare) with us also.

As usual, the insurance part is the complicated part. Please join us at one of more of our Group Visit offerings this fall. We are also very open to covering other topics that people would like to hear about in the future. We have a new schedule every spring and fall so feel free to request a future topic.

Hope to see you in our group visit room!

Gail Eberharter MD

GROUP VISITS: Upcoming Fall Classes

Here is our next series of group visit classes. Group visits include a brief exam by one of our practitioners and then an hour to two hours as a group learning about a specific health topics.

To register for these classes, please contact our office at 208-385-7711.

Wednesday, September 7th	Mitochondrial Health
Wednesday, September 14th	Thyroid Health (New)
Wednesday, September 21st	Stress and Adrenal Fatigue
TBD	Heart Math
Tuesday, October 4th	Detox # 1
Tuesday, October 11th	Detox # 2
Tuesday, October 18th	Healing Leaky Gut
Tuesday, November 1	Female Hormones
Wednesday, November 9th	Allergen Free Holiday Cooking

No class week of October 25th

**GROUP VISITS: Mitochondrial Health - September 7th
4:00-5:45 p.m.**

Learn about essential cell repair for energy production & detoxification.

Important keys for anyone with:

- * Migraine headache
- * High Blood Pressure
- * Autoimmune Disease
- * Risk for Dementia
- * Parkinson's
- * MS
- * Diabetes
- * Fatigue

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

**GROUP VISIT: Thyroid Health - September 14th
4:00-5:45 p.m.**

Our Group Visit on the Thyroid will cover how thyroid hormones are made, importance of balancing T4 and T3, how to interpret full thyroid labs and options for treatment of low thyroid. We will also discuss the importance of the adrenal glands in supporting the thyroid, how to treat underlying causes of Hashimoto's thyroiditis and how to support your thyroid gland in general. Thyroid hormone is essential for life!

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

GROUP VISIT: Understand Stress and Adrenal Fatigue - September 21st, 4:00-5:45 p.m.

This class is focused on understanding adrenal fatigue. The focus of the class is on the following:

- * 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.

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