

August 2017



Functional and Integrative Medicine of Idaho, P.A.

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Dear Patients and Friends

NEW Group Visits: Our Fall Schedule is out and it's not too early to sign up. We have spots for non-patients and those with out of network insurance for a cash price. Feel free to recommend to your friends.

NEW Feldenkrais Classes:
Robert Spencer is offering his last series of classes this fall to include a special Saturday Intensive!

NEW Protocol for helping concussion, traumatic brain injury and PTSD symptoms from the annual Institute for Functional Medicine conference May 2017.

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

NEW Group Visits:
NEW Feldenkrais Classes
NEW Head Injury Protocols

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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:

NEW Fall schedule of FIMI Group Visits:

These will all be at 4:30 in the FIMI classroom. Please call the clinic to register. We are able to bill your insurance for these and there is a cash price for those out of network or not established at the office as current patients.

Monday September 25 Dementia Prevention: Know your risks and how to minimize them. The latest information says we can put dementia off for at least 10 years. There is no treatment so this is key information.

Monday October 16. Treatment for post concussion syndrome, PTSD and other

forms of neuroinflammation. If you are having brain fog, fatigue, trouble sleeping, depression and/or pain this may be the information you have been missing.

Monday November 6th. Allergen Free Holiday Cooking: Ready, Set, Go with practical ideas for delicious, allergen free recipes and shortcuts in time for the Holidays. Don't get sick in January this year, break the high sugar, allergen food cycle.

Yet to be scheduled: Ketogenic diet and its uses. We are currently researching this topic and preparing a brand new Group Visit. Stay tuned.

NEW Feldenkrais Class schedule from Robert Spencer:

Robert is offering his last Awareness Through Movement classes as follows:

Class 1: September 19 and 26, October 3 and 10 from 10 - 11:30 AM, and a 3 hour Saturday intensive on October 7th 9:30 - 12:30

Class 2: September 19 and 26th, October 3 and 10 from 7-8:30 PM and a 3 hour intensive on Saturday October 7th from 2:30 - 5:30.

Contact Robert for sign up and further details at feldenkraisandmore@gmail.com

Classes in the teaching room at FIMI.

If you have not attended any of these classes in the past this is an opportunity to learn Feldenkrais methods from an international Feldenkrais instructor at the top of his game. Don't miss it!!

NEW protocols for brain injury, concussion, PTSD.

I attended the annual Institute for Functional Medicine conference this year in Los Angeles on Neuroplasticity. It was extremely valuable and I am still listening to the breakout session lectures that I did not attend. Information on using a combination of herbs and antioxidants that can significantly aid healing of a variety of brain

injuries in addition to the anti-inflammatory lifestyle and diet that we have been using for years. If you or someone you know is having fatigue, poor sleep, headache, trouble concentrating, trouble losing weight despite doing everything right, please come and see one of us to discuss this possible treatment.

To Your Health,
Gail Eberharter MD