

July 2016



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

Gail Eberharter, MD  
Karen Callegy, PA

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. See details below on the group classes and how you can register for these classes.

Since many of us are busy spending time outdoors, Dr. Eberharter has written an informative piece about protecting yourself from the perils of poison ivy and poison oak.

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

## In This Issue

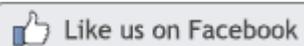
[Fall Class Schedule](#)

[Poison Ivy and Oak](#)

## Quick Links

[Our website](#)

[The Institute of Functional Medicine](#)

 Like us on Facebook

[Join our Mailing List!](#)

## 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 Sleep
Wednesday, September 28th	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*

## Poison Ivy and Oak By Dr. Gail Eberharter

Just a short reminder to be aware of 2 plants around the northwest that can cause a lot of misery if you are allergic to them. I remind myself what poison ivy and poison oak look like every summer. Many people are allergic to these plants and if the oil from them comes in contact with your skin it can cause blisters and itching. We can spread the oil to other parts of the body such as the eyes and face causing further misery. We can even spread the oil to other people who may be allergic and have a reaction also.

### Prevention tips:

Know what the plants look like and be cautious in likely areas near streams and lakes.

Wear long pants and long sleeved shirts if going through brush. (Helps avoid ticks also!)

If you come into contact with a plant the best treatment is lots of water and

continued rinsing. Soap is fine also but water is best. If you can dive in a lake or river that would be excellent.

If the rash or blisters are spreading, see a physician. You may need a steroid cream or even steroids by mouth in severe cases. Lotions may just spread the problem. You can tape a gauze over a small patch to keep it from spreading.

Here is a link to help you identify these fun-busters:

<http://www.teclabsinc.com/tips-info/images-video/images/poison-plant-identification/>

Happy trails.

Gail Eberharter MD