

June 2015



Functional and Integrative Medicine of Idaho, P.A.

Gail Eberharter, MD
Persis Hope, FNP

Dear friends and patients,

The summertime is a wonderful time of the year. The sun is at it hottest point. We are out enjoying the great outdoors. The beautiful, colorful flowers are in full bloom. The long hot summer days always provide memories that you can smile on in the future. To kick off the summer right, we've included tips on sun safety and a wonderful vegan dessert recipe to take to your next event.

Gail, Persis and Carmen recently returned from attending the Institute of Functional Medicine's (IFM) annual conference. This year the focus was on Genomics in Medicine with an emphasis on gathering researchers and clinicians to discuss the impact and clinical utility of patient sequencing; integration of genomics data into medical practice; and the identification, annotation and interpretation of genetic variants. In July, we will share some of the highlights from this conference.

For our June classes, we will be continuing a 6-week Mindfulness class (see details below). For further details regarding all our classes in the clinic please

In This Issue

Meditation Wednesdays
Mindfulness Workshop
Raw Chocolate "Cheesecake"
Skin Cancer and Protection

Quick Links

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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!

Mindfulness Workshop with Ben Schoeffler, C.Ht May 18th - June 22nd

Beginning on May 18th, Ben Schoeffler will be offering a workshop on Mindfulness. Details about each class are listed below. Feel free to attend one class or all 6 classes.

Cost is \$10 per class or \$50 for all 6.

To register go to www.thrivehypnotherapy.com/events

For questions contact:

Ben Schoeffler, C.Ht

www.ThriveHypnotherapy.com

(208) 286-8966

Meditation class 1 - Intro to mindfulness meditation and the brain (1 hour)

Monday May 18th at 6:30pm - 7:30pm

Meditation class 2 - Guided meditation/hypnosis focused on reducing anxiety using mindfulness (1 hour)

Monday May 25th at 6:30pm - 7:30pm

Meditation class 3 - Long meditation (25-30 minutes)

Monday June 1st at 6:30pm - 7:00

Meditation class 4 - Mindful eating and walking meditation (1 hour)

Monday June 8th at 6:30pm - 7:30pm

Meditation class 5 - How mindfulness can be applied to pain and anxiety to lessen discomfort.

Monday June 15th at 6:30pm - 7:30pm

Meditation class 6 - Guided meditation/hypnosis, questions and answers.

Monday June 22nd at 6:30pm - 7:30pm

Recipe: Raw Chocolate Vegan "Cheesecake"

Persis recently shared this recipe with us at the office and anytime we can all participate in eating a dessert that is dairy/egg/gluten free, we are happy. But, little did we know that it was going to taste so amazing. I recently made this for a family party where the majority of my extended family is NOT dairy free. So, when I presented this "cheesecake", I heard a lot of interesting comments because they know I am dairy free. Again, much to everyone's surprise, this was a huge hit! It's cool and refreshing and free of refined sugar and along with the healthy fats from nuts, it makes you feel a little better about having a slice. Here's to summer desserts!

Raw Chocolate Cheesecake

Fills one 8-inch pan

Adapted from Sweetly Raw

Ingredients:

For the crust:

2 cup raw pecans

2 tablespoons coconut oil

1/4 cup cocoa powder

1/4 cup pure maple syrup

1/8 teaspoon fine sea salt

For the filling:

2 cups raw cashews (no need to soak)

1 cup peeled & diced zucchini

1/2 cup cocoa powder

1/2 cup pure maple syrup

1 tablespoon vanilla extract

1/4 teaspoon fine sea salt

1/4 cup coconut oil, melted

Directions:

Prepare the crust by placing the pecans in a food processor fitted with an S-blade, and grind them into fine meal. Add in the rest of the crust ingredients, and process again until well combined. Line the bottom of an 8-inch spring form pan with plastic wrap or parchment paper, then press the crust evenly into the bottom of the pan. Place the pan in the freezer to set, while you prepare the filling.

In a high-powered blender or food processor, process the raw cashews until they are a fine powder. Add in the zucchini, cocoa powder, maple syrup, vanilla extract, and sea salt, and blend again until a smooth and creamy batter is formed. Add in the melted coconut oil, and blend again to fully incorporate the ingredients into a uniform filling.

Pour the filling into the frozen pie crust, and allow to set for 8 hours, preferably overnight. Serve directly from the freezer, for best texture.

*Note: This cheesecake will become quite soft if left out at room temperature, so be sure to keep it chilled!

For a quick strawberry sauce: Combine 5 ounces of strawberries (I used thawed frozen ones) with 1 tablespoon of pure maple syrup and blend until completely smooth. Mix with 5 ounces of chopped strawberries, for texture, and spoon a generous amount over each slice!

Reference: <http://detoxinista.com/2013/02/raw-chocolate-cheesecake/>

Skin cancer, Sunscreen and Protecting Yourself Against Harmful Rays

From the American Public Health Association

On May 19, the American Academy of Dermatology released a study regarding skin cancer and protection from the sun. According to the academy, while exposure to ultraviolet radiation is the most preventable risk factor for all types of skin cancer, most Americans do not regularly use sunscreen.

The study also found that women are more likely to use sunscreen than men. According to the study, only 14.3 percent of men reported they regularly use sunscreen on exposed skin and face, compared to 29.9 percent of women who were surveyed and said they regularly use sunscreen. The study also found that 43.8 percent of men and 27 percent of women reported they never use sunscreen on their face and other exposed areas. According to research from the Centers for Disease Control and Prevention, which has many available resources related to skin cancer and sun protection, women are more likely to use sunscreen on their face to prevent effects of aging, but it's important to use sunscreen on all exposed skin.

According to the Skin Cancer Foundation, an estimated 73,870 new cases of melanoma will be diagnosed in the U.S. this year, while almost 10,000 people will die of melanoma. While melanoma accounts for a small percentage of skin cancer cases,

it causes the majority of skin cancer deaths.

One in five Americans will develop skin cancer in their lifetime, the American Academy of Dermatology reported.

When choosing a sunscreen, experts recommend choosing broad-spectrum and water-resistant, and with an SPF of 30 or higher. Sunscreen should be applied at least 15 minutes before sun exposure, with care taken to get often-missed spots, such as ears, scalp, legs and the tops of feet. Sunscreen should be reapplied every two hours or after swimming or sweating. You can reference the Environmental Working Group's Skin Deep Database to find safe and effective sunscreens. (<http://www.ewg.org/skindeep/>)

Reference from :

<https://storify.com/APHA/skin-cancer-sunscreen-and-protecting-yourself-from>