

March 2017



Functional and Integrative Medicine of Idaho, P.A.

Gail Eberharter, MD
Karen Callagy, PA
Amber Warren, PA

Dear Patients and Friends

NEW Group Visits: Gail, Karen and Amber will be offering a series of Group Visits in late April and May on using key concepts in diet, exercise and sleep for weight loss and optimal health. Stay tuned for dates!

NEW Class. Renee Silvus from McCall is offering an evening slideshow and discussion on the Hero(ine)'s Journey translating Jungian archetypes into relevant modern stories.

NEW Class: Robert Spencer is offering a spring Feldenkrais class on Tuesdays at 10-11 AM beginning March 28 until May 30 and Mondays at 7-8 PM beginning March 27 until May 29th. Go to <http://feldenkraisandmore.com/classes/> to register.

In This Issue

NEW Classes: Hero(ine)'s Journey and Feldenkrais

The Vaccine Project: Hepatitis B

Sleep disordered Breathing

Quick Links

[Our website](#)

[The Institute of Functional Medicine](#)



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The Vaccine Project. This year we will review several sources on a variety of vaccines and try to make sense of the science available.

This month: Hepatitis B vaccine.

Opportunities for New Patients and Changes to Insurance Networks.

Gail Eberharter MD

NEW: Hero(ine)'s Journey Slideshow and Discussion with Renee Silvus

The Hero(ine)'s Journey

Evening Slideshow & Discussion

Monday, March 13, 2017

with Renée Silvus, Luminaire

6:30-8:30 pm

\$10 donation or whatever works for you.

Why does this storyline continue to fascinate us? Star Wars, The Matrix, Harry Potter, Lord of the Rings, The Hunger Games. Same story, same cast of characters, different settings.

The adventures and archetypes of the hero(ine) is our human experience, especially our search for meaning and purpose.

This evening presentation will explore the rich terrain of the journey with art, film, literature, sacred texts, historical figures, and an engaging discussion integrating our own lives.

Renée brings a blend of perspectives as an educator, therapist, and coach. She offers courses, retreats, community-building events and celebrations with Luminaire. She taught high school English for 17 years across 5 schools and 2 continents. Her passion with the Hero's Journey arrives from years of humanities study blended with soul work from bodywork and coaching. Her facilitator training is with Authentic World San Francisco and the Integral Center Boulder, bringing an Integral lens to this topic. She is in the inaugural class of the West Central Mountains

Leadership Academy and is assisting in coordinating the 2017 Cohort. She is currently enrolled in yoga studies with the Himalayan Yoga Meditation Tradition. Read more at reneesilvus.com.

Feldenkrais Class for Spring.

Robert Spencer, MS has been offering Feldenkrais classes at our office for many years. This is his Spring offering. to register and learn more go to <http://feldenkraisandmore.com/classes/>

The Vaccine Project: Hepatitis B Vaccine

Hepatitis B is a viral infection of the liver. It can become chronic causing serious liver disease (including cirrhosis or liver cancer) in 15 - 25% of adults who become ill. The Hepatitis B virus is transmitted by IV drug use and sexual activity. In 1991 the Hep B vaccine recommendations changed from those at high risk to all newborns. The hope was to prevent the illness in newborns whose mothers unknowingly had the disease. At present there is aggressive screening of all pregnant women for Hepatitis B. If you do not have the Hep B surface antigen then you do not have the disease and your baby is not at risk. The Hep B vaccine is not a "live vaccine" but rather engineered with genetic techniques. It does contain aluminum. Health care workers who all get this vaccine get tested every 10 years to see if the immunity has waned which it does.

Dr. Sears comments from The Vaccine Book: "The bottom line is that there has never been any actual evidence that this is a childhood disease, outside of mom-to-baby transmission during birth or through blood transfusions or accidental blood exposure. The CDC website makes it very clear that HepB is not transmitted by casual day to day contact". He states that the only babies who need Hep B vaccine at birth are those born to a mom with Hep B. The series of 3 shots can be

given to older children and adults at any time.

The Recombivax HB Brand contains 250 mcgms of aluminum per dose and a residual amount of formaldehyde. The Engerix-B Brand contains 250 mcgms as well.

Overall Dr. Sears feels that infants don't need this vaccine. He recommends it for preschool age children when the chance of accidental exposure to blood becomes more of a possibility.

Dr. Paul Thomas's comments from The Vaccine Friendly Plan: Dr. Paul feels that there is no need to give this vaccine to infants if the mother does not have Hepatitis B. He is concerned about the amount of aluminum in the vaccine and that without exposure, there is no possible benefit. The latest studies show that immunity from Hep B vaccines at birth and during infancy have not lasted into the teen years which really defeats the public health purpose of giving this vaccine to infants.

Summary: I agree with both Dr. Sears and Dr. Paul Thomas. There is no reason to use this vaccine for newborns or small children unless the mother has Hepatitis B. It makes the most sense to use it during the early teens or preteen years. Health care workers who all get this vaccine get tested every 10 years to see if the immunity has waned which it does.

Summary: Functional Medicine experts such as Dr. Kenneth Bock have suggested delayed vaccine administration to avoid overtaxing the immune system and his schedule is the one we recommend unless there are significant reactions or concerns about autism, autoimmunity etc in the family. In Europe there are no vaccines given until 3 months of

age. The one vaccine at a time method helps parents monitor their child's response carefully. I will include the delayed vaccine schedule in the April Newsletter. It can also be found in Dr. Bock's book titled *Healing the Four childhood Epidemics: Autism, Allergies, Asthma and ADHD*.

Gail Eberharter MD

Office Changes and Opportunities

With three practitioners we have greater flexibility and have had new patient slots without a long wait since January. We have also noticed that many people are doing really well with their new dietary and lifestyle knowledge and do not need as many visits! If you have friends or family interested in Functional Medicine and wholistic Primary Care this is a great time to send in a new patient application. Just use the website link and print off the new patient forms (adult or pediatric for under age 14). Then mail or drop off at the office. We would love to meet people looking for health without excessive medication or surgery. Chronic problems including allergies, hormone imbalance and digestive problems are our specialty.

We regret to announce that as of March 31st we will no longer be in network with St. Luke's Health Partners. This will affect patients with Select Health, Aetna, Mountain Health Co-op and Ameriben. If any of these are your insurance you will be receiving a letter with the details of the issue. We remain in network with Blue Cross of Idaho and Regence Blue Shield.

To Your Health,
Gail Eberharter MD