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Functional and Integrative Medicine of Idaho, P.A. Gail Eberharter, MD Karen Callegy, PA

Dear Patients and Friends,

May is National Stroke Awareness month. Did you know that stroke is the #5 cause of death and significant cause of disability in the U.S.? That is a scary statistic but stroke is also largely preventable. Read below to learn more about what you can do to protect and understand the risk factors associated with stroke.

As a reminder, we have made changes to our supplement process. Listed below you will find the details of how you can get supplements going forward.

As we head into summer some of our clinic classes will stop but get ready for September where we will launch new classes weekly. Stay tuned for the July newsletter to learn more about the upcoming classes or group visits. For further details regarding all of our classes in the clinic, please reference our [website](#) at clinic events.

Happy Spring!

In This Issue

Supplement Update
Stroke Awareness
Spring Green Salad

Quick Links

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NEW ONLINE SUPPLEMENT ORDERING ~

FREE SHIPPING!

We are very pleased to announce the arrival of **Fullscript** (previously called **HealthWave**) at our office. This is an online ordering company that far surpasses Emerson Ecologics for those of you who have struggled with on line ordering of high quality supplements. We have selected supplements from only the highest quality companies. They actually test to make sure there are no pesticides, solvents or heavy metals in their products and also confirm potency with testing. We have placed the supplements in problem categories (adrenal support, cardiovascular support, etc.) on the Fullscript site to simplify finding what you need. For example - fish oil choices are in 10 different categories they are so beneficial. We have the option of sending your recommended supplement list via email for you to purchase at your leisure or you can complete the purchase in the office.

FREE SHIPPING. They collect and pay the Idaho State Sales Tax for us. We are able to offer the same 15% discount that we have with Emerson.

To set up your Fullscript account go to the FIMI website - funmedidaho.com. Click on the Health from the green bar at the top then choose Herbs and Supplements from the drop down menu. Click on the ***brown box on the RIGHT side of that page that says Fullscript*** to set up your account and to log in at any time.

There will be a select few supplements that we will continue to carry in the office, largely the Xymogen products. Otherwise, please let us know if there are products you are interested in and cannot find on our custom site. We will be happy to find what you are looking for. This is the least expensive way to get supplements of the highest quality.

Thanks, Gail Eberharter MD and Karen Callagy PA.

National Stroke Awareness Month

May is National Stroke Awareness Month.

Here are some stroke facts from the Centers for Disease Control and Prevention (CDC):

Stroke is the fifth leading cause of death in the United States and is a major cause of adult disability. About 800,000 people in the United States have a stroke each year. One American dies from a stroke every 4 minutes, on average.

Stroke is a medical emergency. Know the signs and symptoms of stroke, and call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important to preventing death and disability from stroke.

You may be able to prevent stroke or reduce your risk through healthy lifestyle changes. In addition, medication can reduce stroke risk for some people.

Stroke Prevention and Risk Factors

- More than half (58%) of Americans don't know if they are at risk for stroke.²
- 80% of strokes can be prevented.
- High blood pressure is the leading risk factor for stroke. About 77% of people who have a first stroke have blood pressure higher than 140/90 mm Hg.
- Approximately 15% of all strokes are preceded by a transient ischemic attack (TIA).
- Atrial fibrillation increases risk of stroke up to 5 times.
- Smokers have 2 to 4 times the stroke risk of nonsmokers or those who quit more than 10 years ago.
- Moderate to vigorous physical activity may reduce ischemic stroke risk by 35%.
- Diabetes Mellitus increases stroke risk at all ages.

Preventing Stroke: Healthy Living

Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure.

You can help prevent stroke by making healthy lifestyle choices. A healthy lifestyle includes the following:

- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough exercise.
- Not smoking.
- Limiting alcohol use.

Healthy Diet

Choosing healthy meal and snack options can help you avoid stroke and its complications. Be sure to eat plenty of fresh fruits and vegetables.

Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet also can lower your blood pressure.

Healthy Weight

Being overweight or obese increases your risk for stroke. To determine whether your weight is in a healthy range, consider getting a BioImpedence Analysis that will measure your muscle mass and body fat.

Physical Activity

Physical activity can help you maintain a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

No Smoking

Cigarette smoking greatly increases your risk for stroke. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for stroke. Your doctor can suggest ways to help you quit.

Limited Alcohol

Avoid drinking too much alcohol, which can raise your blood pressure. Men should

have no more than 2 drinks per day, and women only 1. Though this will depend upon what is going on with your health at the time and should be discussed with your physician.

Spring Green Salad

With those fresh spring greens turning up in the stores and farmers markets, now is a great time to try some spring salads. Look for spinach, bok choy, kale, mustard greens, collards and dandelion greens to make a salad or throw into a smoothie.

Here's a simple spring greens salad recipe:

- large bowl of Spring Greens
- 1-2 tablespoons flax seed oil or olive oil
- 1-2 tablespoons apple cider vinegar
- juice of ½ lemon or the whole thing
- 1-2 handfuls of heirloom baby tomatoes
- a sprinkle of sunflower seeds or other nut or seed of your choice
- salt, pepper or spice, to taste

1. Get a big bowl and fill it until almost overflowing with whatever spring greens you can find.
2. Then put in the flax oil (or oil of your choice), lemon and vinegar. Massage greens until they are reduced to about half original volume.
3. Add heirloom baby tomatoes and a sprinkle of seeds. Add salt, pepper or spice, to taste.
4. Toss and enjoy!