

November 2015



Functional and Integrative Medicine of Idaho, P.A.

Gail Eberharter, MD
Persis Hope, FNP
Karen Callegy, PA

Dear friends and patients,

Happy November! It's hard to believe we are in the thick of Fall now and the holidays are approaching quickly. If you are interested in learning about some easy holiday foods that avoid some of the common allergens, please read below about our upcoming group visit on November 10th.

Just when you think life is predictable, things change. With that said, Persis has written a piece below about her upcoming move back to Maine. We will miss her immensely and wish her the best on her new journey.

Don't forget to look for upcoming classes we offer in the clinic. For further details regarding all of our classes in the clinic, please reference our website at [clinic events](#)

or [Like us on Facebook](#) 

Happy Thanksgiving!

In This Issue

Allergen-Free Holidays
Persis Hope
Boost Your Brain
Meet Mac

Quick Links

[Our website](#)
[The Institute of Functional Medicine](#)

[Like us on Facebook](#) 

[Join our Mailing List!](#)

Allergen-Free Holiday Foods

GROUP VISIT: November 10th, 4-6 p.m.

Learn to prepare holiday and seasonal foods with substitutions for common food allergens. We will discuss how to keep the holidays healthy with recipes that avoid refined sugar.

Receive recipes in all categories: appetizers, stuffing, vegetables, desserts, and more. We will have some foods made up to taste!

Date: November 10th

Time: 4-6 p.m.

Place: Functional and Integrative Medicine of Idaho

RSVP: Contact our office to reserve your spot - (208) 385-7711

A New Journey

Persis Hope

"How lucky I am to have something that makes saying goodbye so hard" A. A. Milne

It's been a wonderful three years here in Idaho: I have learned so much both professionally and personally. I have made life long friends, and I hope I have helped some people lead healthier lives. I thought I would retire from Functional and Integrative Medicine of Idaho, but to my great surprise I have decided to accept a position back in Maine with my previous employer Maine Dartmouth Family Medicine Residency. I will be working in the Maine Dartmouth Collaborative Care Clinic where I will see patients referred by their primary care providers for Integrative and Functional consults and I will be teaching fellows and residents.

Please know that leaving my patients is extremely difficult and it breaks my heart. This was not a decision I took lightly, but the chance to teach health care providers about Integrative and Functional Medicine is one I cannot pass up. I am

happy to add that my patients will be in very good hands: Karen Callagy P.A. will be taking over their care. Karen has attended the extensive Functional Medicine conference and she will be taking more conferences, and Dr. Eberharter is working with her. Karen is very knowledgeable and delightful.

Kiwi, the big old golden who often greets people, and I will hit the road the end of December.

I want to thank Dr. Eberharter and the staff for all they have done for me.

Boost Your Brain for New Years! December 8th

Tired of feeling guilty when you fail at your new years resolution a few weeks into January? Believe it or not but changing a habit successfully is rarely about willpower and self discipline. There are some simple tweaks you can make to drastically increase your chances of long term success.

On Tuesday, December 8th, Ben Schoeffler, the certified medical hypnotist of Thrive Hypnotherapy will be teaching a class about habits, change, and how you can rewire your brain for health.

The class will focus on the things you can do to make your new years resolutions last. The first part of the class will go into how the brain works and give you actionable tips based on the latest neuroscience. The last half of it will include a group hypnosis session to prime you for the changes you will be making.

Space is limited, so register now at: <http://www.boiseworkshop.com/>. ***Because you are a valued patient at Idaho Functional and Integrative Medicine and it's the giving season, if you type in the promo code 'gift' on the ticket page, you will gain free admission when you register! It's our gift to you.***

Date: 12-8-2015

Time: 6:30pm-8:00pm

Cost: \$10 (Don't forget to use the promo code, 'gift' if you want in for free!)

Ben Schoeffler, C.Ht

Web: www.ThriveHypnotherapy.com

Phone: (208) 286-8966

Twitter: @BenSchoeffler

Office Staff Spotlight: McPhe aka 'Mac'

MacPhe, who prefers to go by Mac, is one of the greeters at our clinic. He was rescued from the Meridian Shelter at the age of four and now is seven years old. The shelter said he is a Cairn Terrier, though he might have a little of something else too. In his off time, he likes to go for walks with his best buddy Jean and chase squirrels in his back yard.



[Forward email](#)



This email was sent to gaileberharter@gmail.com by gaileberharter@gmail.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Gail Eberharter MD, PA | 3858 N. Garden Center Way, Suite 100 | 208-385-7711 | Boise | ID | 83703