

September 2014



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

Gail Eberharter, MD  
Persis Hope, FNP

Dear friends and patients,

With Fall coming up, we will be launching several group visits in the next few months around various health and wellness topics. Group visits are billable to insurance and encompass one-on-one visits with group discussions and education. Starting in September, we will host a five-week group visit on The Clean Diet and then in October there will be a two week session on Stress and Sleep. See details below about each of these visits and registration.

For further details regarding classes in the clinic please reference our website at [clinic events](#)

or [Like us on Facebook](#) 

Here's to the Fall Season!

## In This Issue

New Billing System

Come Clean for the Fall

Stress and Sleep

Weekend Class- Five Elements

## Quick Links

[Our website](#)

[The Institute of Functional Medicine](#)

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## New Billing System for Functional and Integrative Medicine of Idaho

In an effort to make our office more efficient, we are changing our billing service.

We have been using MBM with Rae Bennett and we appreciate the great service that she has provided our office. We will be hiring a company called MacAssist starting August 1<sup>st</sup>. MacAssist interphases with our electronic medical records and will allow our office staff to review our patient's medical claims as they process through insurance. If you have had an appointment prior to August 1<sup>st</sup> patients will receive a bill from MBM. If you have an appointment after August 1<sup>st</sup>, you will receive a bill from MacAssist. So, if you have two appointments during this transition time there is a potential that you will receive a bill from each company. We are hoping that the transition will be finished by October 1<sup>st</sup>. As always, if you have any questions concerning your bill, please contact our office and we will be happy to help.

### **Come Clean for the Fall: The Clean Diet Group Visit - September 2-30th, 4-6 p.m.**

Meagan Omsberg, LPN and Persis Hope, NP will be starting a group visit, on Tuesdays, September 2nd and running weekly through September 30th from 4-6 p.m. on cleansing and elimination diet. The visit will involve both lectures, discussions, and group sharing through the cleanse. Participants should plan to attend every class as the group experience is part of the benefit of a group visit. It will billed as an office visit to your insurance. The cleanse is based on the book "Clean" by A. Junger MD. It involves several supplements, as well as 2 liquid meals a day and one solid meal. If you are interested, please call Meagan or Persis at the clinic number (385-7711) and they will review your chart to make sure a cleanse is appropriate for you.

### **Stress Ease and Sleep Relief from Functional Medicine: Group Visit - October 7th and 14th, 4-6 p.m.**

In October, we will hold a two-week group visit aimed at understanding the mechanisms for stress in the body and solutions you can utilize to help address imbalances that affect your sleep and daily lives. Gail Eberharter MD and Carmen

Oldenburg MA, CHES, will help you understand how to assess your levels of stress and quality of sleep and give you practical solutions to help you effectively manage stress and sleep. To sign up or for questions, please contact our office. at 385-7711.

## **UPCOMING CLASS: Five Element Life Design**

### **Approaches to Balance and Resilience**

**Maven's Haven in Lucile, Idaho**

**October 31-November 2**

**Presented by:**

**Renee Silvus, MA, Whole Health Educator**

**Holistic Health & Healing**

**Gail Eberharter, MD, D.A.B.M.A**

**Functional and Integrative Medicine of Idaho**

Earth, Fire, Wood, Water, and Metal. These elements of nature comprise our humanity as well. Each element informs our diet, emotional temperament, illnesses, levels of energy, and life cycles. We are the elements, We can explore the dynamics of the Five Elements in our health and lives to recalibrate and strengthen our physical, mental, emotional, spiritual, and shadow health.

In this weekend, we will explore the landscape of your whole health with the guidance of each Element. We can use deep practices like breath work, movement, meditation, writing practices, brain entrainment and person archetype mapping to access awareness of imbalance and envision ways to healing. We will use the Haven's abundant harvests to create nourishing meals based on the Five Element principles. Gail and Renee will personally coach each participants to create a set of personal life practices, exercises, and menus to take home.

Each participant will receive a private coaching session from Renee prior to the weekend. This will prepare you for the immersion and assist us in specifically designing the weekend. We will provide follow-up accountability and

support after the weekend.

Full details of registration at [mavenshavenidaho.com](http://mavenshavenidaho.com).

Facilitator details at [healthspiritcoach.com](http://healthspiritcoach.com) and [funmedidaho.com](http://funmedidaho.com)