

September 2016



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

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Dear Patients and Friends,

NEW PRACTITIONER!! FIMI is delighted to welcome Amber Warren, PA as of September 19th. Amber is from Boise, Idaho and has been a PA for 7 years. She recently took Functional Medicine training in nutrition and is with us to follow the certification path of the Institute for Functional Medicine and help people with chronic illness and digestive problems rebalance their immune system and feel better. She will be functioning as a primary care practitioner, just as Karen Callegy PA does. We are all very excited to have her join our team. Welcome Amber!

It's that time of year where we start to open up our classroom and offer a variety of group visits. We have several classes being offered this month. Please see the list below for more details on those classes and call our office soon to reserve your place.

Good news on ordering supplements. Fullscript has sent us an iPad to allow you to complete supplement orders in the office - before or after your appointment.. More information is listed below.

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[Our website](#)

[The Institute of Functional Medicine](#)

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Enjoy those last few weeks of summer!

## GROUP VISITS: Upcoming Fall Classes

Here is our next series of group visit classes. Group visits include a brief exam by one of our practitioners and then an hour to two hours as a group learning about a specific health topics.

To register for these classes, please contact our office at 208-385-7711.

Wednesday, September 7th	Mitochondrial Health
Wednesday, September 14th	Thyroid Health (New)
Wednesday, September 21st	Stress and Adrenal Fatigue
TBD	Heart Math
Tuesday, October 4th	Detox # 1
Tuesday, October 11th	Detox # 2
Tuesday, October 18th	Healing Leaky Gut
Tuesday, November 1	Female Hormones
Wednesday, November 9th	Allergen Free Holiday Cooking

*No class week of October 25th*

## GROUP VISITS: Mitochondrial Health - September 7th 4:00-5:45 p.m.

Learn about essential cell repair for energy production & detoxification.

Important keys for anyone with:

- \* Migraine headache
- \* High Blood Pressure

- \* Autoimmune Disease
- \* Risk for Dementia
- \* Parkinson's
- \* MS
- \* Diabetes
- \* Fatigue

Please sign up with the front desk to reserve your spot. Insurance coverage for most people.

### GROUP VISIT: Thyroid Health - September 14th 4:00-5:45 p.m.

Our Group Visit on the Thyroid will cover how thyroid hormones are made, importance of balancing T4 and T3, how to interpret full thyroid labs and options for treatment of low thyroid. We will also discuss the importance of the adrenal glands in supporting the thyroid, how to treat underlying causes of Hashimoto's thyroiditis and how to support your thyroid gland in general. Thyroid hormone is essential for life!

Please reserve your place with the front desk. Insurance coverage for most people.

### GROUP VISIT: Understand Stress and Adrenal Fatigue - September 21st, 4:00-5:45 p.m.

This class is focused on understanding adrenal fatigue. The focus of the class is on the following:

- \* How to read stress signals.
- \* Differences between acute and chronic stress.
- \* Testing of adrenal function.

- \* Connecting mind and body.
- \* Tools for managing and healing stress.

Please reserve your place with the front desk. Insurance coverage for most people.

## New Kiosk for Fullscript Orders

Many of you have taken advantage of the excellent services offered by Fullscript for ordering recommended high quality supplements at a discount with free shipping for orders over \$49. Fullscript has sent us an iPad to allow you to complete supplement orders in the office - before or after your appointment. We are in the process of setting it up at a private table in the waiting area. We hope this will offer you some convenience (especially if we keep you waiting a little) and Fullscript is offering FIMI 5% of your purchase to promote the use of the kiosk. I don't think any of us are high pressure salespeople but it is a way to support FIMI and Functional Medicine. Please feel free to ask questions and offer feedback.

## Sun Flour Mills - Gluten Free Pizza Crust



Like many people who must avoid gluten, dairy and eggs, I occasionally get a hankering for pizza. Last week I tried a new pizza crust product from Sun Flour Mills and was very pleased with the result. It has home made pesto sauce but would stand up to a traditional tomato sauce nicely. The dough was much easier to work with

than other brands I have tried and rolled out nicely on the cookie sheet. I did a few things differently from the package instructions. I added the yeast packet to the water at 110 degrees and whisked it in to sit for 5 minutes before adding the yeast and liquid to the other ingredients. I think this gives a better chance of the yeast doing its job well. I also pre-warmed the pans that I poured the dough out onto. My favorite substitution for 1 egg is 2 Tbsp of ground flax seed with 3 Tbsp of water so I

substituted 2 eggs worth of this mixture instead of the 4 egg whites. I believe Sun Flour Mills is at most places you would find gluten free products. I did purchase this mix at the Co-op. Enjoy being allergen free!

Gail Eberharter MD

