

December 2016



Functional and Integrative Medicine of Idaho, P.A.

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Dear Patients and Friends

NEW Class. Ben Schoeffler is offering a 3 session class on Meditation/Self Hypnosis starting December 1st.

Tips on managing Holiday Stress.

Winter in Chinese Medicine. The time to rest and restore.

Gail Eberharter MD

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NEW: Meditation/Self Hypnosis Class

We are very pleased that Ben Schoeffler will be offering a 3 session meditation class beginning December 1. This is the perfect antidote to high stress during the holidays. Here is how Ben describes the class:

3 Session Group Hypnosis to Eliminate Stress and Build Healthy Habits in the New Year
December 1st, 8th, and 15th at 6:30pm.

\$120.00

If you've tried to change habits in the past and find that you failed again and again, despite having good reasons to change, it's probably not your fault.

You don't have a self discipline problem, you have an subconscious mind problem.

Your subconscious mind is a powerful part that can keep you stuck in the same bad habits.

It's the part that makes you crave unhealthy foods even though you are trying to lose weight.

It's the part that worries constantly about things you know are outside your control.

It's the part that keeps that bad habit in place, even though you've tried to change it again and again.

I'm an expert at helping people retrain the subconscious mind to create a life they love.

In this three part group hypnosis session I'm going to cover how the brain works, how to change your subconscious mind, and how to make those changes permanent. It's going to be a fun class, just in time for the new year.

No previous hypnosis experience required.

Sign up now and save your seat, space if VERY limited. Don't hesitate, if you want to make a change, let me help you make that change easier by leveraging the power of the subconscious mind.

Class Dates:

Class 1, Thursday, December 1st from 6:30pm-7:30pm

Class 2, Thursday, December 8th from 6:30pm-7:30pm

Class 3, Thursday, December 15th from 6:30pm-7:30pm

SIGN UP at the website www.boiseworkshop.com

Holiday Stress Tips

We are wired to tolerate short bursts of stress. Excess levels, over long periods, can dysregulate neurotransmitters such as serotonin and dopamine, and hormones such as cortisol. The holidays for many can raise stress and impact the cortisol response. The HPA axis regulates the cortisol response and is the body's biological attempt to modulate stress. Yet "switched on" for too long and we begin to store fat and negatively impact neurotransmitters and hormones.

In addition to effects that stress elicits on neurochemicals and hormones, calorie-laden and nutrient-light (high sugar, high "bad" fats) food choices disrupt balance as well. We are designed for small blasts of stress like running from a bear in the woods, hiding from lions or even hosting

Thanksgiving! Chronic stress and exposure to stressors during the early years of life set the stage for a brain that can become wired for addiction to drugs, foods and behaviors. The fight-or-flight system, under constant demand, will disrupt the connection between the stress centers of the brain and the frontal lobe. Akin to a broken signal light at a busy intersection, having the brain on "red alert" constantly disrupts grey and white matter ratios in the brain and sets up potential lifelong patterns for addiction and mood disorders. The good news is that the brain is malleable and neuroplasticity is real. The brain can shift throughout life.

This holiday season practice mental, physical and emotional hygiene by giving gratitude, breathing deeply, getting adequate rest, balancing work-life demands and taking time in nature to recharge your system. Remember that managing stress is proven to have lasting and positive effects on both neurotransmitters and hormones!

Winter in Five Element Chinese Medicine

In winter, nature seems to be at rest, and in this rest replenishes itself.

Winter teaches us that the only way to fully enjoy the powers of the season is to surrender to it and learn from what it has to offer us. In winter the earth lies fallow; nature appears frozen and dead. In this deep stillness of nature, winter calls us to look into our depths, to reconnect to our inner being, to befriend the darkness within us and around us. In winter-like the seeds that are beginning their metamorphosis and starting to manifest their destiny in the deep recesses of the earth—all of our energies are being called to examine the depths of our being. This depth—our core—is the place where we are afraid to journey; so in this season of darkness we try to fill it with what appears to be light. We celebrate the holidays, eat and drink heartily, socialize frequently, and try to avoid the aloneness that winter calls us to, without realizing that the entry to our inner world is most accessible during this time of the year.

How to Keep Healthy and Joyful During Winter

* Practice Self-acceptance: We all have fears; fears freeze us so that we feel stuck and hopeless, but observing our fears without judging them can liberate us from the stagnation that fear sows. We need to learn the gentle art of "witnessing" to

ourselves without judging ourselves. Rather than attempting to overcome our fears, we can learn to recognize and accept them. Self-awareness and self-acceptance burns and thaws our fears so that we become "unstuck" and can move on healthfully.

* Take Time to Listen and Recharge: Listen to your body, and take time to replenish your reserves, which will be needed during the surges of spring. Winter is a time to recharge; so learn to listen-listen to what others have to say and listen to your heart speaking to you. This is a time of receiving, not doing. Be patient. *

Keep a Journal: As winter is a time to go within, your inner being comes closer to the surface in winter. Keep a journal and record your feelings, thoughts, and dreams: don't analyze them, just record them. Don't be afraid of your darker side; allow any and all images to unfold; look at them again later and see if the images convey an inner message to you.

* Nurture Yourself Inwardly: Imagine that the ideas and images that have been planted and are germinating within you, as in a garden, will begin to sprout in the spring. Nurture these images of hope, but allow them to grow and develop within you quietly and naturally, just as plants grow.

* Nourish Yourself Well: Nourish yourself with warm food and drink lots of water; winter sucks the moisture out of your body. It is very important to hydrate by drinking at least 8 to 10 glasses of fresh water daily. Eat warming foods such as root vegetables, whole grains, and small amounts of meat or fish protein. If you are a vegetarian, eat more beans, nuts, and tempeh.

* Keep Warm: Prepare for the weather, and dress accordingly. Chinese medicine says that the neck and shoulder areas contain the "Wind" points through which pathogens can enter, so keep these areas protected; wear a scarf and keep your neck covered. Meanwhile, enjoy everything that winter has to offer, within nature and within your inner self.

To Your Health,
Gail Eberharter MD