

February 2016



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

Dear Patients and Friends,

For the next few months, we will continue to bring various health topics to our patients in the form of group visits. In February, we are offering a Women's Hormone Health class and an Anti-Inflammatory Lifestyle class. Details about those classes are listed below.

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

We get a lot of questions about vaccines in the clinic and below is a letter from Dr. Eberharter regarding some resources and thoughts around vaccines.

Effective in January, the clinic is no longer open on Fridays.

Enjoy your month!

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Group Visit: Upcoming Classes

February 10 - Female Hormones

February 17 - Anti-inflammatory diet/Healing leaky gut

March 2 - Managing your Mitochondria

March 9 - Exercise/core strength

March 30 - Heart math

April - Spring Sugar Detox - 5 week class

GROUP VISIT: Female Hormone Issues

We will discuss both estrogen and progesterone issues including:

PMS

Fibroids

Endometriosis

Polycystic Ovaries

Breast Cancer Risk evaluation

Addressing these issues helps with healthy weight loss, prepares for an easier menopause and decreases risks from hormone imbalance.

DATE:

TIME: 4-5:45

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

Group Visit : Anti-Inflammatory Lifestyle

Learn what happens inside the body when we eat the Standard American Diet (SAD).

Create new, delicious, satisfying foods.

Learn to substitute for allergens.

Help for:

Autoimmune Disease (Hashimotos, RA)

High Blood Pressure, Diabetes, Arthritis

Food Sensitivities, Allergies, Asthma

Fatigue, Eczema, Obesity, Pain

Heartburn, Colitis, IBS

DATE: February 17th

TIME: 4-5:45

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

Closing the Patient Portal

We regret to inform our patients that our office has closed the Functional and Integrative Medicine patient portal. There have been several problems with the portal and it was decided to close the portal until our software company has resolved these issues. Patients will no longer be able to access their information online, send or receive messages to our providers, or review labs or appointments via the portal.

Thoughts on Vaccinations

Carmen and I reviewed several websites for current and useful information on vaccinations. For general information we recommend the Immunization Action Coalition. We are using their question and answer sheets as our vaccine handouts. For a little more in depth information I recommend the National Vaccine Information Center. They discuss some of the more controversial areas surrounding

vaccination.

I would also recommend Dr Kenneth Bock's book titled Healing the Four Childhood Epidemics: Allergy, Autism, ADHD and Asthma. His section on safe use of vaccines in children is excellent. We have adopted the chapter on vaccines from his book recommending a modified schedule to avoid overloading the immune system. There are certainly situations where the immune system would not do well with vaccination and these questions should be discussed with your practitioner. The current research in Autism appears to occur with the combination of environmental toxins and influences in genetically susceptible individuals. Thus the concern some have raised for mercury in vaccines.

We do offer a mercury free flu shot each fall and order these in April. Please let us know if you are interested for the coming fall. The vaccine also comes egg free if needed (only if you are anaphylactic to eggs). It is possible to order mercury free versions of other vaccines through the hospital travel clinics.

We are also able to offer blood testing for antibodies to a variety of infections to see if you are immune or need protection. This can be helpful for shingles, Hepatitis A and Hepatitis B.

Although our office is comfortable recommending vaccines with the above cautions, we do not push patients to get vaccinated if they are fearful or uncomfortable doing so. The immune system is complicated and approaching each person as an individual is the key to success in rebalancing immune function.

Thank you, Gail Eberharter MD

Class - 6-Week Mindfulness Meditation Class February/March - Thursdays at 6:30

Have you wanted to learn to meditate but wasn't quite sure how to get started? Want to know how a simple practice of meditation can change the structure of your brain and improve your mood, emotional control, and boost your immune system?

Join Ben Schoeffler, the a certified medical hypnotist as he will be teaching a 6 week course on all aspects of mindfulness. Not only that, the class will also include some group hypnosis sessions to enhance learning and to make your meditation even more effective.

Sign up at www.BoiseWorkshop.com