

November 2016



Functional and Integrative Medicine of Idaho, P.A.

Gail Eberharter, MD
Karen Callegy, PA
Amber Warren, PA

Dear Patients and Friends

2 Group visits remaining!. Our last two group visits of the year are Female Hormone Issues on November 1st and Allergen Free Holiday cooking on November 9th. See details of the classes below and call the office to sign up and check insurance coverage.

NEW: Online Education!

NEW: FREE Medical Hypnosis Presentation and Group Hypnosis with Ben Schoeffler at FIMI on November 10th

Carmen's new adventure. We pay tribute to our excellent health educator and nutritionist of 5 years.

Happy Fall - the time of letting go and turning inward in Chinese Medicine.

Gail Eberharter MD

In This Issue

[NEW Online Education](#)

[NEW Free Hypnosis Class](#)

[Female Hormones](#)

[Allergen-Free Cooking](#)

[Carmen Tribute](#)

[Fall in Chinese Medicine](#)

Quick Links

[Our website](#)

[The Institute of Functional Medicine](#)

 Like us on Facebook

[Join our Mailing List!](#)

NEW: Online Education

We are beginning the process of recording the narratives to our Group Visit presentation in order to make them available through the website. The first educational offering will be from our popular Mitochondrial Group Visit. This should be relevant to pretty much everyone but especially those with elevated blood pressure, abnormal blood glucose, family history of Parkinson's or dementia and fatigue. There will be a nominal fee of \$10.00 to watch the recording. Stay tuned.

FREE Hypnosis Class

On Thursday, November 10th, Benjamin Schoeffler, the certified medical hypnotist of Thrive Hypnotherapy will be teaching a class about using your mind to change to improve your health and your habits.

You will learn

- How you can trigger the brain to learn a new habit FAST
- Why you have remained STUCK in the past, and how you can get UNSTUCK
- How to use your brain to move your body into a healthy state

The last half of it will include a group hypnosis session to prime you for the changes you will be making. Space is VERY limited, so register now!

To register please go to www.boiseworkshop.com. This class is FREE.

This has been a very popular and useful workshop for many of our patients previously. Hope to see you on November 10th.

GROUP VISIT: Female Hormone Issues, November 1st 4:00-5:45 p.m.

Our group visit on Female hormones will cover the relationships between estrogens, progesterone and testosterone in women of all ages. We will address specific hormone problems such as PCOS, PMS, Endometriosis, Menopause and Breast Cancer Risk Testing. We will discuss pro and cons of using these hormones and how to do so as safely as possible, taking genetic differences into account.

This group is packed with information - Please join us to move toward hormone balance and health.

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

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

**GROUP VISIT: Allergen-Free Holiday Cooking, November 9th
4:00-6:00 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 several made up to taste!

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

Tribute to Carmen

Carmen Oldenburg, Health Educator and Nutritionist for the past 5 years at FIMI has taken a position with St. Lukes as head of the Health Coaches for several regions in Idaho. We are very excited for her to combine her previous business experience with her excellent skills in health education and nutrition. Carmen has been a major part of our growth over the last 5 years, helped start the Group visits and has brought invaluable resources to share. We will miss her and know this move will benefit many in our community. Thank you Carmen for all you have given us.
FIMI staff.

Meagan Omsberg will continue her nutritional consults and the practitioners will share in this work

as well.

Fall in Five Element Chinese Medicine

In the Five Element form of Chinese Medicine, fall is the time of the colon and the lung. Humans are seen as a reflection of the natural world and have the same process of energy moving inward as plants and trees do when chlorophyll retreats from the leaves and branches. Just as the trees let go of their leaves, this is an excellent time to take stock of our lives inwardly and let go of that which no longer serves us. The lung represents inspiration and this is an excellent time to find inspiration to sustain us through the winter. Taking time for gratitude and quiet contemplation is great nourishment in the fall. On the practical level - get plenty of sleep and keep the back of your neck warm!

I want to say thank you to all the FIMI staff and practitioners. My life is enriched by their dedication and service to others.

Gail Eberharter MD