

October 2016



Functional and Integrative Medicine of Idaho, P.A.

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

Dear Patients and Friends,

It's not too early to start thinking about flu season and the flu shot. Listed below is further information on getting the flu shot in our clinic. Know the facts and uncover the myths surrounding the flu vaccine.

For October and November, we are offering our next series of group visits. 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 topic. Class details and registration information are listed below.

For acupuncture appointments, please see note below regarding insurance authorizations.

Happy Autumn!

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GROUP VISITS: Upcoming Fall Classes

Here is our next series of group visit classes.

To register for these classes, please contact our office at [208-385-7711](tel:208-385-7711).

Tuesday, October 18th

Healing Leaky Gut

Tuesday, November 1

Female Hormones

Wednesday, November 9th

Allergen Free Holiday Cooking

No class week of October 25th

October - Flu Shots

We are offering a mercury-free flu shot in the clinic. We recommend getting the flu shot by the end of October. Please contact our office at 385-7711 to schedule your shot time.

Influenza (flu) is more than just a nasty illness. It can be a devastating one for those at high risk: adults over age 65, children under age 6, women who are pregnant and anyone with a chronic medical condition. The flu virus travels up to 6 feet with every cough or sneeze. So while you may do everything to stay healthy yourself, you can't avoid accidental exposure.

Here are some flu myth busters from the Cleveland Clinic:

1. You can't get the flu from the flu shot. They're made of killed virus particles.
2. Sometimes the shots side effects seem like the flu, but they are milder, temporary and much less severe.
3. If you happen to develop a cold or respiratory illness after the flu shot, that is coincidental and is not the flu.
4. Flu shots work. Although scientists can't always predict which flu strains might mutate during the coming season, the vaccine provides substantial protection against the flu.
5. Stomach "flu" in adults is not really a flu. It is caused by GI viruses, bacteria or parasites.

For more information about the flu vaccine, please see the link below.

<https://health.clevelandclinic.org/2015/10/dont-let-flu-bring-you-two-weeks-of-misery-infographic/>

GROUP VISIT: Healing the Leaky Gut - October 18th 4:00-5:45 p.m.

Learn about healing Leaky Gut (increased intestinal permeability)

- What is a leaky gut
- How to test for leaky gut
- The implications of having a leaky gut
- How one develops a leaky gut
- How to heal leaky gut

Especially important for those with any autoimmune disease, including Hashimotos, cancer, migraines and IBS.

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

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.

Acupuncture Billing Updates

There have been some changes in the way we must bill insurance for acupuncture appointments, labs and diagnostic testing for Regence plans and out of state Blue Cross plans and . We are now required to do prior authorizations before appointments for these insurances. If you have a Regence plan, we must do a prior authorization for acupuncture prior to your appointment. If you have a Blue Cross plan that is not in Idaho, we must do prior authorizations for labs, including stool tests, and acupuncture prior to your appointment. If you have one of these plans, and know you are coming in for labs or acupuncture, it would be very helpful to let us know at the time you schedule your appointment. Thank you!