



Functional and Integrative
Medicine of Idaho, P.A.
Gail Eberharter Rankin,
MD
Karen Callagy, PA
Amber Warren, PA

Dear Patients and Friends: Sale of FIM! is final.

Today I have turned the clinic over to Amber Warren, PA and Sam Warren. It is a busy and exciting time for all of us. I will miss seeing my longtime patients and know you will be in excellent and energetic hands. I am also very pleased to announce that Tara Erbele MD is the new alternative supervisory physician. She is a Family Medicine physician who is starting her journey into Functional Medicine. She will be seeing some patients at Functional Medicine of Idaho which is the new clinic name.

My new McCall website is up and running at fimmccall.com. Please visit it if you need to refer someone to me in McCall for a Functional Medicine Consult or Acupuncture. I will be doing some Group Visits and giving free talks from time to time in McCall. I will not be doing any further primary care visits, wellness or annual exams etc.

My solo office is at 321 N. 3rd St in McCall and the mailing address is PO Box 1043, McCall 83638. The fax is 208 686 8284. I will no longer be taking after hours calls and will do my best to answer emails at gaileberharter@gmail.com.

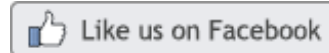
I will be the supervisory physician for Amber and Karen at

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the new clinic Functional Medicine of Idaho for the next 3 years. This will include a monthly visit to Boise, weekly educational time and regular phone contact regarding individual patient issues. I will be available for Acupuncture in Boise when I am there for supervisory duties. You can make an appt for those Acupuncture visits on my new website if I have seen you for acupuncture before. I will need to set that up for you if Karen or Amber wish to refer you and we can do so by email.

With many thanks for the privilege of knowing so many of you on your journey,

Gail Eberharter Rankin, MD

Book Review for Detox Season

New Book Review.

I would like to send you off with a recommendation to read Dr. Joseph Pizornos new book - The Toxin Solution. Spring is detox season and as there are many people giving detox advice it would be wise to read what one of the masters recommends. I will be trying his recommendations for the GI detox as it uses some healing foods as well as probiotics. I still recommend discussing a detox with your practitioner prior to embarking on something that your system may not be ready for.

Sincerely,

Gail Eberharter MD

NEW Group Visit: with Amber Warren, PA

April 4th at 4PM in the office classroom

"Let Thy Food be Thy Medicine and Medicine be Thy Food"

Many of us believe that what Hippocrates said is true but what kind of foods should we eat?

High fat, low carb?

High carb, low fat?

What about protein?

Which kinds of protein, carbs and fats calm down inflammation, support gut health and improve energy? **COME FIND OUT!**

Call the clinic to reserve a spot and find out about insurance coverage for Group Visits. 208 385 7711

The Wood Element

The Wood Element

The Wood Element is very exciting and expansive - the beginning of yang or outward movement associated with spring. The growth of a tree is a perfect metaphor for wood. Its' power is seen in the root that pushes through a cement sidewalk - a life force that cannot be stopped. A healthy wood energy requires planning, organization and good decision-making - just like the growth of a tree. It is represented in the body by the liver and gallbladder, which certainly direct traffic for the entire digestion and metabolism, helping to keep things moving smoothly. They also supervise the tendons and ligaments (how we move) and can create too much tension in the body or mind by getting overly busy. The wood can get frustrated or angry if things are not moving forward and patience can be an important lesson. Wood is also the place of vision and creating a big picture for the future. The wood is like a good general - it does what is best for the whole and gets everyone working together.

To Spring and It's Many Possibilities!

Gail Eberharter Rankin, MD