



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

Dear Patients and Friends

NEW McCall Location:

I am enjoying seeing patients in McCall for Functional Medicine consults and Acupuncture. The new location in McCall is 321 N Third St, Suite 202. This is in the Premier Plaza Building across the street from the Mill Restaurant. Parking and entry into the upper floor are in the back of the building. Please call the Boise office at 208 385 7711 to request one of those appointments for now. I am happy to see patients who are established with Karen or Amber. I am very grateful to Rene Silvas, Massage therapist and Dr. Deb Yaritz DC for helping me find my way into this wonderful practice community.

Please call the office for any medical questions or new patient information. We are unable to reply to questions from the newsletter email address. A practitioner is available 24/7 for urgent medical problems. The office answering machine has the cell phone of the practitioner on call. Thank you.

To Your Health,

In This Issue

Sale of FIMI Practice and Open House

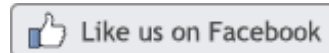
NEW Heart Math Resource

The Water Element

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Sale of FIMI Practice and Open House

Dear Friends,

The time for change has come, both in my life and at FIMI. I am pleased to share the news that FIMI is in the process of being purchased by Amber Warren, PA and her husband Sam Warren.

Both Amber Warren, PA and Karen Callagy, PA have been trained by me and the Institute for Functional Medicine. I will continue as their supervisory physician with regular education, consulting and chart review. I will also be in the clinic several days per month for acupuncture and annual reviews for my current cash paying Medicare patients.

The purchase should be final sometime in February 2018 and this means many of you will be establishing with Amber or Karen as early as January 2018. It is possible that there will be a third practitioner but we do not know this at present.

Thank you all for being a part of the clinic's success and growth. It has been an incredible privilege to be your physician and part of your life. I hope you can stop by at our Celebration of Change/Open House for me to tell you in person and meet Amber and Karen if you have not already done so. The Open House will be Thursday January 25th from 3-6 PM.

The clinic name will be shortened to Functional Medicine of Idaho and I will have a small acupuncture and consulting practice in McCall under the name Functional and Integrative Medicine of McCall. I look forward to chatting with all of you and will be happy to discuss any questions you have.

I am so grateful to have partnered with practitioners as passionate as I am about Functional Medicine and to Amber and Sam for carrying the clinic forward. Long Live FIMI!!

Sincerely,
Gail Eberharter MD

NEW Heart Math Resource with Dominique Tardif

HeartMath® Coaching

How resilient do you feel today?

Are you able to rebound from stressful situations, be patient during difficult encounters, have energy at the end of the day, feel great in your body?

As a HeartMath® Certified Coach I can teach you intelligent energy-management techniques that help you build and sustain deeper resilience to

life's stress. Using HeartMath's evidence-based techniques along with a biofeedback device that tracks your progress, with practice over time you can learn to balance your physical, emotional, mental and spiritual states.

Clients are reporting that they are experiencing less anxiety, less physical pain, better sleep, and overall more control over their responses to life's challenges.

Click here to take view my introductory rate for private coaching sessions and packages.

Click below to access HeartMath's holiday sale on their biofeedback devices:

<http://www.healingartsboise.abmp.com/heartmath-coaching>

Stay tuned for more information on small group coaching sessions in 2018!

Dominique Tardif, LMT
HeartMath Certified Coach

Gail Eberharter MD.

The Water Element

The Water Element

The Water Element has many facets just like water itself. It can be elusive and silent or massive and overpowering. Its' time of year is the Winter when the entire planet depends on the water reserves which are created. Winter should be a time of rest and restoration of resources - darkness and cold encourage this but our culture does not make good use of the wisdom of winter. It is indeed the energy of the intellect and reason and it's channels are the Kidney and Bladder. The kidneys are associated with the ancestral life force, longevity and reproduction, while the bladder is associated with emotions. Water teaches us to adapt, be flexible and can be playful or fearsome. When out of balance here we can be frozen in fear or have trouble knowing our limits. The Water is the place of the storyteller - spending winter evenings entertaining or passing on wisdom with the telling of stories is a fitting image for the water.

To a Joyful New Year and the Renewal of Life

Gail Eberharter MD

