

WELCOME TO OUR NEW  
**monthly newsletter**  
*we're so glad you're here!*



Happy New Year from Restore Functional Medicine!

2024 was quite a busy year for us! Since our opening in June, we have been blessed with the opportunity to provide accessible, affordable, customized functional medicine to patients in the Treasure Valley and throughout the Pacific Northwest. It has been a year full of growth, joy, resilience and faith, and we have loved every minute of it! We are so thankful for each of you and for the growth so many of you have inspired by referring your loved ones. Thank you for trusting us with caring for you and your friends!

We look forward to continuing to deliver high quality functional medicine in 2025 that consists of the same services you rely on as well as some new additions to our treatment plans. The first addition is our monthly newsletter. This will be the place to find out what's happening at Restore including specials, staff updates and new service lines.

Thank you for your continued support! We can't wait for 2025 and all that it will bring!

Functional Medicine for Everyone!

Blessings, *Rebekah*

## new pricing update

### EFFECTIVE JANUARY 2025 ONWARD

There are a few changes being made to our pricing:

All follow up visits are \$175

All house visits are \$250

New patient visits are still \$350, a \$100 non-refundable deposit is required at time of scheduling.





## meet Restore's newest face!

Our newest addition, Amanda Bardin, is joining our staff and will be answering some of your questions and calls the next time you reach out to our office! She brings a wealth of experience in functional medicine, peptide therapy and supplements. We are so excited to have her join our team! She is looking forward to helping our patients Restore their health and reach their potential!

## new year specials

### WE HAVE SO MANY FUN THINGS TO SHARE WITH YOU!

As a part of making Functional Medicine for Everyone, we want to make functional medicine an affordable option. From time to time we run specials on top of our already competitive pricing. We also are staying up-to-date with the latest and most recent research with peptide and hormone therapies to ensure you are getting the best treatment possible.



## NAD+

### THE LATEST AND BEST IN ANTIAGING AND PERFORMANCE

NAD is amazing for cellular recovery. That can apply to athletes, post COVID/viral syndromes, those struggling with fatigue/brain fog, and more. IVs are available in office or peptide therapy injections at home.



## OrthoMega 10% Off!

### FOR THE MONTH OF JANUARY

Omega-3 fatty acids are essential cornerstones of human nutrition. They are deemed "essential" because we need them for proper health but cannot produce them on our own. We love OrthoMega because it is sustainably sourced and independently checked for metals, PCBs, and pesticides, unlike most other brands.



## Gut Zoomer + Total Tox Burden

**10% OFF TESTING THE MONTH OF JANUARY WHEN BUNDLED**

Gut Zoomer testing is an incredibly comprehensive and sensitive look at GI flora which is linked to many different functions: mental health, hormonal health, metabolic health, etc. Total Tox Burden looks in depth at mycotoxins, toxic load, environmental exposures, and more!



## performance medicine NOT JUST FOR ATHLETES

Just like functional medicine is for everyone, so is performance medicine! The goal is to help with your daily performance- that is a personalized approach that may encompass optimizing cognitive function, muscle endurance/recovery, metabolic health and more!

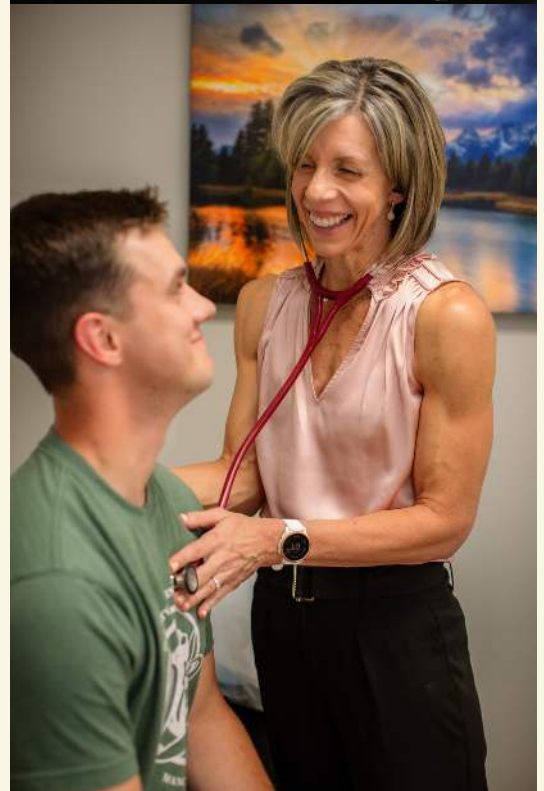
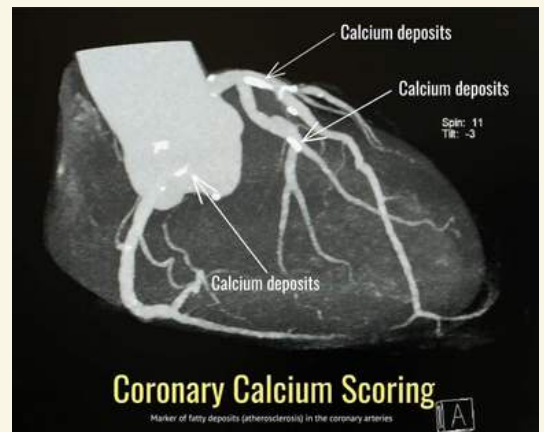
## unsung hero THE CORONARY CALCIUM SCORE

Disease prevention is a mainstay at Restore Functional Medicine, so it only makes sense that we spend lots of time discussing cardiometabolic health with our patients. Heart disease remains the number one cause of death in the United States. Though we utilize multiple diagnostic modalities in assessing cardiac risk, the Coronary Calcium Score is certainly a stand out favorite.

The Coronary Calcium Score (CCS or CAC) is a non invasive CT scan that measures the amount of calcium buildup in the coronary arteries. The amount of calcium buildup in the arteries assists in assessing plaque that may rupture and cause an arterial blockage that could result in a heart attack. In general, the higher the score, the higher the risk.

CCS helps to determine a patient's actual cardiac risk more accurately than serum cholesterol levels alone. It is also helpful in assessing the lungs and surrounding structures. This simple low cost, low risk test has been a literal life saver for many of our patients. Early intervention is crucial in the management of cardiac disease.

If you've never heard of CCS, that means you probably need one! We'd love to discuss your cardiovascular health and complete a risk assessment with you to determine if CCS is right for you!



**SEE YOU NEXT MONTH!**