

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



With spring fast approaching, we are ready to help our patients blossom into their optimal selves in the new season! We continue to offer all things functional medicine and primary care and are expanding our services! Our expansion includes first and foremost, **a new clinic space!** We are excited to announce that we have officially outgrown our little clinic on Emerald Street and are moving to a much larger space on Milwaukee, just a couple miles away. We are so thankful to all of our patients, colleagues and community for helping us to grow so quickly. We can't wait to welcome all of you to our new location starting **March 31st!**

3271 N Milwaukee St. #201

Boise, ID 83704

With our expansion comes additional services, including sauna, red light therapy, peptides, natural aesthetics, botanical skin care and a new IV menu. Our IV therapies include chelation, high dose vitamin C, Meyers cocktail, menstrual mix, migraine mix and many more. We continue to provide customized treatment plans for all of your functional medicine and primary care concerns.

Functional Medicine for Everyone!

Blessings,

Rebekah

Post Cancer Care

We also provide post cancer care regimens for our patients that have finished treatment and are interested in creating an environment that is hostile to cancer cell growth.

Repurposed medications, supplements, nutritional interventions and lifestyle modifications are tailored to the recovering patient's specific needs in order to maintain remission and live life healthy!

Integrative Cancer Care at Restore



Integrative cancer modalities at Restore are intended to be used as adjunctive therapy to oncology treatment recommendations. Our goal is to partner with the patient and their oncologist in an effort to mitigate the toxicity of chemotherapy and radiation as well as to prevent immunosuppression and toxicities from standard chemotherapy. The prescribing of repurposed medications for the treatment of cancer has been well studied and the peer reviewed evidence supports that these compounds kill cancer cells and inhibits cancer stem cells, making the tumor environment hostile to growth. These medications have also been proven to be safe and effective through data collected in case reports and observational studies. (FLCCC Alliance 10/2024)



Repurposed medications are usually partnered with a targeted supplement regimen and in most cases high dose Vitamin C IV therapy. We provide a welcoming, comfortable environment to be able to host our cancer patients on a weekly basis as we walk through this journey with them. If you or a loved one is battling cancer and are interested in incorporating integrative therapies, call our office for a consultation.

The Newest Face at Restore!



We've added a new face at Restore this month! Please welcome Lori Uria!

Lori is our new medical receptionist! She will be greeting our patients, scheduling and answering our phones! Please give her a warm welcome when you get to meet her.

We couldn't be more excited about adding her to our team! You will be as blessed to know her as we are!

Magic Magnesium!

For the month of March, purchase any of our magnesium supplements and get 10% off! Our physician grade magnesium supplements can help with focus, concentration, anxiety, muscle and tendon healing, digestive concerns and much, much more! Stop in and check out our magnesium containing products and we'll help you decide which one is best for you!

We carry and recommend only the highest quality magnesium brands for our patients in clinic and our online store, try it out and get 10% off!



JUST A FRIENDLY REMINDER

A kind reminder if you are needing to cancel or reschedule your appointment with us at Restore, please ensure you contact us 24 hours prior to your appointment.

It is our policy if a no-show or cancellation happens within the 24-hour period, this will result in a \$100 cancellation fee.

Thank you for your consideration for our team and schedule!

Toxic Burden- Why Should You Care?

In our modern world, we are exposed to a variety of chemicals, organisms and pollutants that can accumulate and cause dysfunction. This accumulation is commonly referred to as Toxic burden. Understanding toxic burden, how it impacts the body and how to reduce it is essential for recovering from illness, preventing disease and optimizing health. While it is almost impossible to eliminate toxins from our lives entirely, it is definitely possible to reduce the amount of toxins we're exposed to every day as well as identify toxins we may not even know we carry.

Toxic burden can impact multiple body systems. It can interfere with hormone regulation and production, fertility, immunity and cellular processes that can lead to various health concerns. Some common symptoms of elevated toxic burden can be fatigue, digestive issues, weight gain, infertility, allergies, depression, anxiety and many more. Toxins can originate from various sources including air pollution, contaminated food, mold exposure, metal exposure and chemicals found in water, personal care products, cleaning products and plastics. Our bodies have detoxification pathways that work to eliminate toxins through the skin, kidneys and liver, but an increased burden can overwhelm those pathways.

Schedule a consult with us to discuss and review your concerns and symptoms to get started on evaluating and treating your toxic burden. One of our favorite diagnostic tools is the Total Tox Burden test by Vibrant America. Total Tox Burden is a urine test that assesses the total toxic burden in the body by measuring mycotoxin, heavy metal and environmental chemical excretion in the urine. Testing includes assessing the overall impact of toxic exposure, measuring 29 different mycotoxins, 20 heavy metals and 39 environmental chemical markers.

After we've identified and analyzed the testing, we'll design a customized plan for reducing your toxic load and improving your health. This testing provides remarkable insight into your body and has helped so many of our patients get to the root cause of the symptoms and on the road to healing.



SEE YOU NEXT MONTH!