

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



We have been busy settling into our new clinic on Milwaukee Street in Boise! We feel so blessed and frankly, spoiled to have such a comfortable, bright, spacious home to welcome and care for our functional medicine patients! Thank you to those of you that have visited, showered us with gifts and most of all, entrusted us with your health and wellness. The response has been so fun and encouraging. Thank you to all of you for our rapid growth and relocation!

With our expansion comes additional services. Our IV room and lab have been bustling this month and many of you have taken advantage of our customized IV and lab services. We continue to provide advanced lab testing for genomics, toxins, gut health, cancer and more. Our IV services can be utilized for health optimization or for treatment of chronic disease, CV disease, toxic burden and cancer. Give us a call and find out if targeted, customized IV therapy is right for you!

Functional Medicine for Everyone!

Blessings,
Rebekah

Supplement of the Month: NAC!



For the month of May, purchase NAC and get 10% off! Our physician grade N-acetylcysteine is a supplement that serves several important roles in the body, primarily due to its ability to replenish glutathione, a powerful antioxidant.

NAC boosts antioxidant levels, supports respiratory and brain health, supports detoxification through the liver, improves heart health and improves immune system function.

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

Expanded Aesthetics at Restore

Our aesthetic services continue to grow as we seek to help men and women with options for skin rejuvenation, hair restoration and facial balancing.



Microneedling with PRP continues to be a patient favorite, stimulating collagen and reducing fine lines and discoloration. Our patients swear by the afterglow that comes from microneedling. We also offer hair restoration with PRP, microneedling and peptides.

Our treatments are sure to help with scalp rejuvenation and hair growth. We also offer facial balancing with PRP injections to the cheeks, lower face and forehead.

Sculptra is one of our newest additions! Unlike traditional fillers that simply "fill" wrinkles, Sculptra works gradually by stimulating your body's own collagen over time, leading to a more natural and longer-lasting result.

Commonly used for age-related facial volume loss (especially in cheeks, temples, jawline), and can help smooth deep folds like nasolabial folds (smile lines). Results can last up to 2 years or more, although multiple sessions (usually 2-4) spaced several weeks apart are typically needed. Give our office a call and schedule an aesthetic consultation.

Our Newest Addition, Aleana!



We've added a new face at Restore this month! Please welcome Aleana Uria! Aleana is our new social media coordinator. Be sure to follow us on Instagram, TikTok and Facebook to keep up with our clinic and learn about functional medicine! We are excited to have Aleana as part of our team and look forward to sharing her creativity with you all! Give us a follow!

Instagram: @restoreFM

Facebook: @Restore Functional Medicine

TikTok: @Rebekah.Syverson

CDA/SPOKANE PATIENTS!

Our CDA practice continues to grow! We will be continuing our telemedicine services and our in person visits for CDA/Spokane patients every 3 months. Our next clinic week in CDA is July 7-9 at Fiore Beauty and Wellness. If you would like an in person consultation or treatment, call our office to schedule a visit in our CDA clinic space.

We look forward to seeing you all in person in July!

HOUSEKEEPING AND OFFICE POLICY REMINDERS

Although it is our goal to return messages in a timely manner, a friendly reminder to please allow 24-48 hour response time for phone or portal messages. If you are a current or new patient and have not activated your online portal, please reach out and we can assist you in activating so you can have the many benefits of portal access. These include lab results, visit summaries, direct messaging and much more.

*For appointment cancellations or rescheduling, please provide 24 hour notice to avoid a late cancellation fee.

Hormone Replacement Therapy

Hormone Replacement Therapy (HRT) can offer several benefits, particularly for individuals experiencing symptoms related to hormonal imbalances, such as PCOS, perimenopause, PMDD, menopause and andropause. Here are some of the benefits:

For Women:

Relief from Menopausal Symptoms

Reduces hot flashes, night sweats, and vaginal dryness.

Improves sleep and mood stability.

Bone Health

Helps prevent osteoporosis and reduces fracture risk by maintaining bone density.

Cardiovascular Benefits (in younger menopausal women)

Reduces the risk of heart disease when started early in menopause.

Improved Quality of Life

Increases energy, libido, and overall sense of well-being.

Improved Metabolic Function and Improved Urinary Health

For Men:

Increased Energy and Vitality

Boosts energy levels, motivation, and physical performance.

Improved Mood and Cognitive Function

May reduce depression, irritability, and improve memory and focus.

Muscle Mass and Strength

Helps maintain or increase lean body mass and strength.

Libido and Sexual Function

Enhances libido and erectile function.

Bone Density

Helps prevent osteoporosis in aging men.



Let us assist you in assessing your hormone function, identify imbalances and create a treatment plan customized for you. Hormone balance is not a one size fits all approach. There are multiple plans for replacing and optimizing hormones including bio-identical pellets and creams, synthetic injectables, topical patches and oral compounds. We'll help you decide which plan is right for you!

SEE YOU NEXT MONTH!