

RESTORE FUNCTIONAL MEDICINE

JULY 2025

Summer is in full swing here in Boise, and we're embracing the longer days, warmer weather, and the opportunity to slow down and reconnect — with nature, with family, and with ourselves. At Restore Functional Medicine, we're grateful to be part of your journey toward better health. Whether you're a long-time patient or new to our clinic, we want you to know that you're more than just a name on a chart — you're part of our wellness community.

This month, we're sharing insights into powerful tools that support whole-body healing. From neural injections that help reset your nervous system to IV and peptide therapies that nourish and repair at the cellular level, there are so many exciting and accessible ways to help you feel more like yourself again. We've also included a spotlight on one of our favorite supplements, nattokinase, and updates on our regenerative aesthetic services.

We hope you find this newsletter both informative and inspiring. Your health is your greatest asset — and we're here to help you protect and enhance it.

Blessings,

Rebekah





Spotlight on Neural Therapy: Reset Your Nervous System Naturally

Neural therapy is a gentle injection technique used to treat chronic pain, inflammation, and dysfunction by targeting the autonomic nervous system.

It works by injecting small amounts of local anesthetic into specific areas like scars, trigger points, or nerve clusters to "reset" misfiring signals in the body.

Who can benefit?

- Individuals with chronic pain (neck, back, joints)
- People with past surgical scars or injuries
- Those suffering from migraines or hormonal imbalances
- Anyone dealing with persistent fatigue or autoimmune symptoms

Neural therapy helps improve nervous system regulation and promotes natural healing. It's a quick, low-risk, in-office procedure with virtually no downtime.

Many patients experience noticeable improvements after just a few sessions.





Peptide Therapy: The Future of Regenerative Medicine

Peptide therapy is one of the most exciting advancements in functional and regenerative medicine. Peptides are short chains of amino acids that act as signaling molecules, helping the body regulate and heal itself at a cellular level. These compounds can target specific functions — like metabolism, immune modulation, tissue repair, and even brain health.

Some favorites at Restore:

- BPC-157 (Body Protective Compound): Known for its powerful healing effects, BPC-157 supports the repair of muscles, tendons, ligaments, and even the gut lining. It is ideal for patients recovering from injury, surgery, or those suffering from leaky gut or inflammatory bowel conditions.

- CJC-1295/Ipamorelin: This peptide combination stimulates the body's natural production of growth hormone. It promotes fat loss, increases lean muscle mass, enhances sleep quality, and improves energy levels. It's especially helpful for those seeking to optimize metabolism and age gracefully.

- Thymosin Alpha-1: A potent immune-regulating peptide, Thymosin Alpha-1 supports your body's defense against infections and chronic inflammation. It's often used in protocols for autoimmune conditions, chronic fatigue, and post-viral recovery.

- **Tirzepatide** (GLP-1/GIP agonist): While known for its role in metabolic regulation, Tirzepatide also offers promising cardiovascular and anti-inflammatory benefits. It has been shown to improve endothelial function, reduce systemic inflammation markers, and support vascular health. Tirzepatide may be especially helpful for patients with metabolic syndrome, cardiovascular risk, or chronic inflammation

- Tesamorelin: This growth hormone-releasing peptide is known for reducing visceral fat and improving body composition, especially in individuals with insulin resistance or age-related hormonal decline. Tesamorelin also supports cognitive function, cardiovascular health, and recovery from physical stress or injury.



Who benefits from peptide therapy?

- Patients recovering from injury or surgery
- Adults seeking to improve recovery, energy, and vitality
- Individuals with autoimmune conditions, fatigue, or metabolic dysfunction
- Those with cardiovascular risk or systemic inflammation
- Patients interested in graceful aging and body composition support

Each peptide protocol is tailored to your individual health goals and needs. Most peptides are administered via small subcutaneous injections or in capsule form, and treatment plans can range from several weeks to several months depending on your goals.



Medical Aesthetics: Feel Good, Look Radiant

Taking care of your outer self can be an act of self-love and confidence. We offer aesthetic services that are natural-looking, minimally invasive, and rooted in regenerative care.

- Dysport:
Smooth fine lines while preserving natural expression
- Sculptra:
Stimulates collagen production for youthful volume
- Microneedling with PRP:
Encourages skin rejuvenation

These treatments support your body's ability to restore and regenerate, helping you feel refreshed and confident — from the inside out.

Nattokinase: A Natural Circulatory Support Enzyme

Nattokinase is an enzyme extracted from natto, a traditional Japanese fermented soy food. It's well known for its cardiovascular and circulatory health benefits.



Why consider it?

- Supports healthy blood flow and reduces clot formation
- May aid in lowering blood pressure
- Natural anti-inflammatory and fibrinolytic (clot-dissolving) properties

Who should ask about it?

- Individuals with poor circulation
- Those at risk of cardiovascular disease
- Anyone looking for natural support for blood vessel health

This July, we invite you to take intentional steps toward vibrant wellness. Whether it's a restorative IV infusion, a peptide protocol to reignite your energy, or simply prioritizing daily hydration and sunshine, each decision adds up.

Restore Functional Medicine is here to support you with personalized care rooted in compassion and science.

Let's embrace this season with health, confidence, and joy.



SEE YOU NEXT MONTH!