WELCOME TO OUR NEW

monthly newsletter

we're so glad you're here!

Thank you to all who prayed, supported and sent well wishes over my recent trip to Cuatempen, Mexico! While I could never detail the experience in a couple paragraphs, I thought I would share a few thoughts from the trip.
The village of Cuatempen is about 5 hours by bus from Mexico City. It is remote, small and beautiful. Settled in the mountains at about six thousand feet, the views were stunning, the countryside beautiful and the weather was hot! The people though, were the best part. An area of Mexico that doesn't see many tourists, if any, the people were excited to see us and welcomed us with tortillas and mangos!

It was inspiring to witness such generosity in the midst of such poverty. We served there for just a week, teaching the women and children and accomplishing some much needed repairs on the church campus. The week flew by and I found myself wishing I could stay. It's amazing how your perspective changes when you are outside of the world you live in every day. Without the comforts of normal life, I was able to see the abundant blessings I take for granted. Things like hot coffee, warm showers, comfortable bed, air conditioning are just a few of the many things I forget to be thankful for every day.

I came away with a greater appreciation for all that I have been blessed with, especially my little functional medicine clinic where I am honored to serve the Boise community. My missions trip left me feeling thankful and full of purpose, ready to serve my community and beyond. I can't wait to do it again!!

Blessings,

Rebekah







IV NAD+: Energize Your Cells!



At Restore, we focus on therapies that help your body function at its best—starting at the cellular level. One of the most exciting tools in our toolbox is IV NAD therapy.

NAD (nicotinamide adenine dinucleotide) is a vital coenzyme found in every cell of your body. Think of it as a cellular "spark plug" that powers essential functions like energy production, DNA repair, and brain signaling. As we age, or when we experience chronic stress or illness, our NAD levels naturally decline—leading to fatigue, brain fog, and slower recovery.

While your body can make and recycle some NAD, and oral supplements can help, IV NAD therapy delivers this nutrient directly into your bloodstream, bypassing digestion for maximum absorption and immediate cellular benefit.

Potential Benefits of IV NAD Therapy:

- Boosted energy levels without the crash of caffeine or sugar
- Enhanced mental clarity and focus
- Improved mood and reduced feelings of brain fog
- Support for healthy aging by promoting DNA repair and cellular resilience
- Metabolic health support, including better mitochondrial function
- Aid in recovery from illness, surgery, or physical exertion

Many patients report feeling revitalized after treatment, with effects that can last days to weeks depending on individual health status and lifestyle. Sessions are performed in a comfortable setting, and the length of the infusion can be tailored for your needs.

IV NAD therapy isn't just about boosting today's energy—it's an investment in your long-term cellular health.

Eat the Rainbow!



There's a reason you've heard the advice to "eat a variety of foods" so often—it works. Your body thrives on diversity, especially when it comes to plant-based foods. Each color in fruits and vegetables represents a unique set of phytonutrients, vitamins, and minerals that support your health in different ways.

Color guide for your plate:

- Red (tomatoes, strawberries, beets): Support heart health and reduce inflammation.
- Orange/Yellow (carrots, sweet potatoes, bell peppers): Boost immune system and vision.
- Green (spinach, broccoli, kale): Aid detoxification and provide essential minerals.
- Blue/Purple (blueberries, eggplant, purple cabbage): Support brain health and fight oxidative stress.
- White/Brown (garlic, onions, mushrooms): Strengthen immune function and promote gut health.

When you consistently choose a colorful mix, you're giving your body a broader range of nutrients—and helping prevent disease in the long run.

Toxin Testing and Chelation Therapy: Clearing Hidden Roadblocks

Total Toxin Testing & Chelation Therapy: Clearing Hidden Roadblocks to Health
Every day, our bodies are exposed to environmental toxins—through air, water, food, personal care products, and even our homes. Over time, these exposures can build up, creating a "toxic load" that may contribute to fatigue, brain fog, hormonal imbalance, inflammation, and even cardiovascular concerns.

Total toxin testing is a comprehensive lab assessment that looks for a wide range of common toxins, including:

- Heavy metals (mercury, lead, arsenic, cadmium)
- Mycotoxins from mold exposure
- Environmental chemicals (pesticides, plastics, solvents)

Why it matters:

- Identifies hidden contributors to symptoms
- Guides a personalized detox plan
- Prevents long-term damage by catching exposure early
- Monitors detox progress over time

Chelation Therapy: Targeted Detox Support

When toxin testing reveals a heavy metal burden, chelation therapy can be a safe and effective way to help the body eliminate these harmful substances. The word chelation comes from the Greek for "claw"—describing how chelating agents bind to metals so they can be excreted.

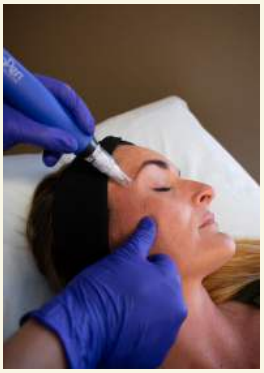
Two main approaches:

- IV Chelation – Chelating agents are delivered directly into the bloodstream for faster, more intensive detox.
- Oral Chelation – A gentler, slower method using capsules or liquids taken by mouth.

Potential benefits of chelation therapy:

- Supports heart and vascular health by reducing oxidative stress from metals
- Improves cognitive clarity and mood
- Reduces inflammation
- Boosts energy by supporting mitochondrial function




At Restore Functional Medicine, our goal is to partner with you on every step of your health journey—whether that means boosting your cellular energy with IV NAD therapy, identifying hidden toxins, supporting your body through chelation, or simply helping you stay consistent with the small daily habits that matter most. Health isn't built in a single day; it's the result of informed choices, steady progress, and a care team who truly listens. We're here to guide, educate, and encourage you so that you can feel your best—not just for the next few months, but for years to come.

SEE YOU NEXT MONTH!