WELCOME TO OUR NEW

monthly newsletter

we're so glad you're here!

As the seasons begin to shift, many of us are reminded of the importance of renewal and restoration—not just in our daily lives, but also in our health and wellbeing. At Restore Functional Medicine, our mission is to help you feel your best and age gracefully through cutting-edge therapies that support vitality, confidence, and longevity.

This month, we're spotlighting some of our most popular services: regenerative aesthetics, neural therapy, and peptide therapy. Each of these treatments is designed to restore balance, promote healing, and help you live beautifully at every stage of life.

I hope everyone had an incredible summer! Now it's time to enjoy the cooler fall season- here's your reminder to dig through your closet for your fall and winter items!

Blessings, *Rebekah*

Enter to Win!

Want to win one of three packages valued over $100?

Leave us a Google Review!

Click here

Winner will be chosen at the end of September!

See the end of the newsletter for the different packages up for grabs.

What's in Season?

Living in the Pacific Northwest we are blessed with some of the best farming! Eating seasonally benefits your health, supports local farmers, and brings incredible flavor to your table. Harvested at the peak of ripeness, seasonal produce delivers better nutrition and taste—plus, choosing local means fewer miles traveled and lower environmental impact. Check to see what local sources you have available in terms of farm stands, U-Pick Farms, farmer's markets, and locally owned stores.

Fruits: Peaches, Nectarines, Apples, Pears, Cantaloupes, Raspberries, Squashes/Pumpkin

Vegetables: Tomatoes, Corn, Peppers, Cucumbers, Carrots, Beets, Broccoli, Kale, Rhubarb

What is Regenerative Beauty?



Aging should be celebrated — not feared. Our goal isn't to erase every line or change who you are, but rather to enhance your natural beauty and support healthy, radiant skin as you move through every stage of life.

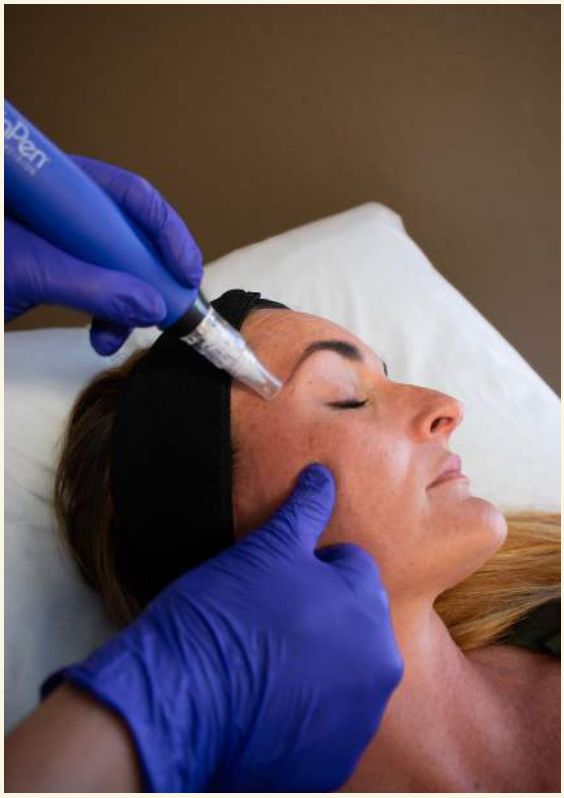
Unlike traditional cosmetic approaches that rely on synthetic fillers or surgical procedures, regenerative aesthetics harnesses the body's own healing and repair mechanisms. These treatments encourage collagen and elastin production, improve circulation, and restore vibrancy from the inside out.

Why Natural Aesthetics?

- Results look subtle and authentic, not "frozen" or overdone.
- Stimulates your own body to regenerate tissue and collagen.
- Treatments are minimally invasive with little downtime.
- Focuses on long-term skin health and prevention — not just quick fixes.

What Options are Available?

- Sculptra®: A collagen-stimulating injectable that works gradually to restore volume, firmness, and contour. Instead of filling lines, it rebuilds structure for natural, youthful skin.
- Dysport®: Smooths dynamic wrinkles (like frown lines) by relaxing overactive muscles. The goal isn't to erase expression, but to refresh your appearance while maintaining your natural look.
- PRP (Platelet-Rich Plasma): Derived from your own blood, PRP is packed with growth factors that stimulate healing and rejuvenation. It can be used on the face, scalp (for hair growth), or even paired with microneedling for amplified results.
- Microneedling: By creating controlled micro-injuries, microneedling stimulates collagen and elastin. This improves skin texture, tone, scars, and elasticity. When combined with PRP, results are even more powerful.



We see regenerative aesthetics as part of a whole-body approach to aging gracefully. When combined with good nutrition, hormone balance, sleep optimization, and stress management, these treatments support both how you look and how you feel.

It's not just about "looking younger" — it's about looking healthy, vibrant, and like the best version of you.

Unlocking Your Cellular Potential

At the cutting edge of functional medicine, peptides are small chains of amino acids that act as powerful signaling molecules in the body. They help regulate biological functions like hormone production, tissue repair, immune balance, and metabolism.
Think of peptides as “messengers” that tell your body to heal, grow, and restore itself. Because they mimic natural processes, peptide therapy can provide safe, targeted support for a wide range of health goals. There are many exciting studies and stories that are showing peptide efficacy for hormone, metabolic, neuro, and inflammatory disorders.

- CJC-1295 – Stimulates growth hormone release, supports lean muscle, recovery, and vitality.
- Sermorelin – Encourages natural hormone production for energy, metabolism, and sleep support.
- BPC-157 – Known as the “healing peptide,” supports tissue repair, gut health, and injury recovery.
- Tirzepatide – A peptide that helps regulate blood sugar and weight while supporting metabolic health.
- NAD+ – Supports cellular energy, cognition, and longevity.
- SLUPP332 (emerging peptide therapy) – Cutting-edge support for cellular repair and optimization.

Unlocking Your Cellular Potential

Chronic pain and lingering symptoms often aren’t just about the site of the problem — they’re tied to how the nervous system communicates with the rest of the body. Neural therapy works by restoring this communication.

How It Works

Our nervous system controls every organ, muscle, and tissue. When there’s an old injury, scar tissue, or even chronic inflammation, the body’s electrical signaling can get “stuck” in a dysfunctional loop. These faulty signals may keep pain, tension, or symptoms active — even long after the original problem has healed.
Neural therapy uses tiny injections of a local anesthetic (like procaine) into specific points such as scars, trigger points, or nerve-rich areas. These microinjections don’t numb the body; instead, they act like a “reset button” for the nervous system. By interrupting the faulty signals, neural therapy allows healthy communication to be re-established.

What Patients Experience

- Immediate relief: Some people feel a noticeable improvement right after their first session.
- Lasting benefits: With repeated treatments, the nervous system often “re-learns” healthier signaling, reducing or eliminating symptoms over time.
- Wide applications: Neural therapy has been used to help with chronic pain, migraines, old injury sites, digestive issues, hormonal imbalances, and even emotional stress patterns stored in the body.

Why Patients Love It

- Minimally invasive (just small needle injections).
- Affordable compared to more invasive procedures.
- Works with the body’s own biology rather than suppressing symptoms.

Neural therapy blends modern science with the body’s innate ability to heal, making it an excellent option for those seeking lasting, whole-body relief.

SEE YOU NEXT MONTH!



ENTER TO WIN

We are giving away three raffle prizes!

To enter the raffle, *review our page on Google.*

Click Here

We will randomly select three patients who review from now until September 30th!

Call our office if you have any questions!



MALE HEALTH

Retail $135.98

Thorne Creatine 16oz

Ortho Molecular Prostatrol Forte

LMNT Citrus 30 stick packs



SKIN CARE

Retail $226.00

Borah Botanicals

Pink Petal Oil to Milk Cleanser
Blue Matcha Calm & Repair
Hibiscus PhytoTonic
Koco Glow Beauty Serum



GUT HEALTH

Retail $363.99

MicroBiome Labs

Total Gut Restoration
MegaSporeBiotic 180 capsules
(2) MegaPrebiotic 180 capsules
MegaMucosa 180 capsules