WELCOME TO OUR NEW

monthly newsletter

we're so glad you're here!

As the leaves begin to turn here in Boise and we settle into the cozy rhythm of October, we want to pause and extend our heartfelt gratitude to each of you. Every day, it is an honor and a privilege to walk alongside you on your health journey. Your trust means the world to us, and we don't take it lightly.

This past month, we hosted a little raffle for patients who shared their experiences with us on Google—and reading your kind and thoughtful words was incredibly moving. Your feedback wasn't just reviews, it was a reminder of why we do what we do: to listen deeply, care wholeheartedly, and help restore wellness in ways that truly matter. Thank you for sharing your stories and for letting us be part of yours.

We are so grateful for each of you and look forward to continuing this journey together as we move into a new season of health and renewal.
With warmth and gratitude,

Blessings, Rebekah

Meet Sarah Del Rae, FNP!



As the need for individualized care and functional medicine in the Treasure Valley continues to grow it's our mission to take care as many people as we can. In order to do this we are thrilled to welcome a new nurse practitioner to the Restore team in November!

Sarah earned her Bachelor's degree in Nursing at Montana State University and has been practicing as a Registered Nurse since 2018. She has experience in acute care and outpatient nursing for patients across the lifespan. In 2021, she began her training at the Institute of Functional Medicine, and became a Certified Health Coach. Through her training, she discovered a passion for root cause medicine and a desire to assist patients by identifying dysfunction and restoring balance.

She graduated from Northwest Nazarene University with a Masters degree in Nursing in 2025, and is a board certified Nurse Practitioner. Sarah has a passion for functional medicine and for helping patients optimize their health and wellness. She is currently enrolled in the Institute for Functional Medicine Provider Certification program. Sarah enjoys using functional medicine to empower patients to recover, rebalance and restore their health.

Now Offering Direct Primary Care!

Direct Primary Care is now available at Restore Functional Medicine!

Direct Primary care offers easy access to all of your primary care needs, examined through a functional medicine lens. Restore Functional Medicine is pleased to announce that we have launched an easy access program for our patients that need primary care but want a comprehensive, preventative perspective. Our DPC memberships offer access to care 24/7, in office visits and telemedicine during office hours and after hours attention for urgent needs and questions by portal message, and soon we will be offering texting, as well.

Some of our primary care services include:

- Unlimited acute and non-acute office visits
- Urgent Care visits
- After hours advice through e-mail, text, video and phone calls
- Chronic disease management
- Well Child Checks
- Well Woman Exams (including pap smear collection)
- Sports physicals
- Steroid joint injections
- Stitches and wound care
- Splinting and basic casting
- Skin tag removal
- Earwax removal
- Abscess drainage
- Membership pricing on labs and in house medications

Fees:
Single member $95/month
Additional family members $75/month
Children $50/month

With automated monthly billing, keeping an active membership is easy. If at any point you wish to cancel your membership, we ask for 30 days notice so we can continue to take care of you while you find a new medical provider. Just another way we go the extra mile to provide stellar primary care service with no fine print or extra hoops to jump through.

Call our office for more info!!

Did you know that Restore Functional Medicine offers shadow opportunities? If you are a student or new PA/NP interested in functional medicine, we offer job shadow opportunities for you to learn about functional medicine and/or running your own functional medicine practice. Call our office for questions about shadow days!



Meet Claudia!

Claudia is another new face at Restore. She has extensive experience working the medical field in both functional medicine and chiropractic settings. You'll see her not only working at the front desk at Restore, but also assisting patients behind the scenes as a medical assistant. She is passionate about supporting patients through their wellness journeys.

Embarking on Hormone Replacement Therapy

We often remind our patients that hormones are the body's chemical messengers—they influence everything from energy and mood to sleep, metabolism, and sexual health. When they're in balance, life feels smoother. But when they're not, symptoms like fatigue, anxiety, depression, PMS, PMDD, hot flashes, and low motivation can quietly creep in. While hormone replacement therapy (HRT) is commonly associated with perimenopause, menopause, and andropause, the truth is that imbalance can affect people of all ages and walks of life.

From a functional medicine perspective, we don't just look at symptoms—we look at the whole picture. We start with comprehensive testing to understand your unique hormone patterns, then create a plan tailored to you. HRT can take many forms, and we work with you to find the right fit for your lifestyle and preferences:

- Injections – offer a steady, reliable dose of hormones with easy monitoring.
- Topical creams or gels – applied to the skin for convenient daily use.
- Pellet insertions – tiny implants placed under the skin that release hormones gradually over several months.
- Patches – worn on the skin for slow, consistent absorption.
- Oral methods – capsules or tablets, which can be helpful in certain situations.

Our goal isn't just symptom relief—it's restoring energy, focus, and joy in your day-to-day life. By supporting your body's natural rhythms, hormone therapy can help you feel more like yourself again.

Exploring HRT does not need to be an overwhelming or scary experience. If you've been experiencing mood shifts, sleep struggles, or unexplained fatigue, know that you don't have to "just live with it." Hormone balance is an important piece of whole-body health, and we're here to guide you every step of the way.

SEE YOU NEXT MONTH!