WELCOME TO OUR NEW

monthly newsletter

we're so glad you're here!

As the seasons shift and we settle into the cozy rhythm of fall, our team at Restore Functional Medicine wants to take a moment to express our gratitude. November is a time to pause, reflect, and give thanks—and we are truly thankful for you, our patients and community. Every day, we're honored to walk beside you on your journey toward vibrant health and lasting wellness.

This month, we're especially excited to welcome Sarah Del Rae, FNP, to the Restore family! Sarah brings a wealth of experience, compassion, and a patient-centered approach that perfectly aligns with our mission. With her addition, we're thrilled to expand our care offerings to now include Direct Primary Care (DPC)—a more personalized, accessible, and relationship-based model of care designed to support you in every season of health.

This time of year reminds us of the importance of nourishment—body, mind, and spirit. Whether that means slowing down, reconnecting with loved ones, or focusing on small daily habits that support your well-being, we hope you take time to care for yourself in meaningful ways.

Thank you for trusting us to be part of your story. From all of us at Restore, we wish you a peaceful, joyful, and gratitude-filled November.

Rebekah

Direct Primary Care Now Available!

Starting the month of November Direct Primary Care is now available! This is an easy way to access 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 or email. Soon we will be offering texting, as well.

Pricing for a household is $95 for the first member, $75 for a spouse, and $55 per child.
This allows for the following services and discounts:
Discounted Dysport $8 per unit
Discounted Galleri Cancer Screening ($50 off regular clinic price)
Labs at cost
Unlimited office visits
In-office medications at cost
Well child checks, sports physicals, etc.
Reduced cost procedure care: sutures, cyst removal and other simple office procedures are included in the monthly fee.

If you're interested in enrolling please contact the office!

Managing Blood Sugar During the Holidays

The holidays are a time for joy, connection—and plenty of tempting treats! While it's perfectly okay to enjoy your favorite seasonal foods, keeping your blood sugar balanced can make a big difference in how you feel. Steady blood sugar means better energy, mood, and focus (and fewer afternoon crashes!).

A few simple strategies go a long way: start meals with protein and fiber, stay hydrated, take a short walk after eating, and avoid skipping meals before big gatherings. Supplements like GlycemaCore and Berberine can also help support healthy glucose metabolism and curb post-meal spikes.

Enjoy the season mindfully, and your body will thank you with lasting energy and stable mood all season long!

Battling the Winter Blues

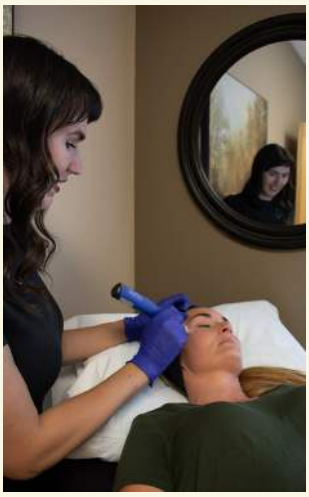
As the days get shorter and the weather turns cooler, many of us notice a dip in energy or mood—sometimes called seasonal affective disorder (SAD). While sunlight and lifestyle adjustments play a role, one of the most effective tools for supporting mental health is exercise.

Physical activity stimulates the release of mood-boosting chemicals like endorphins, dopamine, and serotonin, helping regulate stress and promote calm. Studies show that consistent movement can even retrain the brain's stress response, improving resilience and reducing symptoms of anxiety and depression—including those that worsen during darker months.

Even gentle activities—walking, yoga, light strength training, or stretching—can lower cortisol, reduce inflammation, and improve sleep, all of which help your mood and energy. The most important factor is consistency, not intensity. Choosing movement you enjoy ensures it feels nourishing, not punishing.

This season, think of movement as a natural, science-backed way to support your emotional well-being. We encourage our patients to embrace physical activity as a vital tool to help the body—and mind—stay balanced during the fall and winter months.

Winter Blues Got You Looking Tired?



Tired of tired-looking eyes? Microneedling with PRP is a minimally invasive treatment that stimulates collagen production and improves skin texture, helping to reduce the appearance of undereye bags and fine lines. By promoting natural healing and boosting elasticity, it can leave the delicate skin under your eyes looking firmer, smoother, and more refreshed—without surgery or downtime. You can use Microneedling safely on any part of the face or body that needs some help! Want to see if microneedling is a good fit for your skin? Emily would be happy to assist you!

Protecting Cognition: The Roles of NAD+ and Tirzepatide!

Maintaining cognitive function is a cornerstone of long-term health and quality of life. Recent research suggests that metabolic health, cellular energy, and neuroinflammation play crucial roles in how our brains age. Two interventions gaining attention in this space are NAD+ supplementation and tirzepatide, both of which may support brain health through distinct but complementary mechanisms.

NAD+: Cellular Energy and Neuroprotection

Nicotinamide adenine dinucleotide (NAD+) is a critical coenzyme involved in cellular energy production, DNA repair, and mitochondrial function. As we age, NAD+ levels naturally decline, leading to decreased energy metabolism and increased vulnerability to oxidative stress—both key contributors to cognitive decline.

Supplementing with NAD+ precursors, such as nicotinamide riboside (NR) or nicotinamide mononucleotide (NMN), has been shown in preclinical studies to:

- Enhance mitochondrial function in neurons
- Reduce oxidative stress and neuroinflammation
- Support synaptic plasticity and memory formation

Early human studies suggest NAD+ supplementation may improve mental clarity, attention, and overall cognitive resilience, making it a promising tool for age-related cognitive support.

Tirzepatide: Metabolic Health Meets Brain Health

Tirzepatide is a novel dual-agonist therapy targeting GLP-1 and GIP receptors, originally developed for type 2 diabetes and obesity management. By improving insulin sensitivity, promoting weight loss, and reducing systemic inflammation, tirzepatide indirectly supports brain health.

Insulin resistance and metabolic dysfunction are strongly linked to cognitive decline, including Alzheimer's disease. By improving metabolic flexibility and reducing chronic inflammation, tirzepatide may help preserve cognitive function over time. Additionally, GLP-1 receptor activation has been associated with direct neuroprotective effects, including enhanced neuronal survival and reduced amyloid deposition in preclinical models.

A Combined Approach for Cognitive Resilience

While NAD+ and tirzepatide act via different pathways—one supporting cellular energy and neuroprotection, the other improving systemic metabolism—they converge on a common goal: preserving neuronal health and cognitive function. Functional medicine strategies that integrate these interventions alongside lifestyle measures such as sleep optimization, exercise, and a nutrient-dense diet may offer the most robust protection for brain health.

We evaluate cognitive risk factors holistically, leveraging both cutting-edge therapies and evidence-based lifestyle interventions to help patients maintain mental clarity and cognitive longevity.

SEE YOU NEXT MONTH!