RESTORE FUNCTIONAL MEDICINE

#12 | DECEMBER 2025

WELCOME TO OUR NEW

monthly newsletter

we're so glad you're here!

As the Christmas season approaches and we get our homes cozy and decorated anticipating family and friends, our team at Restore Functional Medicine want to take time to thank you for growing our practice by referring your friends and for trusting us with your care and the care of your loved ones. May this season bring you joy, peace, love and restored hope for what lies ahead for your health and wellness. We continued to be humbled and honored to walk beside you on your journey toward healing, restoration and health and lasting wellness.

This month, we are excited to serve our primary care and functional medicine patients as well as expand our integrative treatment modalities for optimizing performance, recovery, regeneration, disease prevention and longevity medicine.

The excitement, special gatherings and extra time with family reminds us to focus on the basics – nutrition, movement, sleep and community. We encourage you to control the wellness elements that you can but still allow yourself to enjoy the season and all of the memories it will hold for your future self.

Thank you for supporting us this year and trusting us to partner with you in your healing and wellness journey. We wish you a peaceful, joyful and restful December.

Merry Christmas,

Rebekah

In This Newsletter:

Direct Primary Care, Women's Health Services, December Specials, Managing Seasonal Affective Disorder, Housekeeping, Pricing Updates, and Coeur d'Alene Clinic Dates

Primary Care at Restore

We are excited to expand and continue our primary care options for patients to receive functional medicine based primary care. We are offering two options to suit your primary care needs:

1. **Cash Pay Model (Fee-for-Service)**

This model allows for maximum flexibility, making it an excellent choice for targeted functional medicine consultations or occasional care.

- You pay a set fee per **visit, service, or consultation** as they occur.
- Ideal for patients who need focused care or who are **exploring functional medicine** for the first time.
- **Most external labs and diagnostic tests ordered by our provider can be billed directly to your insurance.**

1. **Direct Primary Care (DPC) Membership**

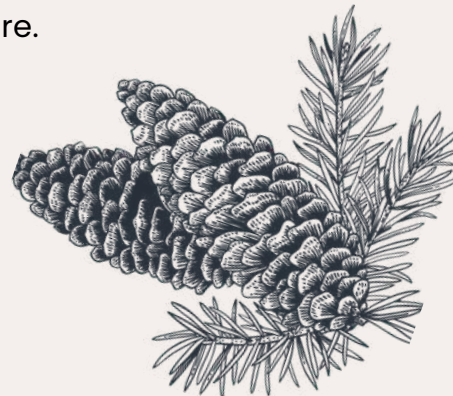
The DPC model is a commitment to continuous, proactive wellness, establishing a deep, long-term provider-patient relationship through a flat monthly fee.

- This model facilitates a **proactive, individualized health management strategy**, perfect for chronic disease management.
- A **predictable monthly fee** covers unlimited visits, annual physicals, and allows our team to develop comprehensive health management plans. This includes **24/7** access to your provider through her personal email and unlimited secure messaging in the portal.
- Like the Cash Pay model, **most functional and diagnostic labs ordered can be billed to your insurance.**
- Pellet hormone therapy and peptides are not discounted in either primary care model
- Membership plans begin at **$95/month***

*excluding the enrollment fee for the first month

*Both primary care options begin with a $350 new patient visit, enrollment fee for DPC is waived if you are already an established patient.

Be sure to take advantage and sign up for the options that works best for you. DPC spots are limited due to the benefits of concierge care.



Women's Health Services, December Specials, and Managing SAD

Women's Health Services:

We are excited to announce that we have expanded our women's health services. We continue to offer hormone optimization, menopause care, but have added fertility counseling, menstrual disorder diagnosis and treatment, pap smears, breast exams, breast cancer risk assessment and screening and referral recommendations. Too many women are suffering with hormonal and menstrual imbalances and we are equipped and ready to help. Give our office a call to schedule!

December specials for you or your special someone:

Microneedling:

Winter is a great time for Microneedling with platelet rich plasma! This natural, regenerative treatment increases collagen production, rejuvenates your skin and reduces fine lines and wrinkles. It remains the gold standard for regenerative skin health.
This month only, one session is $399 (a $51 savings) or purchase a package of 3 for $1155. Grab your treatment fast so we can get you on our schedule! (may be purchased as a gift)

IV Vitamin C with Myers:

As flu and cold season come upon us, this immune boosting IV can be a great addition to your immune optimization regimen. Get 1 IV Myers with C for $110 (a $20 savings) or purchase a package of 3 for $300 ($50 savings). Grab your fast so we can get you on our schedule! (May be purchased as a gift)

Epicutis is coming just in time for Christmas!

We are excited to announce that we are carrying epicutis for your skin care needs! Our favorite skin care line with luxurious cleanser, cream and serum to support your healthy glow this Winter. Stop in and check out their products and grab your stash! We're happy to share how much we love it while you're here!

Tips for managing seasonal affective disorder:

As the days grow shorter, many people notice shifts in mood, energy, and motivation—common signs of Seasonal Affective Disorder (SAD). The functional medicine approach emphasizes supporting the body's natural rhythms with targeted lifestyle strategies. Prioritizing morning light exposure, taking brisk walks outdoors, and maintaining consistent sleep-wake cycles can help regulate circadian patterns and boost serotonin. Nourishing the body with whole, colorful foods and omega-3–rich meals supports brain health through the winter months. Gentle movement practices like yoga or strength training can elevate mood, while mindfulness or breathwork helps calm the nervous system. Key supplements—such as vitamin D, omega-3 fatty acids, B-complex vitamins, and adaptogens like ashwagandha or Rhodiola—may further support emotional balance when used appropriately. Together, these evidence-informed lifestyle modifications can help you stay grounded, resilient, and energized throughout the season.

Housekeeping, Pricing, and CDA Visit Updates

Restore Functional Medicine Housekeeping Items:

As our practice continues to grow, it is our priority to ensure that our patients receive timely responses and appropriate medical advice and access to our provider. As a result, **our portal secure messaging system is in the process of an upgrade**. Open portal messaging is now **reserved for our Direct Primary Care** patients. Options for these patients include unlimited messaging for questions, clarifications and ordering.

Our functional medicine, primary care fee for service patients can still access the portal but will need to **call the office for any questions or needs**. As always, we have **48 hours** to respond to these requests.

Appointments can still be requested and confirmed through the portal for all patients.

2026 Pricing Updates:

As we approach the new year, we want to share an important update about our pricing. Like many small practices, we've experienced meaningful increases in the cost of high-quality supplements, lab services, and operational resources that allow us to deliver the attentive, integrative care you expect. To continue providing the level of service and personalized support that is the heart of our functional medicine approach, we will be making a modest adjustment to our prices effective January 1. New patient visits, in office procedures, pellet placements and peptides will have an additional **$15 increase**. Follow up visits and in office peptide injections will remain the same price. We remain committed to transparency, integrity, and value, and we deeply appreciate your trust and partnership in your wellness journey. If you have any questions about these changes, please feel free to reach out—we're always here to support you.

Coeur d'Alene Clinic Dates:

We are excited to be preparing for our January clinic in CDA. We will be seeing patients **January 19-21**, for bio-identical hormone pellets, musculoskeletal PRP, microneedling with PRP and new patient primary care and functional medicine consults. As always, we will also be offering Galleri cancer screenings and gut and toxin testing. Our spots are filling fast, so if you are wanting to grab one of these spots for you or referrals, give us a call soon! We look forward to our trips up north and can't wait to see you all!

We are **still accepting new patients** in Boise and Coeur d Alene and as always, we are accepting telehealth patients in Idaho, Washington and Oregon!

SEE YOU NEXT MONTH!