



The Yammer

April 2024

Spring is finally here :) Bit of a chilly start but we will have the heat soon enough ;)

We have just a few things to note this month:

1. Reminder that both Dr. De Marco and Dr. Yam increased their prices for certain services that came into effect March 1, 2024 (see our February and March Newsletters, on our website, for details).
2. Please **pre-order your supplements**. Due to supply/production issues, many supplements are on back-order or taking longer to produce, which means that it is still taking up to 3 weeks for us to get our products (once we have ordered).
3. **Dr. Chris Yam will be away from April 23 until April 28, 2024**; he will be back in the office on Monday April 29, 2024. Please be aware that he is also now booking **3-4 weeks in advance!** Please book your appointments as soon as you know your schedule.
4. **Dr. De Marco is expecting her baby next month.** Her **last day** before Maternity leave will be **Friday May 3, 2024** (more details below).
5. Reminder that we now have an Osteopathic Practitioner, Giorgio Caiterzi. He will be available to see patients on Tuesday afternoons and, eventually, evenings.

We hope everyone has a happy and healthy start to Spring 🌱

In Case You Missed It...



Dr. Katia De Marco is expecting her first child at the end of May 😊

Her last day before Maternity Leave will be Friday, May 3, 2024.

She can still do virtual appointments until Friday March 10, 2024.

While she is still currently looking for another Naturopathic Dr. to fill in for her while she is off, rest assured that, if you are a current patient, then she will have options available for your current care.

Giorgio Caiterzi

Osteopathic Practitioner

Giorgio has an extensive background in Physiotherapy and Osteopathy. Currently residing in Victoria, B.C., Giorgio divides his time between working as an osteopathic practitioner in the professional sports world and in private clinics in Victoria B.C. For a detailed history, please see his Bio on our website or on our Jane booking platform.

Osteopathic Cranial-Sacral Treatment

Initial/NEW Assessment (45 mins.) = \$150.00 + GST
 Follow-Up (30 mins.) = \$120.00 + GST

Osteopathic Treatment

Initial/NEW Assessment (45 mins.) = \$125.00 + GST
 Follow-Up (30 mins.) = \$100.00 + GST

Extended Health Coverage: we can direct bill to some Extended Health plans. We suggest that you double check with your plan as to whether you have coverage for Osteopathy as you may have to pay us first, then manually submit your receipts.

Appointments: As Giorgio also works at other clinics in Victoria, he will be available at our clinic on **Tuesdays** in the **afternoons and, eventually, early evenings.**

“April is a moment of joy for those who have survived the winter.”

~ Samuel Johnson

Dr. Katia’s Reminders for Supporting Your Immune System this Spring

Spring is a beautiful time of year. Days get longer, birds start chirping (although if you speak to my family back home in Montreal they may not fully agree), big sweaters are packed away as the weather becomes warmer, and the world shakes off the sleepiness of winter months to come out and play. While this is already my third spring in Victoria, I am repeatedly and without fail in complete awe at the variety and amount of blossoms and flowers already out, brightening our streets and neighbourhoods.

While spring brings so much beauty, the changing of seasons unfortunately also brings with it a greater susceptibility to colds and flus. Here are my strategies for overcoming colds & flus, from the first tickle in your throat, to those I-can’t-get-out-of-bed-and-will-live-in-my-pyjamas days, there are many things you can do to help support your immune system to diminish symptoms and speed up your recovery.

These tips are my “First Aid Kit,” anytime I’m feeling sick. They are my non-negotiables for helping my immune system; they include supplements but also actions on my part that I make sure to follow:

- 1. Cut Out All Sugar:** this one is at the top of the list. Sugar not only suppresses the immune system and stops it from doing its job, but it can also feed bacteria allowing them to grow. Yikes! Sugar is a double whammy of bad news for the body when we are sick. My advice is to cut out all sugar: juice (including orange juice), breads and pastas and other processed wheat, cookies, muffins, candy, ice cream, beer, etc. *If there is one thing that you take away from how to deal with colds and flus, it would be this.*
- 2. Eat easy to digest foods:** light soups, chicken broth, rice, cooked carrots. It is very common to lose your appetite when you are sick. Your body is busy fighting off an infection and has put its resources into its immune system and not digestion. This is a great time to honour your body’s signals to fast or eat light, cooked and easy to digest foods. Of course, if this continues for more than a few days, please see a healthcare provider who will be able to make an assessment and provide you with appropriate care.
- 3. Drink lots of water:** This one seems obvious, but it can be easy to forget. Parts of our immune system travel throughout our body via our circulation, and this is harder to do the more dehydrated we are. Our cells also work better when they are nice and plump and hydrated.
- 4. Vitamin C:** Any time I feel sick, I take 1000 mg of vitamin C, 2 to 3 times per day. Vitamin C can lead to loose stool so if this starts to happen, cut back on your dose until normal bowel function returns.
- 5. Vitamin D and Zinc:** two other immune system super stars that are crucial for healthy immune function. If you are indoors and out of the sun more often than not, you may want to think about having your vitamin D levels checked as this fat-soluble vitamin plays a role in so many physiological functions. 2000 IU of Vitamin D3 per day is a good starting dose, and 25 mg of Zinc per day can help to boost immune function. Please talk to a healthcare provider for any long-term zinc use.
- 6. Herbs!** Plant medicine is my favourite kind of medicine along with lifestyle changes. My favourite plant for STOPPING a cold right at the beginning is *Echinacea*. This herb helps to strengthen the immune system and so it is very helpful at the start of a cold. Pair Echinacea with herbs that are helpful in the middle of a cold for an even better outcome. Try taking Echinacea with *Goldenseal* (although she is an endangered species in Canada right now, and sustainable harvesting practices are very important), *Astragalus*, or *Reishi mushroom*. Many health food stores offer these herbs in tincture form (alcohol liquid extract) or powder form. We also offer combinations of them here at Evergreen Wellness :)