



# The Yammer

April 2025

Spring is sure coming in like a lion; hopefully the warmer weather starts to show up this month.

Just a few key things to note this month:

1. Please Remember to check our website, [www.doctoryam.com](http://www.doctoryam.com), or FB page, under Evergreen Wellness, for **ALL** updates, and last minute changes, for our clinic.
2. Spring means allergies for a lot of people and we have many options for helping to support you during the Spring season. Book an appointment with either one of our Doctors for a treatment plan that will suit you best.
3. Reminder that **pre-ordering of supplements is now mandatory**; we recommend a minimum of 2-3 weeks to place your order but keep in mind that it can take longer to get them in (see below).
4. Please take a look at our **Easter Closure** (see below); Dr. De Marco will be available for appointments on Thursday April 17, 2025 but the office will be closed.
5. **Violet will be away from 1:45pm on Tuesday April 15 until after Easter.** During this time, there will not be anyone immediately at the desk to take phone calls or help with walk-ins; Dr. Yam or Dr. De Marco will be able to assist you when they are available between patients. For anything they are unable to assist with, Violet will get back to you as soon as she can on Tuesday April 22.
6. Reminder of price increases on some of our supplements and on Dr. Yam's services (*please see the March Yammer or check out the details on our website*).

\* We would also like to remind everyone that **Dr. Christopher Yam is a Doctor of Traditional Chinese Medicine, D.TCM, not a Naturopathic Doctor** (as his dad, Dr. Peter Yam, ND., was). **ALL** direct billings to Extended Health plans are **under 'Acupuncture.'** as that is the only designation Extended Health Companies have for D. TCM Practitioners.

We hope everyone has a happy and healthy Spring ☺☀



## SUPPLEMENTS / ORDERS

### \* **Pre-Ordering is now mandatory** \*

Due to a couple of key external factors, it is taking a long time for us to be able to get all our supplements back in stock on a consistent basis:

1. *Our bookkeeper is not providing us with enough funds for us to catch up on the backlog of orders that we already have; and*
2. *Many of our suppliers are experiencing production and material issues.*

We are **currently on a rotational schedule for ordering** where most companies are being ordered once in a month.

Therefore, for the time being, **pre-ordering** of your supplements is **now required**; we recommend a minimum of 2-3 weeks to place your order but keep in mind that it can take longer to get them in.

If we do not have what you need in stock, it may be replaced with another supplement if we have a comparable one.

We apologize for the change; please be assured that we have been tirelessly trying to get your supplements in and are doing our best to rectify the external factors.

We will be **closed** for Easter Break:

**Thursday April 17, 2025**  
through  
**Monday April 21, 2025**

\*Dr. De Marco, ND., will still be available for appointments on Thurs. April 17, 2025.

We will re-open on **Tuesday April 22, 2025 @ 9:00 AM.**

## Changes for Dr. Katia De Marco, ND:

### HOURS:

Dr. Katia is shifting her hours (until further notice):

Thursdays = 12pm to 3pm

Fridays = 12pm to 3pm

\* For any appointments outside of these hours, please call us as we will need to arrange with Dr. De Marco (will be on a case-by-case basis).

### PAYMENTS:

Dr. Katia is now taking payment, personally, for **all tests** that are **done outside of our office** (i.e. *Lifelabs, Dutch, Doctors Data, SIBO, etc.*).

\* She/we will send you a receipt that you can submit to your Extended Health plan; alternatively, we can submit to your plan on your behalf (you would still pay her first) and they would re-imburse you directly for what they cover.

Payments for **all** of her **in-office visits** (Consults, Acupuncture, and IV Therapies/Injections) are still done **through Evergreen Wellness**; we can direct bill to most Extended Health plans and you would pay for what they do not cover.

*“Spring is nature's way of saying, 'Let's party!'”*

~ Robin Williams

## Time for Spring Cleaning...The Natural Way



You can clean so many things in your home with just natural ingredients - most are found in your home. All you need is a few ingredients: vinegar, hydrogen peroxide, baking soda, Castille soap, water, and essential oils (best to use a glass bottle if adding essential oils).

### Soft Scrub

*(can be used in tubs & sinks, on stains, etc.)*

Mix 1 cup of B. Soda, 1/4 cup of Castille Soap, 1 Tbsp. Hyd. Peroxide, and 5 drops of essential oil (i.e. lemon, orange, thieves, etc.).

\* Make some in a squirt bottle for larger jobs (i.e. tub) - just add water to desired consistency.

### Window Cleaner

Mix 1 cup of vinegar w/ 1 cup of water into a spray bottle. Add 15 drops of Lemon essential oil.

### All-Purpose Spray

1/2 cup of hydrogen peroxide (or 1/4 cup of vinegar); 1 cup of water and 5-8 drops of lemon, or essential oils (Eucalyptus, Lemon, Thieves, Lemongrass, Lavender, etc.).

### Carpet Deodorizer

Combine 1 cup of baking soda with 10-20 drops of your chosen essential oil; mix well and sprinkle the solution over your carpet. Let it sit for 15 to 30 minutes before vacuuming it up.

\*Be careful of which you are using with infants/children/pets; keep them away until well vacuumed.

### Mildew Cleaner

Equal parts white vinegar and water in a mixing bowl. Slowly add 3 tablespoons of baking soda to the mixture and stir until the baking soda dissolves. Transfer to a spray bottle, apply to the desired area, and let it sit for ~15 minutes. Scrub, then rinse with warm water.

### Dusting

In a spray bottle, combine a 1/2 cup white vinegar, 2 cups warm water, and a 1/4 cup extra-virgin olive oil. Spray onto the surface and wipe clean.

\*adding some lemon oil helps to keep wood bright and conditioned.

### Floor Cleaner

**Tile:** Mix warm water with a few drops of dish soap into a bucket; use the solution to mop your floors or spot clean problem areas.

**Wood:** Mix warm water, a few drops of dish soap, and a teaspoon of olive oil or castile soap (or some drops of lemon oil) in a bucket; use solution to mop your floors.