



# The Yammer

April 2026

Happy Spring, everyone 🌸

Just a few key things to note this month:

1. We will be **closed** for Easter: **Friday April 3 through Monday April 6, 2026.**  
We will re-open on Tuesday April 7 @ 9:00am.
2. **Dr. Katia De Marco, ND.**, will be **away** the **first week of April** and will return on Thursday, April 9, 2026.
3. While we mostly have everything in stock, we still recommend **pre-ordering or emailing/calling ahead** to ensure that we have what you are looking for in stock; especially if you are wanting more than 1 bottle of the same supplements. Sometimes we sell out fast and sometimes a supplement is on back-order.
4. Reminder that the **prices of supplements** have **increased (as of March 15, 2026)**. The actual increases depended on the company and the product (due to the costs of raw materials and sourcing). We tried to keep it to a minimum as much as possible.



We wish everyone a safe and healthy month. Happy Easter.



## Evergreen Teas

\$10 each

As Dr. Yam and Dr. De Marco often recommend certain teas as part of your treatment plan, we have decided to brand our own (sourced from a high-quality wholesaler), in order to provide you access to what you need.

All of our teas are loose leaf cut or root cut.

Varieties, free to purchase, include:

Bilberry	Burdock Root	Chamomile	Cordyceps
Dandelion Root	Fennel Seed	Feverfew	Hawthorn
Marshmallow Root	Peppermint	Slippery Elm	Soursop
Stinging Nettle	Valerian Root	...and more to come	

\* We can also make-up special/custom blends, based on Dr. Yam's or Dr. De Marco's recommendations.

Orders are placed approximately every 2-3 months, depending on stock.

*"A gush of bird song, a patter of dew  
A cloud and a rainbow's warning;  
Suddenly sunshine and perfect blue  
An April day in the morning!"*

~ Harriet Prescott Spofford

### Reminder:

**Any changes** in our schedule (including last minute closures) will **ONLY** be posted via our **website** ([www.doctoryam.com](http://www.doctoryam.com)) and **Facebook page** ([Evergreen Wellness](https://www.facebook.com/evergreenwellness)), as we are not always able to change the phone messages/email replies in time.

# Spring: The Time for Renewal and Regeneration

Spring is a season of awakening - a time for renewal and regeneration. As the days grow longer and warmer, we naturally feel drawn to the outdoors. This is a gentle reminder to spend less time indoors and reconnect with the world around us.

Health is rooted in balance, and part of that balance comes from living in harmony with the seasons; Spring is the body's opportunity to wake up from winter and begin moving again.

In Traditional Chinese Medicine (TCM), Spring represents regrowth and rising energy and is connected to the Wood element and the Liver system. The Liver is responsible for keeping Qi (Energy) moving smoothly, so this season can influence how we feel both physically and emotionally. When that energy is flowing well, we often feel clearer, calmer, more motivated, and more in tune with our health. When it becomes stagnant, it can show up as irritability, tension, restless sleep, sluggish digestion, headaches, or simply feeling out of sync.

One of the simplest ways to support yourself, in Spring, is to step outside in the morning light. Just a few minutes of natural light early in the day can help regulate your internal clock and support healthier daily rhythms. Morning sunlight tells the body that it is time to wake up, get going, and even help to balance the hormones for the day. Even just standing outside and letting the sunshine bath your face or going for a short walk can help with health and balance.

It is also the time to add more movements of being present and mindful. It is about creating flow; take deeper breaths, do a little stretch, or even spend time in the garden. Let your body ease back into motion. Even simple daily movement can support circulation, digestion, mood, and the smooth flow of liver Qi.

Grounding, or earthing, is another easy practice that suits Spring well: take off your shoes and stand in the grass; sit outside with your feet touching the earth; and breathe slowly, allowing yourself to just be present in the moment. Modern life often leaves us overstimulated and tense. A few peaceful minutes in direct contact with the earth can help calm the nervous system and create a calmer start to the day.

When it comes to food, Spring is often a good time to lighten things up. In TCM, that usually means adding more fresh, green, colourful foods to your meals. Think leafy greens, sprouts, herbs, lightly cooked vegetables, and foods that feel energizing rather than heavy. Bitter and pungent flavours can also be useful during this season, helping the body feel more open and less sluggish.

Herbal support is a beneficial addition to your routine. Dandelion root tea is a classic Spring favorite and is often used to support digestion and liver function. Chrysanthemum tea can be helpful too, especially when there is stress, tension, or that overheated, 'wired,' feeling. Gentle herbs, used with care, can work beautifully with the energy of the season.

Spring is also a chance to check in with your emotional wellbeing. In TCM, the Liver is closely tied to the smooth movement of emotions. When life feels restricted, frustrating, or emotionally stuck, the body usually notices.

That is why getting outside, cutting back on screen time, moving more, and making space to breathe can be especially supportive right now.

If you'd like to keep things simple this season, start here: get outside in the morning light; move your body every day; eat a little lighter; enjoy some dandelion root tea; and spend a few minutes with your feet on the ground.

Small, consistent habits can gently build momentum and support your overall health and wellbeing.