



The Yammer

August 2023

Summer is half over and we hope everyone has been having a great one, so far.

Lots to note this month:

1. Supplement update! Feels like we are starting to get ahead of it...FINALLY! Please read the details on page 2!
2. 'Wellness Wisdoms' this month will focus on getting prepared for the *upcoming school and Autumn season* - the perfect time to clean up and prepare.
Remember, if you have your own bit of wellness wisdom that you would like to share, please email us yours (you can certainly remain anonymous) and if we pick yours to feature, then you will receive a \$50 gift certificate (can also choose to gift it to a friend/family member) for our clinic.
3. **New Treatment!** Dr. Katia De Marco, ND., now offers **Iron-infusion IVs**. See all the details on page 2.
4. Please make sure that you are aware of our **Summer Closure: August 24 to September 4, 2023!**
We will re-open Sept. 5, 2023. Make sure you book in advance as appointments, prior to then, are filling up fast.

We will also be **closed** on **Monday, August 7, 2023** for **BC Day**.
5. We'd like to remind everyone that there is minimal shade at our location, so **please do not** bring your fur-babies to leave them in the hot car. If you have to bring your pet, then please let us know as Violet loves having them come in as long as no one, present in the office, is allergic.
6. In case you missed it, we'd like to provide a **HEADS UP for known traffic interruptions (to allow yourself more time to get to your appointment)**:
A) **For anyone coming from the Peninsula, Gulf Islands, and Vancouver:** They are working on the Keating Overpass, which means detours (no Hwy. on-ramp access from Keating X Rd.) and a lot more congestion (as it is a 60km/hr. construction zone), so please give yourself more time to get to your appointment. Also, if you turn off at Sayward and come through Cordova Bay, it is now 40km ALL the way through that area (as soon as you turn off the Hwy.) until after Mt. Doug Park.
B) **For anyone driving North on Shelbourne (towards our office/Mt. Doug):** They are working on the Shelbourne Street Improvement Project between North Dairy and McKenzie and there are often road closures and detours in effect.
Drive safe as it's going to be a LONG year (or longer).

Happy BC Day and enjoy the rest of the Summer ☀️ 😊



PLEASE NOTE

☀️ Summer Holiday Closure ☀️

We will be **closed** from **Thursday, August 24, 2023** through to **Monday, September 4, 2023**.

We will re-open on Tuesday September 5.

We apologize for any inconveniences and hope you all enjoy the Summer.

The arrival of *August* means that summer is drawing to a close, and that's exactly why it should be embraced.

~ Amanda McArthur

Wellness Wisdoms

Welcome to Wellness Wisdoms - a place for tidbits, tricks, and ideas on health and wellness.

Preparing for Back-to-School/Autumn Season

While there is still plenty of Summer left, August is a great time to start preparing for back-to-school routines and the upcoming Autumn season.

* Clean those areas you have left for the Summer - under the furniture, the blinds/curtains, ceiling fans, window sills, windows, fireplaces, and carpets/floor - helps to get rid of the Summer critters and dust/mites that have built up.

We do not want to be breathing all of that gunk when we have to close the windows and doors during the rainy/snowy seasons.

*Be sure to use all-natural, or make your own with high-quality essential oils, cleaners so as to not create a toxic environment.

* 'Spring-clean' your closets and get rid of/donate what no longer serves you.

* Makes sure your humidifiers, diffusers and air purifiers are all cleaned up and ready to go. They help with cleaning the air and preventing (or providing relief from) allergies and colds/flu.

* Check your door/window seals to make sure they are set for the upcoming colder season. If not, get them repaired, caulked or weather stripped ahead of the less desirable weather.

I also like to put a drop (or make a spray) of peppermint oil into the dark corners, wall openings under sinks, and window/door sills, etc., to deter the crawlers.

* Start boosting your immune system: make sure you are getting enough rest, proper nutrition, exercise and sunshine (Vit. D).

** We also offer a homeopathic Immune Booster shot for \$40 + GST.*

** Dr. De Marco also does Vitamin D injections (usually a series of them; will need to have levels tested before first injection).*

! Supplement Update !

We do not want to jinx it but it's starting to feel like we are FINALLY getting back on track with supplements.

However, for the time being, especially as we are going on holidays at the end of the month (this will delay getting supplements in for September), please continue to [pre-order your supplements](#); we still recommend 2 weeks.

Couple of other things to note:

* We are also making the decision to downsize, in the sense that we are carrying more of our most popular items and only 1-2 bottles of our less popular, so please double check that we have what you are wanting in stock; otherwise, we will have to pre-order it for you.

Same goes if you are wanting to place a bulk order of 2+ bottles of the same product.

* Some companies have drastically increased their prices over this year, which have become unaffordable for what we would have to charge you (the patient), so we are looking to replace some products with one of our more affordable companies. For those products that we can not find replacements for, we will still order by request.

* Finally, some supplements have been discontinued by the manufacturers (due to rising costs and unavailability of ingredients), so we are currently looking into replacements for those. **Beta Greens powder** is one of these casualties; we do believe we have found a replacement (*Ultimate Greens Powder*), so that should be in stock within 2 weeks.

We are also looking in to carrying some new products/retail lines. Stay tuned...

NEW SERVICE

IRON IV INFUSIONS

Iron-deficiency anemia is the most common micronutrient deficiency in the world. So many of us are iron deficient and don't even know it. But how does this impact you, and what can you do about it?

For starters, it is important to know that iron deficiency, by and large, affects the female population: 1 in 4 women are iron deficient.

Iron is very important: it is needed to carry oxygen in our red blood cells around to all our tissues; it helps to create energy in the mitochondria; and it is needed for DNA synthesis and healthy thyroid function.

What does iron deficiency look like? Well, when we think of someone who is low in iron, we might conjure up an image of someone pale and exhausted. While this can be true, having low iron can also cause a number of other problems.

Here are some to watch out for:

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| * Feeling cold all the time | * Brain fog |
| * Hair loss | * Headaches |
| * Short of breath | * Dizziness |
| * Heart palpitations | * Depression, anxiety |
| * Getting sick frequently | * Feeling weak |
| * Brittle nails | * Mouth sores / canker sores, smooth tongue (loss of papillae) |



If you have any number of the above symptoms, please get your iron levels tested! Ask your Naturopath or GP to test your **Ferritin** and your **CBC panel**. CBC stands for "Complete Blood Count," which lets us see how many red blood cells you have, how much hemoglobin is in those red blood cells, and how big or small the red blood cells are. Your ferritin and CBC can help us determine whether or not you have iron deficiency and how far it has progressed.

Supplementation

Oral iron should always be the first place you start if you discover you have an iron deficiency. Nowadays, we have formulations of iron that are much more gentle on the digestive tract, making it easier for you to absorb.

Many of us, however, still suffer from significant side effects from oral iron and struggle to get enough through diet. Oral iron supplementation can also take up to a year to get iron levels back to normal. And for those of us with extreme low ferritin and hemoglobin levels, supplementing with oral iron is just not good enough. In these situations, having access to iron infusions can be a game changer.

To be considered iron deficient and a candidate for an IV infusion, you must have a ferritin value of under 50 within the last 3 months, which you can bring with to your screening visit. If you do not have any recent blood work, a requisition can be ordered for you here at Evergreen.

FAQ

How frequent are infusions? Often a patient will require only a single infusion, and in some cases a second visit 4-6 weeks later may be indicated.

What type of iron do you use? Monoferric is used for non-pregnant patients, and Venofer is used for pregnant patients.

How do I know if I will only need one infusion? After your first IV, you are given a requisition to have your ferritin levels re-tested in about 4-6 weeks. Based on these results, we can determine if a second IV infusion is needed.

What are the costs? Costs vary based on amount of iron that is needed. Your iron is sent in as a prescription to Pure Integrative Pharmacy, and may be partially or fully covered by most drug coverage plans.

Monoferric 1000mg is \$532, Monoferric 500mg is \$277.

Venofer is sold in 100mg vials and are \$55 each; so Venofer 500mg is \$275 (\$55 x 5), roughly the same cost as Monoferric.

How long do infusions take? Expect to spend 30-90 minutes in the IV room – this will vary greatly based on amount of iron required.

If you are interested in learning more about iron infusions, please book in for a [free 15-minute Iron Infusion screening visit](#) (in person, virtual, or over the phone).