



The Yammer

August 2024

We can't believe it is August already. It sure has been nice to have the warm weather. Won't be long and it will start to get cooler.

Just a reminder that Dr. De Marco is off on Maternity leave ('til ~Nov.) - she gave birth to a healthy baby girl on May 19, 2024. While she is on MAT leave; we do have options for current, and NEW, patients (see below).

Other things to note this month:

1) **Please read**, on our website homepage (www.doctoryam.com), **about the latest information regarding supplements**. Please remember to **pre-order your supplements**, as many supplements are still on back-order or taking longer to produce.

Vitazan has increased their prices, yet again, so prices will be going up for that company; in the meantime, we are trying to find some sustainable substitutes with our other companies.

2) The clinic will be **closed** for BC Day, **Monday August 5, 2024**, as well as **Thursday Aug. 8** and **Friday Aug. 9, 2024**.

3) **Dr. Christopher Yam**, D. TCM, will be **away for the week of August 5-9, 2024**.

4) **BAGS:**

Effective July 15, 2024, as per the BC Government, we are no longer allowed to use our Oxo-degradable bags **AND** we now must charge a fee for new re-usable and paper bags. We highly recommend that you bring your own bags to your appointment, or supplement pick-up, to avoid any additional charges.

Take a look at our tips for getting ready for back-to-school and Autumn. We hope everyone has a wonderful rest of the Summer. Stay healthy and safe.

*Relax.
Refresh.
Recharge.*

Coverage for Dr. Katia De Marco, ND.

While Dr. De Marco is on MAT leave, there will be two Locums, Dr. Whitney Baxter, ND and Dr. Jennifer Gratton, ND, that will assist in taking care of Dr. De Marco's current, and any new, patients until she returns (~November 2024).

See our webpage, www.doctoryam.com, for more information about them and details of how appointments will work.

*** All appointments are 'call to book' only;** please call us @ Evergreen Wellness to book your appointment.

NEW POLICY ('til Katia returns in Nov.): **mandatory requirement of a credit card on file as we will be doing the billing for all consultation appointments and Lab tests (for Dr. Baxter only!); all other billings for IV, injections, and lab work will be taken by the attending Dr. 's clinic.**

Dr. Jennifer Gratton, ND

Key areas: hormones, autoimmunity, lyme disease, chronic infections, and chronic fatigue.

Available: Thursday afternoons from 1:30-2:30pm.

Services available:

Consultations - virtual, phone, and in-office (@ Coastal Roots only)
IV treatments

Dr. Whitney Baxter, ND

Key areas: anything digestion related (heart burn, gas, bloating, constipation, loose stool).

Available: Thursdays from 9-11 am

Services available:

Virtual/Phone appointments only

Giorgio Catterzi Osteopathic Practitioner

An Osteopath focuses on your whole body, including the soft tissues (i.e. muscles, ligaments and tendons), the spine, and the nervous system, to enhance the body's natural healing capabilities and overall health. Used for many health issues (i.e. pain, digestion, injuries, posture issues, etc.), Osteopathy may include lifestyle changes and a variety of different hands-on methods (i.e. manipulation, massage techniques, articulation of joints, stretching, muscle and energy work, etc.).

Extended Health Coverage: we can direct bill to some Extended Health plans; it just depends on the plan as to whether they will directly pay us or only re-imburse you; some, 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.

"Bees do have a smell, you know, and if they don't, they should for their feet are dusted with spices from a million flowers."

~ Ray Bradbury



Getting Ready for the Back-to-School/Autumn Season

- 1) Clean those areas you have left for the Summer - under the furniture, blinds, curtains, ceiling fans, window sills, windows and carpets/floor - helps to get rid of the Summer critters and dust/mites that have built up. We do not want those hanging out with us 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.*
- 2) Humidifiers, diffusers and air purifiers help with cleaning the air and preventing (or providing relief from) allergies and colds/flu.
- 3) Check your door/window seals to make sure they are set for the upcoming colder season. If not, get them repaired/caulked/weather-stripped ahead of the nasty weather.
- 4) Clean out the closets - get rid of those household items, clothes, shoes, etc., that you did not use this Summer (chances are you are not going to use them if you have not already).
Donate them to a charity or drop them off at a drop box (there are plenty for the Humane Society, Salvation Army and Diabetes Foundation) or thrift shop ('One mans junk is another mans treasure').
- 5) Start boosting your immune system - August is a great month to make sure you are getting enough rest, proper nutrition, exercise and sunshine (Vit. D).

** We also offer a homeopathic Immune Booster shot for \$40.00.*

