

# YAMMER X-MAS

EVERGREEN WELLNESS

DECEMBER 2022

Here we are again, in December. Despite a few snow episodes, our weather has been much better this year :) Let's hope it stays that way.

Just a few things to note/refresh for the end of the year:

1. Please take a look below for our **Office Christmas Closure - Dec. 24, 2022 through to Jan. 3, 2023.**
2. Starting in the NY, we will be adjusting our hours:
  - > Hours of operation will be **Monday to Friday from 8:30am to 4:00pm**; though for now, the Dr.s are keeping their hours, for appointments, as is (see details below).
  - > We will be **closing** for **lunch break** from **11:30am to 12:00pm.**
3. Join Dr. Katia for her **Educational Series** sessions, starting in January (see page 2 for details).
4. We offer an **e-transfer** payment option - ask us how it works.
5. There has been an **increase in price of some tests** - Live/Dry blood, Biological Terrain, Food Sensitivity, Hair, Lipid, Hormone, Hemoglobin, Arterial Stiffness, and Bone.
6. There has been an **increase in price of injections**: immune-booster, Vit. B12, Vit. B complex, and Vit. D.

We hope everyone has a safe and happy holiday....we will see you in the New Year!



## Christmas Closure

We will be **closed** for Christmas holidays from

**Dec. 24, 2022** until **Jan. 3, 2023.**

*We will be closing at 3pm on Friday December 23, 2022.*

Dr. Katia De Marco, ND will be available for **phone or virtual appointments ONLY** between **Dec. 27-30, 2022.** Call us at (250) 881-7800 or email her directly @ [drkatia@drkatiademarco.com](mailto:drkatia@drkatiademarco.com) (online booking will not be available) to book.

**Last day to pre-order** supplements (in order to try and get everything here by Christmas) is **Friday December 9, 2022.**



## ! NEW HOURS !

As of January 3, 2023:

Our hours of operation will be  
**Monday - Friday from 8:30am to 4:00pm.**

We will be **closing** for a **lunch break** from **11:30am to 12:00pm.**

### Note:

Dr. Katia De Marco, ND. will still be 9am-4pm for appointments

Dr. Chris Yam, D.TCM will still be 10am-4pm for appointments.

\* Possible extensions to earlier or later.

*"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."*

*-Edith Sitwell*

### Foot Scrub

\* *perfect after long days on your feet*

- \* 1 cup of Epsom Salts
- \* 1/4 cup oil (coconut, olive)
- \* 1/4 cup Himalayan Sea Salt
- \* 15 drops of desired essential oils (i.e. peppermint, lemongrass, rosemary, lavender, lemon).

*May need to adjust amounts for desired consistency.*

Add all ingredients into an airtight glass jar and use as needed.

## DIY Christmas Self-care Treatments



### Coconut Milk Bath

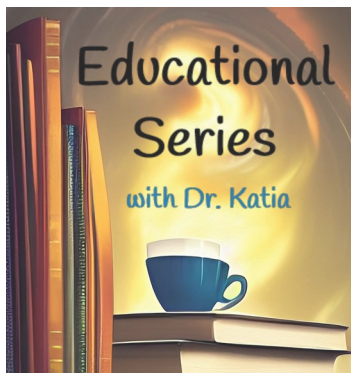
- \* 1/2 cup dry coconut milk powder
- \* 2 Tbsp. of baking soda
- \* 2 Tbsp. of arrowroot starch
- \* ~ 10 drops of your favourite essential oils.

Mix the dry ingredients together; pour 1/2 of the mix into a glass jar. Add your essential oils and, then, pour the other half of the powder mixture on top.

Secure the lid and shake until well combined.

To use: add 1/4 cup of the mix to running bathwater and mix until dissolved.

Enjoy a nice relaxing soak ☺



## Common and Preventable Health Concerns and What You Can Do Stay Healthy

*Come and learn the risk factors for common chronic diseases, early symptoms, how to properly interpret your Lifelabs test results, and what to do in order to take charge of your health.*

Chronic diseases are among the most common and costly health problems facing Canadians today. We know that approximately 1 in 3 (1 in 3!) Canadians have been diagnosed with diabetes or pre-diabetes, and that just under 10% of Canadians are diagnosed with heart disease every year, leading to many tragic, premature deaths. Health Canada estimates that approximately 14 Canadians over the age of 20 years old with diagnosed heart disease will die every hour.

The good news is that these diseases, while common, are also among the most preventable. The onset of these conditions can be delayed or even reversed through lifestyle changes such as diet and nutrition, movement and exercises, nutrient supplementation and stress management. And this all starts with understanding what are the causes of these disease, and what can be done about it.

We know that the impact of chronic diseases becomes more challenging with age, and can severely affect quality of life. Understanding how your body works and what the risk factors are for developing these conditions will allow you to arm yourself with the knowledge you need to live your healthiest life.

I will be hosting a series of educational talks at Evergreen Wellness over the following months to teach and share with you what I know about a different chronic health concern. This will occur roughly every month and each topic will be a two-part series:

### The first session (1.) we will:

- learn the basics of what causes each health concern;
- early-stage symptoms and what to watch for;
- appropriate tests to ask your ND, MD or nurse practitioner for; and
- and how to interpret blood work for early warning signs that sometimes go under the radar.

### The second session (2.) we will:

- discuss holistic, naturopathic approaches to addressing each disease;
- learn about diet and nutrition, the foods you should be eating or avoiding;
- provide recipes to take home and implement;
- learn how to make a Heart-Healthy smoothie and common mistakes; and
- learn about herbal and nutraceutical supplements for each condition and how to take them properly

These workshops are for you if you:

- have been **diagnosed with diabetes or pre-diabetes, high cholesterol, high blood pressure, or heart disease;**
- have struggled with **weight gain throughout life or after menopause;**
- have been feeling **low energy or unwell** and would like to learn more about common health concerns;
- have a lot of **stress** in your life and would like to know how stress impacts chronic health concerns;
- have a **Family history** of Type 2 Diabetes, cardiovascular disease, heart attack, stroke, atherosclerosis, other heart conditions.;
- want to **learn about your health and how to keep yourself healthy into your golden years;** and/or
- are interested in **preventative medicine.**

The workshops will be held on **Wednesdays, from 6:30-8pm at Evergreen Wellness:**

### **Diabetes and Pre-diabetes**

1. January 25th
2. February 8th

### **High Cholesterol and Heart Disease**

1. March 8th
2. March 22nd

### **Weight Gain**

1. April 12th
2. April 26th

The **cost is \$25 dollars per person.** Light refreshments and tea will be served and recipe handouts will be provided.

Please RSVP in advance by emailing us at [info@doctoryam.com](mailto:info@doctoryam.com) or calling us at 250-881-7800. I really look forward to seeing you there.

Happy Holidays to everyone and to all of your loved ones; may this holiday season be restful and full of joy.

In health,  
Dr. Katia