



The Yammer

February 2026

Happy Belated New Year everyone! Gong Hei Fat Choi - it should be an exciting year as we enter the year of the Fire Horse :) We hope you all had a healthy holiday season and start to the new year. Usually January drags on but, this year, it flew by. Gets us closer to Spring and warmer weather; not sure if Mother Nature will surprise us with some snow but she usually does.

Just a few key things to note this month:

1. Our office will be **closed** for Family Day on **Monday, February 16, 2026**.
2. 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.
3. **Both** Dr. Christopher Yam, D. TCM., and Dr. De Marco, ND., are **now booking up to 2 weeks in advance**; make sure that you book your appointments ahead of time to avoid delays.
4. **Dr. Katia De Marco, ND.**, is shifting her hours for the time being: starting Thursday Feb. 12, she will in the office **Thursdays from 10:00 AM to 2:00pm**, and **Fridays from 12:00pm to 3:00pm**.
5. **Giorgio**, our Osteopathic Practitioner, is available on **Tuesdays (9am to 2:00pm)**. He likes to keep his appointments booked close together, so appointment times available may vary within this window of time.
6. **Dr. Chris Yam, D.TCM**, will be **away from Wednesday, February 25 until Monday March 2, 2026**.



We hope everyone has a happy and healthy February. Spring is just around the corner 😊



"Be willing to make decisions, explore new opportunities, and say 'yes' to growth."

~ Lowe

Cardiovascular Disease

Cardiovascular disease is the second leading cause of death in Canada, next to Cancer.

It has many names and encompasses the heart, lungs and the vascular system. The metabolic syndrome contributes to the risk factors, especially the development of coronary artery disease. It is a grouping of cardiac risk factors such as abdominal obesity, high blood pressure, insulin resistance, elevated LDL, cholesterol & triglycerides and reduced HDL, abnormalities in blood clotting (high levels of fibrinogen – a clotting agent) and the pro-inflammatory state with high C-Reactive protein (CRP). These major risk factors can be modified, treated or controlled.

There are major risk factors for developing coronary artery disease, however, that are uncontrollable, such as age, sex, heredity and race.



Preventative health and fitness-based approaches offer overall recommendations to pro-actively enhance our quality of life and reduce our risk factors of developing CVD.

A holistic health program should address the chronic and debilitating impact of heart disease by enabling us to assess the recognizable signs, symptoms and risk factors, while lessening the chance of heart attack and stroke, and the need for drugs, clinical therapy, and surgery.

Heart Health aims to address the root causes of heart disease through testing, education and synchronized applications of proven aerobic, strength training, stretching, specific breathing exercises, relaxation, meditation, imagery, visualization, energy building and energetic movement fitness programs.

We have many supplements, and tests (in-office and via Lifelabs), available to help you maintain a healthy cardiovascular system. Book with Dr. Yam, D.TCM, or Dr. De Marco, ND., to discuss what options are available to benefit you.