



The Yammer

February 2023

January flew by in the blink of an eye. Let's see what February has in store. According to Violet, the Van Isle Marmot, and other groundhogs, we have 6 more weeks of Winter. Well, our Violet does not agree; let's see who is right ;)

Just a few things to note/refresh:

1. We have returned to our regular hours of operation: **Monday to Friday from 9:00am to 4:00pm**. We tried a different schedule for January but it did not work well for us, so we are back to regular hours. (See below).
2. Dr. Katia is continuing her very informative **Educational Series**, with the next topics of High Cholesterol & Heart Disease happening in March and Weight Gain happening in April.
Come and learn about the risk factors for common chronic diseases, the early symptoms, how to properly interpret your Lifelabs test results, and what to do in order to take charge of your health.
\$25/person/session. (see page 2 for details)
3. Just a reminder that, as of last November, there has been an **increase in price on some of our services:**
Tests - Live/Dry blood, Biological Terrain, Food Sensitivity, Hair, Lipid, Hormone, Hemoglobin, Arterial Stiffness, and Bone.
Injections: immune-booster, Vit. B12, Vit. B complex, and Vit. D.
4. Please **pre-order your supplements**, and well in advance (about 2-3 weeks), as it is still taking up to 3 weeks to get supplements in. (see below)
5. We will be **closed** for **Family Day - Monday February 20, 2023**.

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



Back to Regular Hours

Monday - Friday from 9:00am to 4:00pm.

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

Supplement Update

As mentioned above, we ask that you **pre-order your supplements**, and well in advance (about 2-3 weeks), as it is still taking up to 3 weeks to get supplements in.

We started a **pre-order list** last month and we will be **ordering mostly from that list**, so if there is something you need, please call/email us to get what you need on that list.

We will call/email you when your supplements arrive.

We hope that come Spring, we will steadily have supplements in.

NEW Santevia Pitcher

We are no longer selling the Classic Pitcher; we have chosen to shift to the Mina Pitcher for several reasons:

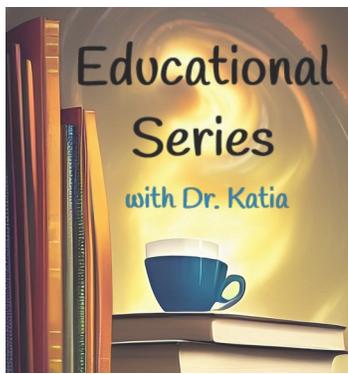
- Made in Canada
- Better Filter
- Longer filter life
- Filter is easier to Recycle/Compost



Do not despair if you have the Classic pitcher, as we will still carry the filters for that one.

*"While it is February, one can taste the full joys of anticipation.
Spring stands at the gate with her finger on the latch."*

– Patience Strong



Common and Preventable Health Concerns! 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:**

High Cholesterol and Heart Disease

1. March 8th
2. March 22nd

Weight Gain

1. April 12th
2. April 26

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

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

Dr. Katia