



# The Yammer

January 2023

Happy New Year to everyone! We hope you all had a nice holiday season. Hoping 2023 is a better year for us all.

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

1. We have **NEW** hours of operation:
  - > **Monday to Friday from 8:30am to 4:00pm**; though for now, the Doctors are keeping their hours, for appointments, as is (see details below).
  - > We will be **closed** for a **lunch break** from **11:30am to 12:00pm**.
2. Dr. Katia is starting an very informative **Educational Series** starting this month. 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. (see page 2 for details)
3. 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. We highly recommend **pre-ordering your supplements**, and well in advance (about 2 weeks), as it is still taking up to 3 weeks to get supplements in. We have a waitlist started and will order according to that list; if there is something you need, please call/email us to get on that list. We will call/email you when your supplements arrive. We hope that come Spring, we will steadily have supplements in.



We hope everyone has a happy and healthy start to the new year ;)

## ! 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 starting @ 9am for appointments  
Dr. Chris Yam, D.TCM will still be starting @ 10am for appointments.

\* Possible extensions to earlier or later.

*"Approach the new year with resolve to find the opportunities hidden in each new day."*

~ Michael Josephson



## CeraGem Bed

A revolutionary infra-red heat massage bed that promotes healing, detoxification and holistic wellness.

It incorporates the principles of Spinal alignment, Deep Tissue Massage, Acupressure, and Radiant Far-Infrared Heat to assist the body's natural healing ability by alleviating stress and pain accumulated within your body from everyday living.

This combination of Eastern Alternative Healing practices and Western Therapeutical technology works simultaneously to:

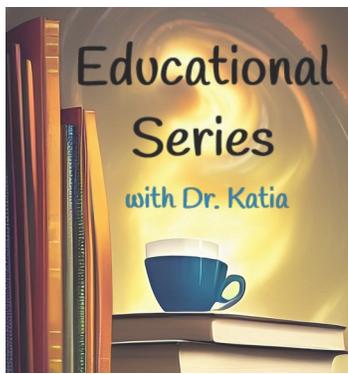
- \* Improve your blood circulation
- \* Loosen stiff muscles
- \* Reduce Joint pain
- \* Reduce pain due to inflammation



You can experience improvements with the following health issues: Arthritis, Asthma, Back & joint pain, Chronic Fatigue Syndrome, Depression, Fibromyalgia, general well-being, High blood pressure, Insomnia, IBS (Irritable Bowl Syndrome), Migraines, MS (Multiple Sclerosis), Neck pain, Stress, and Weight problems.

## Try it for FREE!

We are offering a complimentary session for anyone who wants to try it out!  
After that, it is \$25/session.



## 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 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](mailto:info@doctoryam.com) or calling us at 250-881-7800. I really look forward to seeing you there.

Dr. Katia