



# The Yammer

July 2024

Happy Summer - hopefully we do get some sort of Summer weather soon (with no fires) ☀️

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).

1) **Please read**, on our webpage homepage ([www.doctoryam.com](http://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) Have you booked in to see our Osteopathic Practitioner, Giorgio Catterzi? See below for details on appointments.

3) We will be **closed** for Canada Day, **Monday July 1, 2024**.



4) Early Notice: **Dr. Christopher Yam**, D. TCM, will be **away August 5-9, 2024**.

The **office** will also be **closed on Monday Aug. 5** (BC Day), **Thursday Aug. 8, and Friday Aug. 9, 2024**.

We hope everyone has a wonderful start to the Summer. Come on sunshine/warmth!

## 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.

## 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](http://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

*“July: Just take me to the Ocean.”*

*~ Unknown*

## Health & Home Tips for Summer

*(Extended as it has lots of helpful tips)*

**Make sure you are drinking lots of water** - hydration is key at this time of the year!

Not a big fan of water? It is very easy to flavour water with fruits and essential oils that are deemed safe for consumption (they DO exist).

**Do NOT leave your pets in a HOT car!**

Please check with us first as we are more than happy to welcome your fur-baby into our office, providing no patient in office is allergic.

**Use sun protection!**

Hats, sunscreen, sunglasses, etc.

Stay away from chemically-laden sunscreens. There are plenty of natural options that work well.

Here's a DIY recipe:

Shea Butter – ¼ cup	Coconut Oil – ¼ cup
Zinc Oxide – ¼ cup	Olive Oil – ½ teaspoon
Avocado Oil – ½ teaspoon	Carrot Seed Oil – ¼ teaspoon
Joboba Oil – ¼ teaspoon	Raspberry Seed Oil – ¼ teaspoon
Essential Oil of choice – several drops (optional)	

Melt all ingredients in a pot (or use a double boiler or glass measuring cup in a pot with shallow water) on low temperature until they are all combined. Then let cool. The mixture will thicken upon cooling. Can also cool in the fridge, then whip with a beater/mixer for a more whipped cream. Store in an airtight container/jar. Apply as needed – if you are prone to burning, then apply each hour. This natural sunscreen is waterproof.

**Keep the bugs at bay!**

Stay away from DEET & other chemicals found in commercial bug repellents.

There are natural bug deterrents and we usually have some in stock during the warmer season.

You can also try this (or your own) DIY Bug Repellent (including ticks) recipe:

4 oz. Distilled water                      4 oz. Witch Hazel  
20 drops of essential oils (adjust as needed) - combo. of Lavender, peppermint, basil, lemongrass, Eucalyptus, & Geranium).

Mix in a spray bottle and use as needed.

SAFE for kids & pets too :)



**Eat fresh!**

We are VERY lucky here in Victoria that we have access to so many locally fresh farm foods.

Bonus: berry season is upon us.

**Make sure you play and enjoy the outdoors!**

Connect with nature, hike, play some sports, etc. Just get outside and soak up some Vitamin D and fresh air.

**Get quality rest & relaxation!**

Lounging by the pool/lake/ocean, relaxing under a tree, picnics, sitting on the deck enjoying company or a good book, etc.