



The Yammer

Evergreen Wellness

June '18

The Summer month has arrived!!!! Hallelujah!
This year sure seems to be flying by already. Hopefully we have a long, nice and warm Summer that is, also, forest-fire free.

As you may have seen last month, we have added some new features to our newsletter: recipes, health & home tips, and essential oil corner. If you have any topics/recipes/oils that you would like to see featured, please share them with us @ info@doctoryam.com.



Is bone health a concern for you? Dr. Yam discusses (see page 2) how the aging process affects our bone health and provide some ideas for building them up/keeping them strong.

We are also offering **30% off** of the **Bone Density Test** this month (**\$38.50**; regularly \$55). Contact us to book your appointment.

We will be **closed** for **Canada Day** on **Monday July 2, 2018**.

We hope everyone has a fantastic month. Be safe!



Direct Billing is Available!

This will make a difference for many of you as it would mean that your extended health insurance will take care of some (if not most/all) of the cost for your appointments.

Bring your extended health provider information with you to your next appointments to get set up and see if your plan covers anything.

* Please note that some companies still require that you pay first and then manually submit your own receipts :(

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Recipe of the Month

Courtesy of Wicked Spatula

Cauliflower (Potato) Salad

A tasty, and healthy, substitute for the summer favourite, potato salad.

Ingredients:

- 2 heads of cauliflower diced (about 10 cups)
- 2 tablespoon olive oil
- 1/2 teaspoon salt and pepper
- 1 1/2 cups mayonnaise
- 1/4 cup yellow mustard
- 1 cup diced dill pickles
- 1 cup white onion, minced
- 1/2 cup diced celery
- 6 hardboiled eggs
- 1 tablespoon apple cider vinegar
- Sprinkle Paprika on top.



Directions:

1. Preheat the oven @ 375° F and line 2 large baking sheets with parchment paper.
2. Cut the cauliflower (~ 1-inch florets), toss with olive oil, sea salt, and pepper and then spread onto the baking sheets in a single layer.
3. Bake for 30 minutes (flipping halfway through) until the tops are just starting to turn golden. Set aside to cool.
- ** While the cauliflower is baking, hard boil your eggs.
4. In a large bowl combine the remaining ingredients, then add in the cauliflower and 4 diced eggs and toss to coat. Taste; add more seasoning if needed.
5. Slice the remaining 2 eggs in to thick slices.
6. Add mixture to a serving dish and place the thinly sliced eggs across the top.

Sprinkle with paprika and chill until ready to serve.

Health & Home Tip of the Month

PEST CONTROL



'Tis the season of insects!

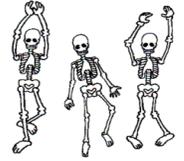
While most are VERY important to our ecosystem, there are those that we do not want to get access to us or our fur-babies (i.e. ticks, mosquitoes, wasps, etc.).

Avoid toxic chemicals - like DEET, perfume candles, and sprays - and replace them with natural ingredients and essential oils. Need some ideas? Read on...

1. Mix some therapeutic-grade Peppermint or Spearmint essential oil with water and spray into corners/cracks and onto plants/furniture to deter ants, mice, spiders, wasps, flies, etc.
 2. Put a few drops on a cotton ball and stick it in corners or rub along doorways, window seams and cracks.
 3. Diffuse essential oils into the air; for outside, you can use a mason jar with salt (any), 1 Tbsp carrier oil and whatever essential oils you want (enough to smell) or a few cotton balls with essential oils in a jar.
 4. Make a bug-off spray: non-alcoholic witch hazel, water, and a combination of essential oils (ones that are most safe for all ages include: Cedarwood, Spearmint, Citronella, Lavender, Lemon & Geranium). Spray on skin and clothes.
 5. Make a spray for your pets (lavender, lemongrass, eucalyptus, citronella, etc. are the most common) or put a drop on their collar.
 6. Apple Cider Vinegar with water and dish soap in a little dish to get rid of fruit flies.
 7. Burn sage in your outdoor fires (when allowed) to deter the mozzies (mosquitoes).
- There are so many more options available to us - no need for toxins/chemicals. And far better for our health.

Please, **DO** your own research, and from different sources, on what essential oils are safe to use with wee ones and pets! While they may be therapeutic-grade oils, that does not mean that some children, elderly, and pets will not be affected by some of them. Do what feels and works best for you :)

Bone Health



Bone is a dynamic living tissue with a continuous process of resorption, remodelling and renewal. Out-dated bone is broken down by specialized cells, called Osteoclasts & Osteoblasts, and used for new bone formation to replace the old, stressed and damaged bone tissues.

Aging disrupts the creative equilibrium that regulates the remodelling forces. For example, menopausal women, due to the drastic reduction of estrogen, experience an increase in bone loss and bone resorption and a decrease in new bone reformation. Men, in andropause, also experience this bone loss. Whenever there is a surge in bone resorption, due to a decline in sex hormones, and a decrease in bone formation, people can end up with ruinous degradation, called Osteoporosis.

Calcium and Vitamin D have anti-resorptive actions, just like any other commonly prescribed drugs (biophosphonates, hormone replacement therapy, selective estrogen-receptor modulators, and calcitonin) but they do not actually build bones; they just keep the old bone from being destroyed, while your real bone mass continues to decrease, resulting in more poor quality older bone material. This means that this older bone becomes more brittle and the overall architectural integrity is decreased.

The question, then, is why are our bones deteriorating in the first place? One word...ACIDITY! The average North American diet consists of predominantly animal-based foods, which are highly acidic. To make matters worse, many people have also switched to a low carbohydrate and high protein diet for weight control. Animal proteins are filled with amino acids containing sulphur; these sulphur-containing amino acids break down into sulphuric acids, which continually eat away at our bones and upset the acid-base balance of the body. Other acidic foods include sugar, soft drinks, commercial dry cereals, condiments and tortillas.

Did you know that for every 40 grams of protein that we consume, 50 milligrams of calcium is lost through our urine? The primary buffering system of the body is the bones. When our body is being loaded with acids, our bones dissolve to release alkaline materials to try to neutralize the acidity. This is the beginning of bone loss. Clinical studies show that our bone contains ~ 320-400mg of Strontium, an anabolic vital agent in building bone tissue and in developing a healthy skeletal system. A lack of Strontium in the diet can cause defective mineralization of the bones. Calcium and Strontium are always found together in natural foods because plants, animals and people absorb and store these two minerals in similar ways.

Other natural activators for building bones include the following:

- A. Vitamin K2 - 120 mcg - converts the bone-building protein from an inactive to an active state, which protects against bone loss);
- B. Vitamin D - the 'sunshine' vitamin;
- C. The triple nutrient pack - Vit. B12, B6 and Folic Acid - help to reduce homocysteine (suppresses collagen from binding with other minerals to build stronger bone) levels;
- D. Magnesium - one of the most basic bone-building nutrients;
- E. Vitamin C - anti-oxidant;
- F. Collagen - our spongy bone and injury absorber;
- G. Regular weight-bearing and cardiovascular exercises;
- H. Acid-Alkaline (pH-balanced) lifestyle; and
- I. Boron.

We have all of the above supplements available to help you keep your bones healthy.

Curious as to whether your bone health is in top form?
Call us today to book an appointment to find out!



Bone Density Test

\$38.50
(regularly \$55)

Things That
Make you go
Hmmm...

*I wonder
what it
would be
like to live
in a world
where it was
always
June.*

~L.M.
Montgomery

Essential Oil Corner *Lemon*

Lemon essential oil is an amazingly universal oil. It is also a 'photosensitive oil,' which means that you need to be careful of sun exposure after applying it to the skin.

This oil can be used for a whole slew of things:

- * To keep the immune system in tip-top shape
- * To cleanse, alkalize and detoxify the body.
- * To naturally highlight hair and brighten skin tone.
- * To maintain energy levels.
- * To control oily skin, calluses and cellulite.
- * To clean - use in homemade cleaners, soaps, laundry detergent, dryer balls, etc.
- * To remove sticky substances (i.e., glue, gum, sap, etc.) and grease.



We offer Young Living Lemon Essential Oil at our clinic
Cost \$21.00 + tax