



The Yammer

June 2023

So nice to finally be in the month of Summer; definitely a better start than last year. Hopefully the fires are minimal, despite our early start.

Lots to note this month:

1. We are still not back to a normal supply with supplements, so please continue to **pre-order your supplements well in advance** (about 2-3 weeks). We are getting closer and really hope that this ends sometime soon too - it's been a challenging 3 years since the start of Covid.
2. We introduced 'Wellness Wisdoms' last month; a section for sharing health and wellness tidbits/ideas/tricks that we may have learned or found interesting. This month will be about Natural Sunscreen (see page 2). Please email us yours and if we pick yours to feature in our newsletter, then you will receive a \$50 gift certificate for our clinic.
3. **New Treatment!** We've had many people ask over the years if we do iron-infusion IVs. The answer is yes! Dr. Katia De Marco, ND., will be now be offering **iron-infusion IVs** for those who have tried oral iron supplementation with no success. While we are still working out the smaller details, you can call us to find out more information. We will release ALL the details (on our website, Facebook page, and next month's newsletter) once we have it all sorted.
4. We will be **closed on Wednesday, June 28, 2023** due to a power outage while BC Hydro is doing work in the area!
5. We will also be **closed** on **Monday, July 3, 2023** in observation of Canada Day (a Saturday this year).
6. We'd like to remind everyone that there is minimal shade at our location, so, **please, do not** bring your fur-babies to leave them in the hot car. If you have to bring your pet, then please let us know as we do not mind having them come in as long as no one, present in the office, is allergic.
7. **HEADS UP for anyone coming from the Peninsula, Gulf Islands, and Vancouver:** They are starting to work on the Keating Overpass, which means detours (no Hwy. on-ramp access from Keating X Rd.) and a lot more congestion (as it will be a 60km/hr. construction zone), so please give yourself more time to get to your appointment. Also, if you turn off at Sayward and come through Cordova Bay, it is now 40km ALL the way through (as soon as you turn off the Hwy.) passed Mt. Doug. Drive safe as it's going to be a LONG year (or longer). More detailed info. here (*press & hold Ctrl key, while clicking on link*): [Traffic patterns change ahead of Keating Cross Road overpass construction | BC Gov News](#)

We hope everyone has a safe and happy start to the Summer. Let the sun shine and the heat warm ☺



☀ Summer Holiday Closure ☀

We will be **closed** from **Thursday, August 24, 2023** through to **Monday, September 4, 2023**.

We will re-open on Tuesday September 5.

We apologize for any inconveniences and hope you all enjoy the Summer.

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

~ Maud Hart Lovelace

Supplement Updates

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 will be ordering mostly from our **pre-order list**, so if there is something you need, please call/email us to get what you need on that list.

We will then call/email you when your supplements arrive.

**** NOTE:** If you have pre-ordered and **not picked up** (*or arranged an alternative with us*) **within 2 weeks** of product arrival, then we **will re-shelf/sell** the product as others are often already waiting for it and it prevents the backlog of inventory.

We are still working hard to be able to steadily have supplements in.



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

Note: Any last minute changes in our schedule (including last min. 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.

Wellness Wisdoms

Welcome to Wellness Wisdoms - a place for tidbits, tricks, and ideas on health and wellness.

☀️ Natural Sunscreen ☀️

~ Dr. Chris

As we enter the Summer season, it's vital to prioritize the health and well-being of our skin. While sunscreen is an essential part of our sun protection routine, many commercial sunscreens contain synthetic ingredients that can be harmful to both our bodies and the environment.

Choosing natural sunscreen allows us to embrace sun protection without compromising our health or the environment. By opting for mineral-based sunscreens, we can shield our skin from harmful UV rays while minimizing exposure to potentially harmful synthetic chemicals.

What Is Natural Sunscreen?

Natural sunscreen, often referred to as mineral sunscreen or physical sunscreen, is formulated with mineral-based ingredients that act as physical barriers to UV rays. The two main minerals used in natural sunscreens are zinc oxide and titanium dioxide. These minerals work by sitting on the skin's surface, reflecting, and scattering UV rays away from the skin.

By choosing natural sunscreen, you can enjoy a range of benefits:

- * **Safer Ingredients:** Natural sunscreens are formulated without harmful chemicals such as oxybenzone, octinoxate, and avobenzene, which can be absorbed into the bloodstream and potentially disrupt hormone function.
- * **Gentle on Sensitive Skin:** Natural sunscreens are generally well-tolerated by sensitive skin types since they don't contain common irritants found in chemical sunscreens. They are often fragrance-free and hypoallergenic.
- * **Immediate Protection:** Mineral-based sunscreens provide immediate protection upon application, unlike chemical sunscreens that require around 20 minutes to activate.
- * **Environmentally Friendly:** Synthetic chemicals found in many conventional sunscreens, such as oxybenzone and octinoxate, have been shown to harm marine life. Natural sunscreens are safe for water dwelling life, making them a more environmentally conscious choice.

Consider the following factors when selecting a natural sunscreen:

- * **Look for Broad-Spectrum Protection:** Ensure the sunscreen offers protection against both UVA and UVB rays by checking if it is labeled as "broad-spectrum."
- * **Check the Ingredients:** Read the ingredient list and choose sunscreens that contain non-nano zinc oxide or non-nano titanium dioxide as the active ingredients. Non-nano particles are larger in size, reducing the risk of absorption into the skin.
- * **Organic, Reef-safe, and Non-GMO Options:** If you prefer an extra layer of assurance, opt for natural sunscreens that are certified organic and non-GMO, as they are made from ingredients grown without the use of synthetic pesticides or genetically modified organisms.

Application Tips for Natural Sunscreen: To maximize the effectiveness of your natural sunscreen.

- * **Apply Generously:** Use enough sunscreen to cover all exposed areas of your body thoroughly. Remember, a little goes a long way.
- * **Re-apply Regularly:** Natural sunscreens, like their chemical counterparts, require reapplication every two hours or more frequently if you are sweating or swimming.

Complementing Sun Protection Measures:

While natural sunscreen is an excellent choice, it's essential to remember that sun protection involves more than just applying sunscreen. Here are additional measures to embrace:

- * **Seek Shade:** Limit your time in direct sunlight, especially during peak hours when the sun's rays are strongest.
- * **Wear Protective Clothing:** Cover your skin with lightweight, breathable clothing, wide-brimmed hats, and sunglasses to provide extra protection.
- * **Eat a Sun-Smart Diet and Drink Plenty of Water:** Consuming a diet rich in antioxidants, such as fruits and vegetables, can support your skin's natural defense against sun damage. Also make sure to stay well hydrated by drinking plenty of water.

Want to Make Your Own Natural Sunscreen? There are many recipes out there; try this one:

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
Jobba 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.

Got any 'Wellness Wisdoms' you would like to share? Email us yours and, if we choose to feature yours in an upcoming newsletter, you will receive a \$50 gift certificate for our clinic.