

The Yammer

Evergreen Wellness

March '18

Finally, we get to the month of Spring...I know we are all ready to get rid of the Winter blahs! It felt like a long Winter this year. With March comes the time to set our clocks **ahead 1 hr.** - don't forget to do it on **Sunday, March 11, 2018.** Cheers to longer and lighter days ;)

We are now **direct billing!** This will make a BIG difference for many of you as it would mean that your extended health insurance will take care of most (if not all) of the cost for your appointments ;)

We have a facebook page. You can follow us at <https://www.facebook.com/DrPeterYam>. We will use this to provide any last minute updates, specials, etc.. Our website, www.doctoryam.com, will still be our detailed information site.

We will be **closed for Easter (Friday March 30 - Monday April 2, 2018)**...we will re-open Tuesday April 3, 2018.

As it is soon to be Spring, we are focusing on 'Spring Cleaning' for our health topic this month. Also, to help you get started, we are offering 15% off of ALL Consultations, Tests and Remedies/Supplements/Products.

We hope everyone has a healthy start to Spring.
Happy St. Patrick's Day and Happy Easter ;)

HAPPY
EASTER

Health Information Days

Every Wednesday in March from 12pm - 2pm

Grab a cup of tea, or BYO, and your favourite notebook & pen and come join us for a 2-hr. informational session every Wednesday in March from 12pm - 2pm.

A casual, and fun, mid-day interlude focusing on various health topics with lots of opportunity for discussion.

Please call ahead to book your spot as space will be limited!
Cost: \$25/session (bring a friend & they pay 1/2 price)



Springboard of Health Promotion

15% off of almost everything:

Consultations

Tests

Remedies

&

Retail Products

(shampoos, 100% Pure, essential oils, sprays, etc.)

Things That Make You Go Hmmm...

"A good laugh and a long sleep are the two best cures for anything."

~Irish Proverb



Staying Healthy With the Change of the Seasons

Whenever the seasons change, we also change. Whenever we step out on or disregard the Laws of Nature, we experience poor health and difficulties in our well being. According to the ancient Chinese wisdom, staying healthy through the Spring season means keeping your Wood element (liver and gallbladder) in the best possible form.

The liver is important for so many functions within the body, including the following:

1. Helps in the metabolism of fats, proteins and carbohydrates, keeping the blood sugar level constant by converting lipids (fats) and amino acids (proteins) into glucose (the simple sugar that all cells use), which then return for storage as glycogen. This process is facilitated by liver enzymes.
2. Builds many gamma globulins and plasma proteins for the immune system. It makes anticoagulants, antithrombins and heparin to prevent abnormal blood clots and prothrombin to assist blood clotting when necessary.
3. Makes Vitamin A, which is stored along with vitamin D, B-complex, iron, zinc and copper.
4. Filters the blood toxins and converts them for elimination and excretion.
5. Influences the metabolic process by deactivating thyroid and sex hormones.

Strategies to improve liver health include: exercising and sweating regularly; avoiding household & industrial chemicals, alcohol, and drugs; getting proper hydration with plenty of lemon water; consuming fresh organic cold- pressed olive oil; and taking Olive Leaf extract and Milk Thistle to disinfect and support the liver functions.

Spring, therefore, is the season for cleansing, eliminating, beginning, and growing. It is a special time to attend to our bodies' nutritional needs, physical exercise, self-awareness and self- expression. It is the time for new beginnings and for the removal of the outdated. Here are some tips to get you started:

1. Nutritionally, fasting or liquid cleanses promote a lighter and cleaner relationship between our inner and outer self. Cleansing the body means to get rid of excess wastes. Most illnesses are the consequence of excessively accumulated physical, mental, and emotional garbage in the body. It is important to clear out the past achieving a balance of intake and output. In this way you make room for new energy to come into your being NOW.
2. Your diet should focus on eating lighter and more raw foods such as salads, sprouts, greens, fruits, seeds, nuts and some ancient grains. Buy your greens and other produce fresh from your local farmers' markets and consuming locally grown fresh vegetables and fruits. Most seeds, grains, peas, beans will sprout. You can use Alfalfa seeds by itself or mix lentils, garbanzos, mung, and adzuki beans. You can easily make your own sprouts: in a quart jar, place enough unhulled & rinsed seeds or beans to cover the bottom of the jar. Filled the jar with water, cover, and let soak overnight or longer. Strain and rinse with new water, leaving the seeds moist but not wet. Put the jar in a cool, dark place and rinse the seeds twice a day for 2-4 days. After couple days, your seeds will sprout. Put the jar in a brighter place and continue to rinse 2-3 times a day until your sprouts are green on the end. Refrigerate and use them liberally in salads and meals.
3. Several herbs like peppermint, nettle, dandelion are particularly beneficial for Spring cleaning as well.
4. Avoid heavier and harder to digest foods like meats, dairy products, fried foods, fast processed foods, chemical foods and alcohol.
5. Avoid recreational and over-the-counter drugs.
6. Take a moment to relax and breathe deeply before eating.
7. Chew your foods well and avoid drinking beverages during eating in order to fully receive the nourishment of your meal.

Physically, it is a good time to check the BIOLOGICAL and BIOCHEMICAL conditions of your internal body fluids which reflect your current health status. Following a regular exercise program allows you to clear and connect your body and mind, and to attain inner/outer fitness, mental relaxation, focus and creativity.

Exploring your creative self and increasing your awareness are vital to Spring harmony and balance.

As a 'Springboard to Health,' we are offering a 15% discount on most things - all consultations, tests and supplements/remedies/products - to help you get started on your Spring cleaning.

