



# The Yammer

March 2023

The month of Spring is finally here ;) Looks like Violet, the Marmot (not ours) was right... Winter is still here :/

Do not forget to **set your clocks ahead 1-hr. on Sunday March 12, 2023**. I know we are all looking forward to longer, warmer days.

Just a few things to note/refresh:

1. Dr. Katia is continuing her very informative [Educational Series](#) on the topics of High Cholesterol & Heart Disease happening in March and Weight Gain happening in April. 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. \$25/person/session. (see page 2 for details)
2. Just a reminder that, 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.
3. We are not back to a normal supply with supplements yet, so please continue to **pre-order your supplements** well in advance (about 2-3 weeks). (See below).

We hope everyone has a happy and healthy start to Spring. ☺



## Early Notice

**Violet will be away from April 3 - April 11, 2023!**

*Note: We'll also be closed for Easter from Friday April 7 until Tuesday April 11.*

During this time, there will **not** be anyone **immediately at the desk if you come in or call**. **Please leave a message or have a seat in the office** (may be a 15-20 min. wait) and Dr. Chris &/or Dr. Katia will do their best to accommodate you when they are done with their patients.

We appreciate your patience during this time ;)

### Supplement Update

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 working hard to be able to steadily have supplements in and hope for that to happen within the next few months.

### NEW Santevia Pitcher

We are no longer selling the Classic Pitcher; we have chosen to shift to the Mina Pitcher for several reasons:

Made in Canada

Better Filter

Longer filter life

Filter is easier to Recycle/Compost

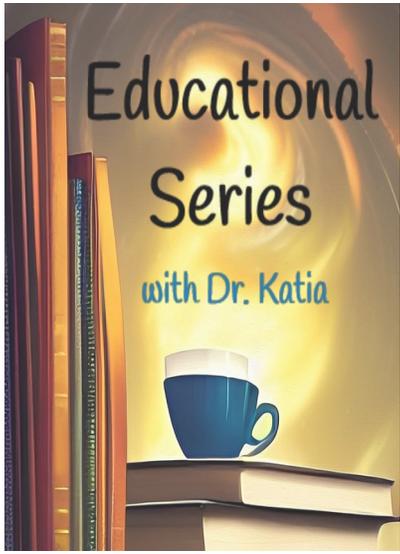


Do not despair if you have the Classic pitcher, as we will still carry the filters for that one.

### Back to Regular Business Hours

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

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



## Common and Preventable Health Concerns! What You Can Do Stay Healthy.

The workshops will be held on **Wednesdays, from 6:30-8pm at Evergreen Wellness:**

### High Cholesterol & 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.

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.**

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

*Nature does not hurry, yet everything is accomplished.*

– Lau Tzu