



The Yammer

March 2024

How exciting to be in the month of Spring. A lot of us are ready for the sun, flowers, and, eventually, heat. Don't forget to move your clocks one hour ahead on Sunday March 10, 2024.

There are a few things to note this month:

1. Our office will be **closed** for Good Friday and Easter Monday (**March 29 through April 1, 2024**).
2. As a reminder, both Dr. De Marco and Dr. Yam are increasing their prices for certain services, effective March 1, 2024 (see page 2 for details).
3. Also a reminder that most of our supplements increased in price last month. The majority of our companies have increased their prices again and, while we wish we didn't have to, we had to increase ours accordingly to keep up with the cost.
4. Please **pre-order your supplements**. Due to supply issues, many supplements are on back-order or taking longer to produce, which means that it is, again, taking up to 3 weeks for us to get our products (once we have ordered).
5. Please be aware that **Dr. Chris Yam** is now booking **1 & 1/2 weeks in advance!**
6. **Dr. Katia De Marco** is away on **Thursday March 14 & Friday March 15, 2024**.
7. We would like to welcome Giorgio Caiterzi, an Osteopathic Practitioner, to our office. You can read more about him, and what he does, below. He will be available to see patients on Tuesday afternoons/early evenings.



We hope everyone has a happy and healthy start to Spring 🌱



!! Exciting Announcement !!

Dr. Katia De Marco is expecting her first child at the end of May 😊

Her last day before Maternity Leave will be Friday, May 3, 2024. She can still do virtual appointments until Friday March 10, 2024.

During her time off, she will have another Naturopathic Dr. filling in for her. Details coming soon.



Giorgio Caiterzi
Osteopathic Practitioner



Giorgio has an extensive background in Physiotherapy and Osteopathy.

Currently residing in Victoria, B.C., Giorgio divides his time between working as an osteopathic practitioner in the professional sports world and in private clinics in Victoria B.C.

His journey from a dedicated physiotherapist to a renowned osteopath and educator reflects his commitment to providing the highest standard of care to his patients, drawing on an extensive background in sports medicine and holistic health.

For a detailed history, please see his Bio on our website or on our Jane booking platform.

What is Osteopathy?

Unlike chiropractic treatments, which primarily focus on spinal adjustments to alleviate pain, osteopathy offers a broader spectrum of care, emphasizing the interconnectivity of the entire body. This holistic practice distinguishes itself from physiotherapy by not just rehabilitating injury but by promoting the body's natural ability to heal and maintain health.

Osteopathy treats a wide range of conditions, from chronic pain, headaches, and digestive issues to sports injuries and postural problems. It's an ideal choice for those who prefer a gentle, non-invasive approach to health care, emphasizing the importance of body balance and functionality. Through a combination of manual therapy, lifestyle adjustments, and dietary guidance, osteopathy works not only to relieve immediate discomfort but also to prevent future ailments.

Osteopathy aligns closely with the principles of naturopathy and Traditional Chinese Medicine (TCM), both of which value the body's inherent wisdom to heal. Like TCM, osteopathy emphasizes the flow of bodily fluids and the importance of maintaining balance within the body's systems. Similarly, its holistic nature complements naturopathy's focus on natural healing and personalized care.

Choosing osteopathy means embarking on a journey towards comprehensive well-being, where the goal is not merely the absence of illness but the flourishing of overall health. It's a path favoured by those who believe in the body's capacity for self-regulation and healing. If you're exploring health options that align with a holistic, balanced lifestyle, consider osteopathy. It's not just a treatment; it's a partnership with your body, fostering resilience, harmony, and vitality.

Extended Health Coverage: we can direct bill to some Extended Health plans. We suggest that you double check with your plan as to whether you have coverage for Osteopathy as 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/early evenings**.

Prices: see page 2.

Price Increases for Dr. Katia De Marco, ND. (Effective March 1, 2024).

As we mentioned on page 1, Dr. De Marco has not increased her prices since she started with us in 2021. Due to industry standards, she will now be increasing her consultation and acupuncture fees.

For the time being, IV therapies will remain the same cost. However, she will be changing the structure of the cost in the future; it will be more individualized based on the ingredients going into the IV: there will be a base-Naturopathic price and the cost will go up for every ingredient included in the IV bag...stay tuned!

Consultations

Initial Consultations:

60 mins. = \$225.00
90 mins. = \$310.00

Follow-Ups:

15 mins. = \$65.00
20 mins. = \$90.00
30 mins. = \$120.00
45 mins. = \$160.00
60 mins. = \$185.00

Acupuncture

Initial Session: (includes mini-consult)

75 mins. = \$150.00

Follow-Up Sessions:

Acupuncture (treatment only) - 30 mins. = \$80.00
Acupuncture (treatment only) - 60 mins. = \$115.00
Acupuncture (with ND consult) - 45 mins. = \$100.00
Acupuncture (with ND consult) - 60 mins. = \$130.00

Dr. Chris Yam's Consultation Fee Change (Effective Mar. 1, 2024)

Consultations Only:

(NO testing done in the same appointment)

Initial = \$100.00
Follow-Up = \$80.00

Consultations & Testing:

(all done in the same appointment; cost for testing is an extra charge):

Initial = \$80.00
Follow-up = \$60.00

Results Consultation (to go over test results only)
= \$60.00

Giorgio Catterzi (Osteopathic Practitioner) Service Prices

Osteopathic Cranial-Sacral Treatment

Initial/NEW Assessment (45 mins.) = \$150.00 + GST
Follow-Up (30 mins.) = \$120.00 + GST

Osteopathic Treatment

Initial/NEW Assessment (45 mins.) = \$125.00 + GST
Follow-Up (30 mins.) = \$100.00 + GST

Price Increase on Supplements (effective February 1, 2024)

Throughout the latter part of 2023, the majority of our suppliers having been increasing their prices, due to the demand of supplies (and shortage of them), over the last few months.

While we wish that we did not have to, we, unfortunately, need to follow suit to keep up. As we have not increased our supplement prices since February 2022, we are trying our best to keep it as minimal as possible; it just depends on the company and the product.

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.

~ Harriet Ann Jacobs