



The Yammer

March 2026

Happy month of Spring 🌸 Will it come in like a lion or a lamb?

Do not forget that the **clocks spring ahead**, for the last time, on **Sunday, March 8 @ 2:00am**.



Just a few key things to note this month:

1. While we mostly have everything in stock, we still recommend pre-ordering or emailing/calling ahead to ensure that we have what you are looking for in stock; especially if you are wanting more than 1 bottle of the same supplements. Sometimes we sell out fast and sometimes a supplement is on back-order.
2. The **prices of supplements** are **increasing, starting March 15, 2026**. The actual increases will vary depending on the company and the product (due to the costs of raw materials and sourcing). We have tried to keep it to a minimum as much as possible.
3. Early notice: we will be **closed for Easter: Friday April 3 through Monday April 6, 2026**.
4. Dr. Christopher Yam, D. TCM., and Dr. De Marco, ND., are **now booking 1-2 weeks in advance**; make sure that you book your appointments ahead of time to avoid delays.

We wish everyone a safe and healthy month. Enjoy the last of Winter and the start of Spring.

"Spring's first heartbeat honours winter's last breath."

~ Angie Weiland Crosby

'Tis the Season of Allergies

Ah, Spring - the longer and, eventually, warmer days bringing abundant blossoms and buds...and allergies.

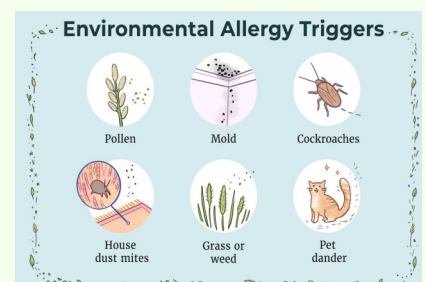
An allergy is an inappropriate response by the body's immune system to a substance that is usually non-harmful. The immune system is a highly complex defence mechanism that helps us to fight infections; it identifies foreign invaders and mobilizes the body's white blood cells to fight the invaders. In certain people, however, the immune system mistakenly identifies a nontoxic substance as an invader, and the white blood cells over-react creating more damage to the body than the invader; this incorrect allergic response can become a disease, in itself.

While there are different types of allergies, this time of the year is, generally, when the environmental allergies come about. The most common allergens are pollen, grasses, trees, dust, dust mites, animal hair and dander, molds, and insect venom.

Allergic responses can vary greatly and can include:

- * nasal congestion/drip
- * coughing/wheezing
- * shortness of breath
- * fatigue
- * hives and other skin rashes
- * anaphylaxis (requires epinephrine)
- * tickling in throat
- * ear pressure
- * headache
- * red, itchy, watery eyes
- * itching

↳ can be fatal even if it begins with mild symptoms.



Prevention and treatments can vary, and depend on the severity:

- Supplements (i.e. Quercetin, Vitamin C, stinging nettle, Bromelain, MSM, Ginger, Turmeric, Omega-3s, probiotics, etc.)
- Medications: antihistamines, bronchodilators, epinephrine (EPI pen)
- Nasal sprays and/or Neti pots
- Air-Filters/purifiers (HEPA)
- Cleaning/vacuuming living spaces regularly
- Prepare yourself by checking reports for allergen levels for the day - weather apps often have these.
- Treatments: Acupuncture, Immunotherapy

Book an appointment with Dr. Yam or Dr. De Marco to determine what your allergen-triggers are and/or to develop a prevention/treatment plan that works best for your individual needs.

Reminder:

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 in time.