



The Yammer

Evergreen Wellness

May '18

FINALLY, we have Spring weather!!! Was that not a long Winter or what? We hope you all appreciate it as much as we do.

We have added some new features to our newsletter: recipes, health & home tips, and essential oil corner. If you have any topics/recipes/oils that you would like to see featured, please let us know.

May is the month of Naturopathic week - May 21-27, 2018. In celebration of this, we will be offering **15% off of EVERYTHING from May 22 - 27, 2018.**

We will be closed for Victoria Day, Monday May 21, 2018.

We hope everyone has a fantastic month enjoying the nice weather.



Direct Billing Now Available!

This will make a difference for many of you as it would mean that your extended health insurance will take care of some (if not most) of the cost for your appointments ;) Bring your extended health provider information with you to your next visit to get set up.

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Naturopathic Week

May 21 - 27, 2018

! 15% OFF EVERYTHING !

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Monday, May 21, 2018



Golden Milk

This liquid gold originated with ancient Ayurveda thousands of years ago. Turmeric is a potent anti-inflammatory that boasts a wide variety of amazing health benefits:

- * Supports healthy digestive, nervous and immune systems.
- * Protects the heart and brain.
- * Soothes joints - relieves discomfort and inflammation.
- * Promotes skin health and wound healing.
- * Possible protection against diabetes and cancer.



Recipe:

1 1/2 tsp. Turmeric Powder
 4 cups of coconut or almond milk (to increase bioavailability)
 1 tsp. ginger powder
 3/4 tsp. cinnamon
 Pinch of freshly ground pepper
 Combine in a saucepan, stir to combine and cook over medium heat for about 5 mins. until warm, not hot. Sweeten with agave nectar or maple syrup (optional & as desired). Enjoy!

Store leftovers in an airtight container in the refrigerator.

Health & Home Tip of the Month

Get rid of those toxic air sprays and candles.

Replace them with homemade & natural products:

DIY Sprays

(witch hazel/alcohol with therapeutic-grade essential oils and water)

Put a couple of drops of therapeutic-grade essential oils on a cotton ball and tuck them in your heat vents.

*Can also put them in your vacuum canister to freshen the air while you vacuum.

Use diffusers - water/mist, bamboo reeds (DIY solution), or atomizing.

* The healthiest option is with therapeutic-grade essential oils.

* Be aware of which essential oils you can use with kids & pets.

Need ideas or more information, contact us ;)

Aging

As soon as a human reaches adulthood, the entire body begins to age! Aging, in general, is gradual except in the cases of cancers, heart diseases, stroke, depression, and Alzheimer's. In these lethal illnesses, people experience large bursts of aging mainly due to the defaults of the brain's neurotransmitters. These electrical signals directly affect negatively in regulating all organs, hormonal glands, and the entire body system. These electrical signals either slow down or speed up in various body parts, thereby accelerating the aging process. Symptoms present themselves in stopping or pausing every part of the body. This occurs through multiple 'pauses,' starting in our brain, immune system, heart, blood vessels, hormonal /endocrine system, bones, muscles, skin, senses, lungs, nutrient absorption/assimilation, kidneys, bladder, and DNA/gene decline.

Today's health care system has been conditioned to address a specific disease or part of the body with medication or surgery and to patch the problem returning to health! However the real fact is that our entire body and internal organs, from head to toe, do not function independently but rather intricately interconnected: each one could be the catalyst that signals a downward spiral of deteriorating health.

Slowing the rate of aging starts with the brain by improving its electrical voltage through dopamine; speed of transmission through acetylcholine; rhythm by gamma-amino butyric acid (GABA) - the calming chemical; and synchronicity through serotonin.

Nutrients and supplements can increase your brain power and speed of neurotransmitters as well as address specific illnesses.

Step-by-Step Treatment Protocol:

1. Early testing and diagnosis of current health by assessing the BIOMARKERS and determine which 'pauses' are the body experiencing.
2. Determining the right treatment according to the test results. This can range from traditional or creative uses of natural remedies to nutrient supplementation (magnesium, B-6, melatonin, 5HTP, and GABA) or physical tools that are known to enhance brain activities.
3. The use of natural hormone therapies, such as growth hormone HGH support longevity.
4. The use of specific nutrients that break the aging code: vitamins A, Niacinamide, B6, D, C, E, K, L-Arginine, L-lysine, Tyrosine, Phenylalanine, Yoimbine, Guantanamo, Rhodiola, Acetyl-Carnitine, phosphatidyl Serine, Glycine, fish oils, lipoid acid, N-cystyle cystine, chromium, Zinc, calcium, magnesium, selenium, strontium, boron, silica, beta carotene, tryptophan, hawthorn, saw palmetto, etc.
5. Incorporating a 'rainbow' diet! A diet that is high in colourful fruits and vegetables has been shown to provide many benefits to your overall health:
RED: cranberries, raspberry, cherry, red beans, beets.
YELLOW: squash, artichokes, peppers.
ORANGE: sweet potatoes, oranges, peppers.
GREEN : kale, spinach, broccoli, peppers.
BLUE : blueberries, grapes.
INDIGO/VIOLET : prunes, blackberry, plums.
Also spice up your diet with rosemary, basil, cumin, sage, cayenne, cinnamon, coriander, lemon grass, nutmeg, bay leaves, saffron, Turmeric, oregano, garlic, mustard seed, chicory, thyme, ginger & black pepper.
6. Lifestyle changes: physical exercises and stress reduction can help reversing the aging and slowing down the PAUSES.

Things That
Make you go
Hmmm...

'May, more
than any
other month
of the year,
wants us to
feel most
alive.'

~ Fennel
Hudson



Essential Oil Corner

Black Pepper



Black pepper, and the health benefits it provides, is often underestimated - most people use it only for seasoning their food. It is so much more than that!

This essential oil can be used topically (mix with a carrier oil - olive, coconut, jojoba, etc.) and aromatically (in a diffuser). Some companies even have internal lines of essential oils to be used in cooking, etc.

Benefits of black pepper essential oil include, but are not limited to:

- Improving circulation
- Relieving muscle aches and spasms
- Supporting our digestive system (reduces gas/bloating/cramps and promotes intestinal health)
- Detoxifying our organs
- Curbing cigarette cravings
- Promoting stamina/energy
- Reducing cough and cold symptoms.

This little 5ml gem is available at our office for **\$ 28 + tax.**