



The Yammer

May 2023

FINALLY, some decent weather! Definitely puts a spring in our step :)

Final call for The [Weight Gain Educational Series](#) by Dr. Katia De Marco, ND. Two sessions: [Wed. May 3](#) and [Wed. May 11](#); start time is 6:30pm. [\\$25/person/session](#) with light snacks and refreshments. Call (250-881-7800) or email (info@doctoryam.com) to attend. (See page 2 for details).

We will be **closed** for Victoria Day on [Monday May 22, 2023](#).

We still 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 page 2 for details.

We used to have a 'Things that make you go hmmm' that focused on quotes to make you ponder. We thought we'd try something new, 'Wellness Wisdoms,' where we can all share health and wellness tidbits/ideas/tricks that we may have learned or found interesting. Please email us yours and if we pick yours to feature in our newsletter, then you will receive a \$50 gift certificate for our clinic.



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

Wellness Wisdoms

Welcome to Wellness Wisdoms - a place for tidbits, tricks, and ideas on health and wellness.

Curcumin/Honey Salve

Summer is on the way, which also means that mosquito bites, and other insect stings, are as well.

We all know that curcumin/turmeric have become extremely popular in dealing with inflammation internally; but did you ever consider using it externally?

We were in Mexico, recently, and those bloody suckers (Mosquitoes) ate us alive, even with repellents. Mother-in-law to the rescue; she made a salve that consists of curcumin and honey (she keeps it in the fridge due to the heat).

I usually swell a lot with any bites, and I forgot my remedies at home, so I was definitely giving it a go. I dabbed a little bit onto my bites and left it on.

What an incredible difference!

This mixture started to take the inflammation, swelling, and itch away within the first day; and completely within 2 (which is unheard of for me).

I'm pretty sure that it would also work well on any other type of bite or sting.

Would be interesting to know if it works on stinging nettles too?

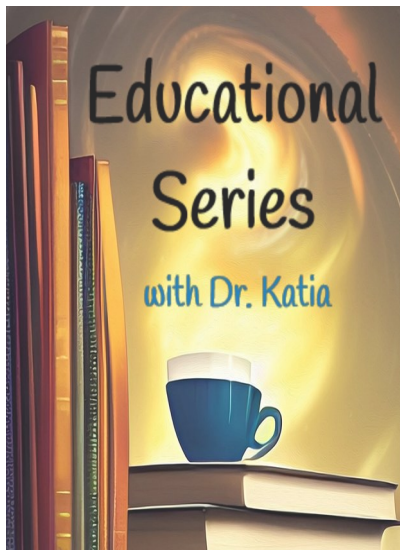
Can be used for children and pets too.

~ Violet

Got any 'Wellness Wisdoms' you would like to share? Email us yours and, if we choose to feature yours in an upcoming newsletter, you will receive a \$50 gift certificate for our clinic.

Office 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 in time.



Weight Gain

There is still time to sign-up for the last workshop of the Educational Series by Dr. De Marco, ND;

Location: Evergreen Wellness (1752 Blair Ave.)

Session 1: Wednesday May 3

Session 2: Wednesday May 11

Time: 6:30-8pm

The cost is **\$25 dollars/person/session.**

Light refreshments and tea will be served and recipe handouts will be provided.

Session 1 (May 3):

- ⇒ learn the basics of what causes weight gain;
- ⇒ 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.

Session 2 (May 11):

- ⇒ discuss holistic, naturopathic approaches to addressing weight gain;
- ⇒ 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 and how to take them properly

Please RSVP in advance! Email: info@doctoryam.com Phone: 250-881-7800.

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.

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

~ Fennel Hudson