



The Yammer

May 2024

Already this year is flying by. We hope everyone is looking forward to some warm weather ☀️

1. Reminder to please **pre-order your supplements**. Due to supply/production issues, many supplements are still on back-order or taking longer to produce, which means that it is still taking up to 3 weeks for us to get our products (once we have ordered).
3. **Violet** will be **away May 8 until May 16**; during this time, there will **not be anyone immediately at the front desk when you call or come in**. See more details below.
4. Dr. Chris Yam will be **off on Friday May 17, 2024**. Please be aware that he is also now booking **3-4 weeks in advance!** Please book your appointments as soon as you know your schedule.
5. Dr. **De Marco is expecting her baby this month**. Her **last day** before Maternity leave will be **Friday May 3, 2024** (more details below).
6. Reminder that we now have an Osteopathic Practitioner, Giorgio Caiterzi. He will be available to see patients on Tuesday afternoons and evenings. See details on page 2.
7. We will be **closed** for Victoria Day, **Monday May 20, 2024**.



We hope everyone has a happy and healthy May 🌿

Violet, our front desk/administrative manager, will be away from Wed. May 8 to Thurs. May 16, 2024!

During this time, there will **NOT** be anyone **immediately at the desk to assist you when you come in or call**.

Please email, leave a message, or have a seat in the office and Dr. Chris will do his best to accommodate you when he is available.

* **Could be 20-30 min. wait** as he might be with a patient when you come in.

For any questions, we recommend that you email us, info@doctoryam.com, during this time, as Dr. Chris will, likely, get back to you sooner.

For anything that Dr. Chris is not able to deal with (i.e. extended health billings, orders, etc.), Violet will be in touch as soon as she is able, once she is back in the office.

We appreciate your patience during this time ;)

In Case You Missed It...



Dr. Katia De Marco is expecting her first child at the end of this month :)

Her last day before Maternity Leave will be Friday, May 3, 2024.

She can still do virtual appointments until Friday March 10, 2024.

(NOTE: If you have an in-person app't during this week, she will still honour that app't. in-person)

While she is still currently looking for another Naturopathic Dr. to fill in for her while she is off, rest assured that, if you are a current patient, she will have options available for your current care.

Her expected return is currently sometime in the Fall.

Giorgio Catterzi
Osteopathic Practitioner

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

Extended Health Coverage: we can direct bill to some Extended Health plans; it just depends on the plan as to whether they will directly pay us or only re-imburse you; some, 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** and, **eventually, early evenings**.

*"May the month
of May be a
month of
sunshine,
happiness, and
endless
blessings."*

~ Unknown

Allergy Season

Allergies affect many people, especially this time of year, causing discomfort and disruption in day-to-day living. Even though there are many therapies available in modern medicine, many people look for natural remedies to reduce their symptoms. Thankfully, there are a lot of natural therapies available that can successfully lessen or even eliminate allergy symptoms. Through the implementation of a comprehensive strategic protocol which integrates dietary modifications, lifestyle adjustments, and natural therapies, individuals can find relief from their allergy symptoms.

Manage Stress: Stress impairs immunity, which makes allergy symptoms worse. To reduce stress, engage in light to moderate exercises, meditation, deep breathing, and gratitude journaling.

Enhance Indoor Air Quality: Pollution indoors might exacerbate allergies. To lessen chemical exposure, increase ventilation, abstain from smoking indoors, and think about using natural cleaning and personal hygiene supplies. Using HEPA air purifiers and ensuring clean carpets, bedding, and upholstery can reduce contact with allergens.

Keep Yourself Hydrated: Drinking enough water, particularly alkaline water, thins mucus secretions, which facilitates the removal of allergens.

Anti-Inflammatory Foods: Include foods high in nutrients that reduce inflammation, such as citrus fruits, leafy green vegetables, spirulina/chlorella, omega-3 fatty acids from fish, and live-cultured foods like sauerkraut. These foods can aid in lowering allergy-related inflammation.

Local Unpasteurized Honey: Honey from the area may gradually desensitize the body to allergens found in pollen. Intake should be increased gradually, starting with very small amounts.

Herbs: A number of herbs can help reduce allergy symptoms and can be taken as tea. These including butterbur, chamomile, and stinging nettle.

Steam Inhalation: Infused with essential oils, such as peppermint or eucalyptus, can help calm irritated sinuses and ease congestion in the nose.

Saltwater Nasal Rinse: By clearing mucus and allergens from the nasal passages, a saltwater nasal rinse can relieve congestion and discomfort right away. For optimal effects, use a saline nasal spray or neti pot and ensure that you are using distilled water.

Acupuncture: This traditional Chinese medicine has been demonstrated to lessen allergy symptoms by adjusting immunological responses and regulating the body's energy flow.

Supplements: Although starting supplements a month or so prior to allergy season the following supplements should help even if you are currently experiencing allergy symptoms: Quercetin, Vitamin A, Vitamin C, Zinc, Probiotics, MSM, and Bromelain.

Managing allergies naturally requires a comprehensive approach that addresses lifestyle factors, dietary habits, and natural remedies. By making simple changes to reduce exposure to allergens, incorporating anti-inflammatory foods into the diet, and utilizing natural remedies, individuals can alleviate symptoms and improve their quality of life without relying solely on medication.