



CHOICES'

Monthly Newsletter | April 2016

The Dish on Yogurt

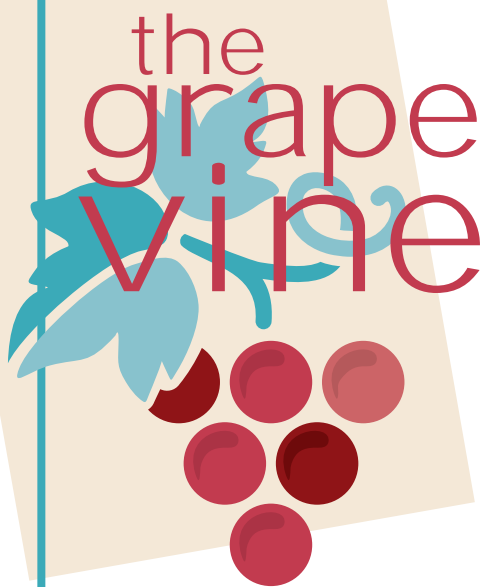
Optimizing Brain Health

The Trouble **With Sitting**

Power Up With Plant Proteins



IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way Delta BC, Canada V4G 1K5



Sustainable Soil



Soil is a building block towards a healthy environment; it promotes growth of plants, some of which lead to food production. Maintaining a healthy soil will provide economical and functional benefits. Choices Markets Full Circle Soil is derived from the compost from our stores.

The compostable materials from the stores are broken down over a period of 5 to 6 months, through a fully aerated static pile method, ending with the top soil that we call Full Circle! Our Full Circle Top Soil is nutrient-rich and a part of our effort to provide a sustainable option for the environment.

Good Reading



The latest installation in our series of wellness guides, *Becoming a Sustainabilist* is our effort to empower you, our customers and community members, to live a life centred around sustainability. In this guide, we cover topics like local foods, organic and fair trade goods, different diets and food waste and discuss how they relate to living more like a sustainabilist. Of course, we've also included a new line-up of recipes (many aimed at helping you reduce food waste) to try out at home with family and/or friends. *Becoming a Sustainabilist* is available at all Choices locations for \$13.95 plus applicable taxes.

Plants for a Cause

Will you be planting in your backyard, balcony or community garden this spring? Choices Markets weekend plant sales will be starting up again this month. This year, thanks to constantly growing demand, we will be carrying more edible plants than ever before—including ORGANIC vegetable varieties. Kale, carrots or chard, if we don't have it live then we'll have seeds to get you started. Also look for fantastic flowers, perfect perennials and sensational succulents to spruce up your yard. Best of all—5 percent of the proceeds from all weekend plant sales in April and May will be donated to local schools.



World Partnership Walk

Sunday, May 29

Lumberman's Arch in Stanley Park

For more than a decade, Choices has been supporting the World Partnership Walk. This national fundraising event aims to eradicate extreme poverty in developing nations, where thousands do not have access to clean water, basic education and health care. All of the funds raised through the Walk are invested in sustainable, long-term, community-led projects in the areas of health, education, civil society and rural development. It is a way to offer hope, a hand-up, know-how and support to transform the lives of some of the world's most vulnerable populations. Join the Choices team on Sunday, May 29, Stanley Park, Lumberman's Arch. See more details at choicesmarkets.com.

ENTER TO WIN

EchoClean Laundry Suite

Courtesy of EchoClean

One lucky customer will win this incredible washer and dryer, courtesy of EchoClean and V.I.P. Soap Products Ltd.

EchoClean and V.I.P. Soap Products Ltd:

- A family owned and operated company that supports BC jobs and economy
- Creators of plant-based products that WORK and are packed in containers made from the recycled content from your blue bins
- A healthier choice for you, your family and the environment

Skill Testing Question:

(56 - 18) x (25 - 13) = _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from April 1 to 30, 2016. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes.

Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2016.



earth week

April 21 – 27

Choices celebrates Earth Week, April 21 to 27. We're making it easier for you to find quality brands that are sourced or crafted sustainably and with the environment in mind.

Here's what we're doing:

- Marking earth-friendly products with our Earth Week seal of approval;
- Sampling products so that you can try these Earth-friendly goods;
- Connecting with consumers through a social media campaign, offering sustainable tips, recipes.

We'll also be raising funds for these environmentally focussed community organizations:

- The World in a Garden
- Friends of Semiahmoo Bay Society
- Okanagan Greens Society
- Growing Chefs

Thank You Earth Week Sponsors



Complimentary Naturopathic Doctor Consults

Dr. Maryam Ferdosian, ND, Cornerstone Health
Monday, April 11 | 2:00 – 5:00 pm
Choices Kitsilano | 604-736-0009

Dr. Charlene Chan, ND, RAc, Ray Clinic
Monday, April 18 | 3:00 – 5:00 pm
Choices Burnaby Crest | 604-522-0936

Dr. Scarlett Cooper, ND, Bodhi Tree Wellness Centre
Monday, April 25 | 2:00 – 4:30 pm
Choices South Surrey | 604-541-3902

Free, registration required. To register call the number listed with the host store or visit the wellness department. For more information visit choicesmarkets.com/events. For information purposes only-no diagnosis or specific treatments will be prescribed.

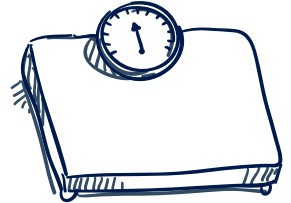
Saturday, April 16
1:00 – 2:30 pm

Eating Psychology

with Lynne Bowsher, Eating Psychology & Mind Body Nutrition Coach

Choices Kelowna

Do you have weight or body image concerns? Are you a chronic dieter, overeater or binge eater? Do you have low energy, digestive or mood issues? Lynne Bowsher will provide insight on why you have been struggling with these issues and offer solutions that will lead to lasting results.



Free event. Register online. See top of page 5 for registration information.

Saturday, April 23
10:30 am – 12:30 pm

Container Kitchen Gardening

with Elana Westers, Growing Inspired

Choices Kelowna

This class will equip you with the skills you need to make the most of your balcony or patio space. Topics include building a self-watering container, learning which plants are best for container gardening, choosing the right size of containers, trellising, seed sowing and much more!

Cost is \$25 plus tax. Register and prepay online. See top of page 5 for registration information.

Thursday, April 28
7:00 – 8:30 pm

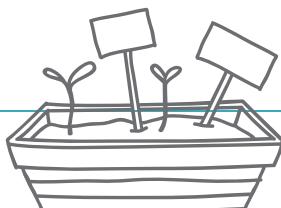
High Cholesterol: The Fables and Facts of Heart Health

with Dr. Taylor Seier, ND

Choices South Surrey

Cholesterol is known as bad for the heart by the general medical world. Join Dr. Seier and learn about statin drugs and a naturopathic approach to cardiovascular health.

Free event. Register online. See top of page 5 for registration information.



To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventsregistration@choicesmarkets.com.

Please note: these seminars and events are for information purposes only. For any health-related seminars or events, no diagnosis or specific treatments will be prescribed.

Wednesday, April 20

7:00 – 8:30 pm

7 Fitness Myths Debunked & How To Guarantee Results

with Drs. Brian Lanoue, DC, & Thea Treahy-Geofreda, DC,
The Powerhouse Chiropractic

Choices Floral Shop & Annex

If your goals are to be more mobile, lose body fat, get stronger, increase energy and avoid injury, then this interactive workshop is for you!

Free event. Register online. See top of page 5 for registration information.



Cooking with Beans and Lentils

with Choices Chef Antonio and the Nutrition Team

Saturday, April 30 | 2:00 – 4:00 pm

Choices Floral Shop & Annex

Saturday, May 7 | 2:00 – 4:00 pm

Choices South Surrey

This is the year of the pulse for good reason! Pulses like beans and lentils are great sources of protein, fibre and minerals. They also support digestive and heart health, while helping to keep your waist line trim. Join the Choices team to see how easy and delicious it is to cook with these culinary gems. Plus, the Choices Nutrition Team will share their tips to reap all of the benefits of beans without the bloat.

Cost is \$20 plus tax. Register and prepay online. See top of page 5 for registration information.

Saturday, May 7

10:30 am – 12:30 pm

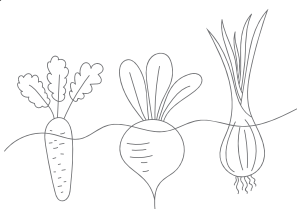
Organic Kitchen Gardening & Salads Revamped

with Elana Westers, Growing Inspired

Choices Kelowna

Learn to cultivate an organic kitchen garden designed for Okanagan weather! During this workshop, also enjoy a cooking demo of healthy dressings and salads using herbs and unique local vegetables.

Cost is \$25 plus tax. Register and prepay online. See top of page 5 for registration information.



Having Trouble Getting Rid of Inflammation and Pain?

with Jonathan Ley, Chartered Herbalist, Certified Detoxification Specialist and Life Coach

Wednesday, May 4 | 7:00 – 8:30 pm

Choices South Surrey

Thursday, May 5 | 7:00 – 8:30 pm

Choices Floral Shop & Annex

Learn to simply and effectively address root causes of health problems instead of just managing or suppressing symptoms with chemical medication or surgery. If you're looking to boost your energy and vitality, don't miss this class.

Free event. Register online. See top of page 5 for registration information.

preferred shopper club specials



EchoClean Laundry Products Assorted Varieties



Laundry products that measure up in quality, value and sustainability.

3²⁹ to 12⁹⁹

Assorted Sizes
Product of Canada and USA

Cascades Bathroom Tissue and Paper Towels



Assorted Varieties

Fifty years of recycling experience and research drives Cascades production.

2⁵⁹ to 7⁵⁹

Assorted Sizes • Product of Canada



Seventh Generation Household Cleaners

Assorted Varieties

3⁷⁹ to 4⁷⁹

Assorted Sizes • Product of USA

Seventh Generation is creating healthier products for healthier homes.



Endangered Species Chocolate Bars

Assorted Varieties

4²⁹

85 g • Product of USA

Certified Fair Trade and non-GMO; 10 percent of new profits donated to support conservation efforts.

Kettle Brand Krinkle Cut Potato Chips



Assorted Varieties

4⁹⁹

397 g • Product of USA

Big crunch and satisfying flavour.



GT's Raw Organic Kombucha

Assorted Varieties

4⁵⁹

480 ml • +Deposit +Eco Fee
Product of USA

This fizzy fermented beverage has hint of sweetness and heaps of probiotics.

Nutiva Organic Virgin Coconut Oil



11⁹⁹ to 39⁹⁹

Assorted Sizes
Product of USA

Rich in flavour, coconut oil is great for using in sweet or savour cooking.



Pacific Foods Organic Soups

Assorted Varieties

5⁶⁹

1 L • Product of USA

Nourishment is at the heart of everything they do at Pacific Foods.



Naam Sauces

Assorted Varieties

5⁹⁹

350 ml
Product of Canada

Try this fabulous rainbow of flavours from the Naam Kitchen.

Liberté Organic Yogurt, Organic Kefir, Greek Yogurt Multipacks

Assorted Varieties



3³⁹ to 4⁹⁹

Select Sizes

- Liberté is the pioneer of organic yogurt in Canada
- Greek, traditional and traditional fat free options
- Proudly made with certified organic Canadian milk
- Fruits are certified free of pesticides, herbicides and chemical fertilizers
- Probiotic – more than one billion per portion



Kikkoman Products

Assorted Varieties

2⁹⁹ to 6⁹⁹

Assorted Sizes
Products of USA

Years of practice and refinement are what make these products just right.



Olympic Organic Kefir and Single-Serve Yogurt

Assorted Varieties

8⁹⁹

2 L Kefir • Product of Canada

1¹⁹ to 1⁴⁹

175 g Yogurt

Made with 100% natural ingredients, Olympic products are entirely free of gelatin, synthetic preservatives, chemicals and fillings. Each serving is individually incubated according to a process that consistently results in a creamy texture and exceptional flavour.



Happy Planet Smoothies

Assorted Varieties

4⁷⁹

900 ml • +Deposit +Eco Fee
Product of Canada

These are bursting with fresh ingredients. Just another reason to smile.

U-Be-Livin Smart Karmaffins

Assorted Varieties



6⁴⁹

312 g
Product of Canada

A light and moist muffin made without oil, flour, or added sugar.



Elias Honey

Assorted Varieties

8⁴⁹ to 9⁹⁹

500 g
Product of Canada and USA

Made by hard-working bees, Elias Honey never contains any fillers or added sweeteners.

FreeYumm Allergen-Friendly Snack Bars

Assorted Varieties



5⁹⁹

162 g
Product of Canada

Made in an allergen-free bakery to protect those living with food allergies.



Manitoba Harvest Organic Hemp Bliss Beverages

Assorted Varieties

2⁹⁹

946 ml
Product of Canada

A smooth, creamy and versatile hemp beverage rich in omega-3 fatty acids.

Prima Food for Sport Real Food Energy Bars

Assorted Varieties



Prima Real Food Energy Bars are made with real food ingredients.

2⁸⁹

58 g • Product of Canada

Carr's Crackers

Assorted Varieties



2⁷⁹ to 4⁹⁹

Assorted Sizes • Product of Britain

The distinct taste and casual sophistication of Carr's makes any occasion more special.

Stahlbush Island Farms Frozen Fruits and Vegetables

Assorted Varieties



3²⁹

Vegetables

6⁴⁹

Fruit

Assorted Sizes • Product of USA

Stahlbush frozen fruits and vegetables are ideal when you're in a pinch and out of fresh produce. It's biodynamically farmed. Plus the produce is picked and frozen at its peak, retaining the majority of vitamins and minerals.



Blue Diamond Fresh Almond Breeze Beverages

Assorted Varieties

3⁹⁹

1.89 L • Product of USA

Take a sip and you'll see these are deliciously easy to love.

Optimizing Brain Health

Naturopathic Medicine for a Healthy Nervous System



The symptoms of low mood, impaired memory, difficulty concentrating and brain fog are extremely common and on the rise. Conventional medical treatment is focused on pharmaceutical interventions including antidepressant and stimulant medications, which can cause significant side effects. There are underlying causes of these brain imbalances that can be assessed and treated by naturopathic medicine. These include vitamin B12 and iron deficiency, low thyroid function, adrenal fatigue and low serotonin.

Vitamin B12 and Iron Deficiency

Vitamin B12 and iron are both required to produce red blood cells, which carry oxygen to the brain through our blood vessels. Deficiencies due to low dietary intake or insufficient intestinal absorption of either (or both) are common and under-recognized. Low levels can cause the brain to lack oxygen and

not function optimally. B12 and iron can be tested in the blood to check for deficiency. Many people do not adequately absorb B12 through their digestive tract and require B12 injections to raise their levels.

Low Thyroid Function

The thyroid gland produces hormones that regulate our body's metabolism. As optimal brain function requires a high amount of energy, it is dependent on having adequate thyroid hormone present. Low thyroid function is another under-recognized condition that can contribute to mood and cognitive symptoms. Naturopathic physicians can assess the full clinical picture of low thyroid function including signs and symptoms as well as comprehensive thyroid blood testing to determine thyroid production and conversion.

Adrenal Fatigue

The adrenal glands produce the hormones cortisol and DHEA that regulate our stress response. Imbalances in these can contribute to mood and cognitive issues, as well as fatigue and low stress tolerance. Adrenal function can be accurately and conveniently assessed by naturopathic physicians using saliva testing for the adrenal hormones cortisol and DHEA. Determining the exact adrenal rhythm is important as adrenal excess and deficiency can mimic each other clinically and require different treatments. Adrenal fatigue is usually associated with blood sugar imbalances, which have their own significant impact on brain function.

Low Serotonin

Serotonin is the nervous system's primary neurotransmitter, or brain messenger chemical. Serotonin plays a major role in mood regulation as well as in memory and concentration. There are many factors that can result in serotonin depletion, which is extremely common. Serotonin levels can be increased by supplementing with its amino acid precursor 5-hydroxytryptophan (5HTP).



This May, Dr. Veeravagu will speak more about this topic at Choices Markets. He will review these underlying causes of low mood and cognitive impairment, explain how to recognize and test for them and outline natural ways to restore optimal brain health. **To reserve your spot, visit choicesmarkets.com/events.**



Dr. Arjuna Veeravagu is a naturopathic physician, registered acupuncturist and founder of Sage Clinic in Yaletown. More information about Sage Clinic can be found at www.sageclinic.com. To schedule a consultation with Dr. Veeravagu please email info@sageclinic.com or call (604) 697-0397.

This article is meant for educational purposes only. The information here is NOT meant to replace consultation with a qualified healthcare professional.

The Trouble With Sitting

By Drs. Brian Lanoue, DC, and Thea Treahy-Geofreda, DC,
The Powerhouse Chiropractic

Q I've heard sitting is the new smoking.
Is it really that bad?

A The short answer is yes.

It's not that we should never sit; the problem lies in the fact that we've designed our world around sitting. We sit for breakfast, while driving in our cars and all day at work. We even come home and relax on the couch after a long, stressful day of sitting.

Kids are sitting more than ever as well: while learning at school, playing video games, watching YouTube and using social media. As chiropractors we are beginning to see dysfunction in teenagers that would be characteristic of someone in their 30s, 40s or 50s.

When we compound our adult lifestyles with the sitting our kids are doing, the problem really begins to take shape. Canadian adults sit for an average of 10 hours per day and sleep for another 8. This results in 18 hours of being completely sedentary in a 24 hour time period.

So what happens to our bodies when we sit this much? For the spine, it's much like sugar to the teeth, causing decay and

dysfunction. Dysfunction in the spine and underlying nerve system may affect the engagement and efficiency of many bodily processes, including energy levels, metabolism, hormone production and tissue repair. Uncorrected, this can lead to obesity, diabetes and heart disease.



Join Drs. Brian and Thea and discover simple strategies and steps for getting more movement into your day—even if you're stuck in an office. **Sign up for 7 Fitness Myths Debunked & How To Guarantee Results on April 20 at Choices Annex.**



Drs. Brian and Thea are passionate about empowering people to lead extraordinary lives. They share the simple principles of achieving total health and inspire families to reach their full potential from their practice in Olympic Village. To learn more, visit www.thepowerhousevancouver.com.

Power Up With Plant Proteins

By Sea Chang, RD, a Choices Dietitian

Sea can be reached at kitsilanonutrition@choicesmarkets.com

Many people consume red meat, poultry and eggs as their main protein source, but there are other cruelty-free options such as beans, lentils, soy foods, nuts, and seeds that are excellent alternatives to meat protein. Plant proteins are low in saturated fat, packed with minerals, and high in fibre. Even better is that you'll never find any growth hormones and antibiotics in these plant-based superstars, either.

1

Tempeh

Often overlooked, tempeh contains even higher amounts of protein and fibre than tofu. Both are made from soybeans, but tempeh packs in 15 grams of protein and 3 grams of fibre per 1/2 cup serving. Try adding crumbled tempeh to pasta sauces, casseroles, soups, and salads for a fun twist on your everyday meals.

2

Pumpkin Seed Butter

Pumpkin seeds don't have the same sort of compounds that cause allergic reactions to nuts and peanuts, so they may be safe for those with tree nut allergies. Remember to check with a healthcare professional first if you have a serious allergy, and always look for "natural" nut butters with as few ingredients as possible. You'll want to pass on the ones with hydrogenated oils or added sugar and salt.

3

Lentils

Did you know that Canada is now the world's largest exporter of lentils, selling to over 100 countries each year? Try using pureed lentils in muffin and loaf recipes as a way to add moistness, protein and fibre. Or consider replacing half of your oats with lentils when making nutrition bars or breakfast cereals to amp up the nutritional value of your meal.



Are you looking for healthy variety in your diet? Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

Choice Produce Picks

Asparagus:

The first spring harvest of asparagus is sweet. So sweet you can eat the spears raw. Over the growing season, the sugars are used for the plant's energy, leaving a flavour that lends better lightly steamed or sautéed. Before using asparagus, gently bend at the base, and the tough woody stalk will break right off, leaving you with just tender green asparagus.

Rhubarb:

A tart vegetable that masquerades as a fruit, rhubarb is often combined with sweet strawberries or raspberries. The red pigment in the edible stalk is thanks to anthocyanin phytochemical, which helps protect against heart disease. In countries like Iran and Poland, the stalk is more traditionally used like a true vegetable. Take inspiration from other worldly cuisines and try using rhubarb in stews with spinach or cooked with potatoes.



Dare to Dairy



Tree Island Yogurt:

A company based on Vancouver Island, Tree Island makes their yogurt with the full-fat milk from grass-fed cows. Not only does the milk produce a creamy, rich flavoured yogurt, but it also improves the soil health of the farmland. Dairy products from grass-fed animals end up having a more balanced omega-3 to omega-6 fatty acid profile when compared those coming from grain-fed animals. Mix up plain Tree Island yogurt with chia seeds for an energizing 3:00 pm snack.

For Furry Family Members



Castor Pullox Pet Food:

Finally—healthy solutions for cats and dogs with unique nutrition needs, including grain sensitivities. These recipes provide balanced nutrition for pets with formulas that include omega-3 fatty acids for healthy skins and coats, and organic recipes.

Fats for Thought

Prasada Ayurveda

Organic Ghee:

Fat is where animals store their toxins so make sure your animal fats are coming from the cleanest sources possible.

Prasada Organic Ghee (or clarified butter) is made only from fresh Quebec cream.

Ghee is a great source of the powerful antioxidant CLA and has a higher smoke point than butter, which makes this fat perfect for sautéing.



Three Farmers Cold-Pressed Camelina Oil:

One of the healthiest oils to boast a high cooking temperature. Like flax oil, camelina is a plentiful source of omega-3s. The difference, however, is in the vitamin E—this oil's high vitamin E content protects the delicate omegas, meaning you can cook with it up to 475°F. Perfect for pan-frying, roasting or even adding to your favourite dressing, Three Farmers comes in 3 tasty varieties: original, roasted garlic and chili, roasted onion and basil.



TASTY TOP CHOICES RECIPE

Three Farmers Vinaigrette

In a small jar with a leak-proof lid, combine 1/2 cup of Three Farmers Camelina oil, the juice of 2 lemons, 1 smashed garlic clove, 1/4 teaspoon of salt and 2 tablespoons of freshly chopped herbs (dill, parsley, chive, etc.). Put the lid on the jar, shake well and use to dress anything from greens to grains.

COOK IT UP



OVERNIGHT OATMEAL YOGURT PANCAKES

Courtesy of Tree Island Yogurt

– Serves 4 and makes 10 to 12 smaller or 5 larger pancakes –

1/2 cup rolled oats

1 cup Tree Island Vanilla Bean Cream Top Yogurt

2 large eggs

2 Tbsp melted butter

1/2 cup plus 3 Tbsp whole wheat flour or a gluten-free substitute like quinoa flour

1/4 tsp salt

1/4 tsp baking soda

1/2 tsp baking powder

4 tsp granulated cane sugar

Butter for frying

Tree Island Gourmet Yogurt (flavour of your choice)

BC berries for topping

Mix oats and yogurt in a large bowl. Cover and refrigerate overnight. In the morning, add eggs and melted butter and mix well. In a separate bowl, combine flour, salt, baking soda and powder and sugar. Mix well. Add the dry ingredients to the wet and stir until everything is coated. The batter should be thicker than regular pancake batter, but if it seems too thick add a tablespoon of yogurt. Let the batter stand for 5 minutes.

Heat a frying pan over medium-low and melt butter in the pan. Using a 1/4 cup, drop batter into the pan and spread evenly. When the edges look dry and bubbles show on the surface, flip pancake and cook for one to two more minutes. Serve warm with Tree Island Gourmet Yogurt and berries.



wellness centre monthly specials

Sustainably sourced 100% Wild Alaskan Salmon Oil

PURE



WILD



TRUSTED



15%
OFF

**natural
Factors**

#1 absorbed form of curcumin*



Supports a healthy inflammatory response



Helps protect against cognitive decline



Reduces risk factors for chronic degenerative diseases



15%
OFF

**natural
Factors**



Lily of the
Desert
Aloe Vera Juice
Select Varieties

11⁹⁹ 946 ml

Contains over 200
biologically active
components essential
for good health.



Manitoba Harvest Hemp Products

Assorted Varieties

25% Off Assorted Sizes

Hemp foods taste great, are easy to use, and nutritious too! Sprinkle Hemp Hearts over salad, cereal, or yogurt. Blend your favourite Hemp Pro protein powder into a smoothie. Drizzle hemp oil over salad or popcorn. Hemp foods offer protein and omegas.

Amazing Grass Superfoods Greens & Bars

Select Varieties



**20%
Off**

Assorted Sizes

USDA organic, Non
GMO, kosher pareve,
vegan and gluten free.

Prairie Naturals Supplements

Assorted Varieties

15% Off

Assorted Sizes

Prairie Naturals is a privately owned local family business headquartered near Vancouver, BC, Canada. We are dedicated to your health success. Prairie Naturals makes products designed to help you live the healthy life.



MegaFood Blood Builder

23⁹⁹ 30 tabs
39⁹⁹ 60 tabs
52⁹⁹ 90 tabs

Whole food nutrients to help maintain healthy red blood cells and iron levels.

Smart Nutrients for Strong Bones



LORNA VANDERHAEGHE HEALTH SOLUTIONS

BONE BOOSTER Vitamin K2 MK-7 and Vitamin D3
Use in conjunction with COLLAGEN PLUS for strong bones.

60 caps **\$26⁹⁹**

COLLAGEN PLUS For Beautiful Skin, Nails, Hair and Bones
For strong nails and bones and thick, fast growing hair in 60 days take COLLAGEN PLUS.

30ml **\$38⁹⁹**

MULTIsMART Designed For Men and Women
Complete multi-nutrient formula that contains everything necessary to meet your nutritional needs.

180 vcaps **\$34⁹⁹**

VITAMIN D3 Promotes Bone and Dental Health

Each tasteless drop delivers 1000 IU of activated Vitamin D3. 360 droplets **\$12⁹⁹**



**LORNA'S
CORNER**
Canada's
leading women's
natural health
expert

hormonehelp.com

Efamol Evening
Primrose Oil
1000 mg

26⁹⁹
44⁹⁹

90 caps

180 caps

Treatment for dry, itchy
skin caused by atopic
eczema (dermatitis) and
is a source of vitamin E.



Flora
CircuVein

21⁹⁹

60 caps

Clinically shown to
reduce appearance of
varicose and spider
veins within just 2
months.



Natracare
Tampons

Select Varieties

**15%
Off**

Only 100% organic cotton, and nothing else
and totally chlorine free.

New Chapter Non-GMO Supplements



Assorted Varieties

25% Off

Assorted Sizes

New Chapter delivers the wisdom of nature with
supplements that are Non GMO Project verified
and certified made with organic ingredients. New
Chapter aims to deliver nature's whole wisdom in
our supplements from herbal extracts to fish oil to
multivitamins.

Divine Essence Essential Oils

Select Varieties

**15%
Off**

Assorted Sizes

Relax mind and
muscles, soothe
colds, and breathe
better with Divine
Essence.



NutraSea Omega-3 Fish Oils

Select Varieties

19.99
31.99

200 ml

500 ml

Sustainably sourced, NutraSea omega-3 is beneficial
for the maintenance of good health, and in support
of cardiovascular health and brain function. It is also
beneficial in the development of brain, eyes, and nerves
in children and adolescents.



Green Beaver Body Care Products

Assorted Varieties

**15%
Off**

Assorted Sizes

Redeveloped formulas! Still
organic, gluten-free and not
tested on animals.



wellness centre monthly specials

Innovite Allergy-FX

15% Off

30 tabs

Innovite Allergy-FX inhibits the tryptases from creating the physiological reactions that release the histamines causing full-blown allergic response. It's multi symptom relief for eyes, nose and ears.



Innovite Cal-Mag Supplements

15% Off

Innovite Bone Health provides calcium and magnesium in a non-dairy, liquid formula that helps with the maintenance of bones, cartilage, teeth and gums.



Martin & Pleasance Harmony Balance

23⁹⁹

60 tabs

37⁹⁹

120 tabs

The herbs in Harmony Balance have been well researched and selected to specifically balance the female system, as well as relieve balance symptoms: relief from menstrual cramps, relief from PMS symptoms before and during your period, relief from mood irregularities.



Bio Boomers AlphaMega Superoil

44.99

225 ml

Broad spectrum blend with omega-7. Organic, vegan and formulated for baby-boomers.

New Roots

UltraB Complex 50 mg

19⁹⁹

90 caps

36⁹⁹

180 caps

Incorporates coenzyme B vitamins, functional flush-free niacin, and enhanced absorption choline in a complete B-complex formula.



New Roots Plant Digestive Enzymes

21⁹⁹

60 caps

39⁹⁹

120 caps

Helps resupply your body with natural plant-digestive enzyme, lost from cooked and processed food.

Natren Probiotics

Assorted Varieties



Heal your gut flora with the best quality probiotics today.

15% Off



Platinum Naturals Multivitamins

Assorted Varieties

15% Off

Assorted Sizes

Taking a daily multivitamin ensures that you are not missing any vital nutrients from your diet.

Sunforce True Colloidal Silver

10⁹⁹

4 oz

16⁹⁹

8 oz

The most stable form of silver. More stability means it's more effective.



the Dish

On Yogurt

It's a fair assumption to say that as long as the world has had milk, the world has had yogurt. As is the case with most cultured or fermented dairy products, yogurt was likely an accidental discovery. Luckily for us, this delicious accident became a staple in the diet of many cultures across the globe. Outside of North America, the most common type of yogurt is made using goat milk. Depending on where you are in the world, though, you can also find yogurt made with milk from sheep, water buffalo, yak, camels or even horses. Cow milk is by far the most popular yogurt variety here in North America.



What makes yogurt so special are its active bacteria cultures. Microorganisms like *Lactobacillus bulgaricus* live in yogurt and give it the flavour that's characteristic of fermented foods. As research now strongly suggests, these active bacteria cultures greatly benefit gut and overall health, too. They may even be the reason those with lactose intolerance problems can sometimes tolerate this dairy product. So let's dig in.

Yogurt can be made at home using milk and either dried cultures or a scoop of plain store bought yogurt. The magic temperature for making yogurt is between 43 and 45 degrees Celsius. Keep it at this

temperature for hours and the beneficial bacteria will flourish. If it's convenience you're looking for, you'll find yogurt in a variety of styles at your local grocer: 0 percent fat to full fat, thick and rich Greek to thin and runny regular yogurt.



Flavour-wise, North Americans are most accustomed to using yogurt in sweet applications like fruit and yogurt parfaits, granola, smoothies, frozen yogurt desserts, glazes for cheesecake or as replacement for buttermilk in pancakes batter. Yogurt, however, can be used in savoury dishes, too. For instance, there's Balkan tzatziki dip with lemon, garlic cucumber. Other parts of the world will even use other spices to change up the flavour of the tzatziki.

Here are a few more uses for yogurt in savoury dishes. Add to cold summer soups for creaminess, use in place of cream in piping hot curries or replace the sour cream in your borscht with yogurt. Don't forget about pasta sauces, meat marinades and easy to make salad dressings. The possibilities are nearly endless.



Antonio is back in cooking class action this spring. He's looking forward to getting back into the kitchen with Choices' Nutrition Team to host cooking class demos at various locations. To find out how you can register, check out pages 4 and 5 or visit choicesmarkets.com/events.



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