



# CHOICES'

Monthly Newsletter | June 2016

## Growing LOCALLY

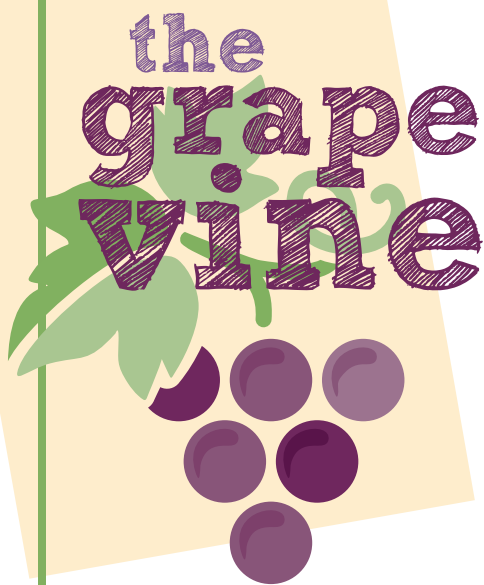
Exit Fast Food, **Enter Slow Food**

**Lyme Disease:** Prevention Matters

**Eat Smart for Healthy Summer Skin**



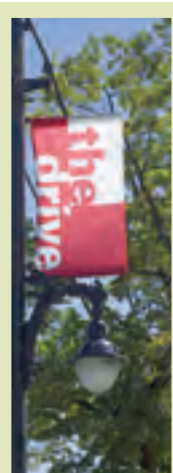
IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5



## Work With Us

We need talented people like you to fill key management roles at all of our Metro Vancouver locations—including our newest store in North Vancouver, Capilano Village. We are in search of individuals who share our vision of sustainability, healthy living and supporting local growers and communities. If this sounds like the right opportunity for you, please send your resume and cover letter to [jobs@choicesmarkets.com](mailto:jobs@choicesmarkets.com) or visit [choicesmarkets.com](http://choicesmarkets.com) for more details and a complete list of all available positions. We look forward to hearing from you!

## Join Us In the Community



June is definitely a month for getting out of the house and going to community events with family and friends. Join us for our Cambie store anniversary, where we'll be celebrating this store's 18th birthday! Come out to East Vancouver and say hello to us at our Commercial Drive location on Italian Day, June 12. If you're in New Westminister, join our Burnaby Crest location at Sapperton Day, also on June 12.

## ENTER TO WIN

# Cape Herb & Spice Napoleon Grill Giveaway

Courtesy of Cape Herb & Spice,  
Kerrisdale Lumber and Napoleon Grills



Become a grill master with the Napoleon Rogue R425 Grill, courtesy of Cape Herb & Spice, Kerrisdale Lumber and Napoleon Grills. Made in Canada, this stainless steel system will get you cooking like a pro this summer. Take your grilling experience to the next level with the Rogue 425 and make your (sear) mark on barbecuing this year. Approximate value is \$1000.

### Skill Testing Question:

**(56 - 18) x (25 - 13) = \_\_\_\_\_**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_

Contest open from June 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.



*Cape Herb & Spice*





# Growing Locally

## Local Producer Feature



**S**ince opening the doors of our first location in Kitsilano in 1990, we made it part of our mission to support the smaller growers and producers in British Columbia in any way we could. That meant giving the smaller family-owned operations a market in which to sell their goods and, ultimately, grow their businesses. One family-owned business we've been able to grow alongside has been Leong's Nursery.

In 1979, Ed Leong started his own plant nursery in Burnaby. A very small operation in the beginning, plant production consisted of only tomato and petunia

plants that were sold to corner grocery stores. Nearly 40 years have now passed, and that mini operation has blossomed into a successful plant nursery.

Today, Leong's growing season runs almost year-round. They no longer grow just enough to supply to the corner grocery stores. They now produce enough product to supply businesses within BC and parts of the Yukon Territory. Their crops have grown to include a variety of flowering annuals, peppers and herbs in spring and summer as well as chrysanthemums, kale and assorted winter vegetables in fall and winter.

As their plant nursery business has grown, they've branched out, offering additional services. Leong's has taken on custom landscaping projects for municipalities as well as small businesses in Metro Vancouver. They're doing their best to bring beauty to our local communities.

As a long-standing family business, Leong's is definitely rooted in the community. They remain involved by supporting garden clubs, school fundraisers and craft fairs. Some of the projects they have recently supported are the Dreams Take Flight Charity, Burnaby Rhododendron and Gardens Society, South Burnaby Garden Club and Bowen Island Garden Club just to name a few.



Next time you're at your local Choices Markets, browse through our bedding plants and see what treasures you can find from locally owned Leong's Nursery.

# Upcoming Events

MARK YOUR CALENDAR

## Thrive Despite Lyme Disease

with Susie Ponici, RHN

**Wednesday, June 15 | 7:00 – 8:30 pm**  
Choices South Surrey

**Thursday, June 16 | 7:00 – 8:30 pm**  
Choices Floral Shop & Annex

Susie reveals diagnostic options, integrative and conventional medicine, nutritional therapies, emotional healing and preventative care for Lyme disease.

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

## Complimentary In-Store Health Screenings

**Saturday, June 4 | 11:00 am – 5:00 pm**

Quantum Touch Healing Sessions

with Dennis Barnett, Natural Health Practitioner  
Choices Kelowna

**Wednesday, June 8 | 11:00 am – 3:00 pm**

Spinal Screenings

with Dr. Trevor Mains, DC, Restoration Chiropractic  
Choices South Surrey

*Free drop-in sessions. No registration required.*



## Container Winter Gardening Workshop

with Victory Gardens

**Saturday, June 11 | 10:00 – 11:30 am**  
Choices Floral Shop & Annex

**Saturday, June 18 | 10:30 – 12:00 pm**  
Choices South Surrey

The mild coastal climate means you can grow food through the winter, even on the smallest balconies or rooftops. Learn how to plan a winter garden, which cultivars are best suited to winter gardening and much more. Go home with a winter garden starter to get growing.

*Cost \$30 plus tax and preregistration required. See top of page 5 for registration details.*

**Tuesday, June 28**  
**7:00 – 8:00 pm**

## Balance Your Thyroid, Transform Your Life

with Dr. Chelsea Gronick, ND

**Choices Kelowna**

Nearly 60 percent of low thyroid sufferers are unaware of their condition. Millions of women are trying all kinds of diets, pills, and treatments to clear their mental fog, boost energy and lose weight. Let Dr. Chelsea show you how balancing your thyroid can transform your life.

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

## REGISTRATION DETAILS

To register for events, visit [choicesmarkets.com/events](http://choicesmarkets.com/events).  
For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto:eventregistration@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.

**Saturday, June 25**  
**10:30 am – 12:30 pm**

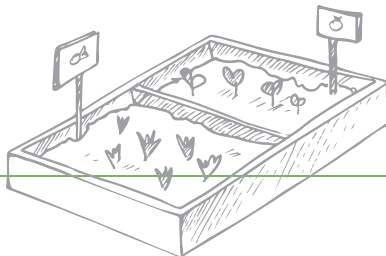
## Four Season Gardening

with Elana Westers, Growing Inspired

### Choices Kelowna

Discover how to add four-season structure to your garden for an ongoing harvest this winter. Learn which vegetable varieties are cold-tolerant, and the basics of soil health, mulching, watering techniques, and composting for a healthy, organic garden.

Cost \$20 plus tax and preregistration is required. See top of page 5 for registration details.



## Healthy Cooking Demo Series

**Saturday, June 11 | 1:00 – 2:00 pm**

Quick and Healthy Breakfasts

with Choices' Nutrition Consultant Bonnie Chung, RHN  
Choices Kerrisdale

**Saturday, June 18 | 1:00 – 2:00 pm**

Simple and Satisfying Snacks

with Choices' Nutrition Consultant Bonnie Chung, RHN  
Choices Kerrisdale

Join Bonnie in-store for this interactive tasting. Learn and taste a sample of a few of her favourite healthy and holistic recipes. Go home inspired to include these easy recipes in your weekly routine.

Free events but space is limited. Register online. See top of page 5 for registration details.

## Learn to Make Kombucha and Wild Herbal Ginger Beer

with Chef Andrea Potter, RHN, Rooted Nutrition

**Saturday, June 11 | 11:00am – 1:00 pm**

Choices South Surrey

**Saturday, June 18 | 11:00 am – 1:00 pm**

Choices Floral Shop & Annex

Learn how two traditional fermented beverages have been used to aid digestion, administer herbs and as health tonics. Go home with a SCOBY (symbiotic culture of bacteria and yeast) and a ginger bug to get brewing right away!

Cost \$50 plus tax and preregistration required. See top of page 5 for registration details.



# preferred shopper club specials



**R.W. Knudsen  
Just Juices**

Assorted Varieties

**94<sup>9</sup> to  
14<sup>99</sup>**

946 ml • +Deposit +Eco  
Fee Product of USA

Sunny summer days need refreshing beverages like these, made from the finest natural ingredients.



**Real Brew Sodas**

Assorted Varieties

**17<sup>9</sup>**

355 ml • +Deposit +Eco Fee  
Product of USA



**Elias Honey**

Assorted Varieties

Elias Honey never contains  
any fillers or sweeteners  
like corn syrup.

**12<sup>99</sup> to 16<sup>99</sup>**

1 kg • Product of Canada and USA



**Alexia Frozen Sides**

Assorted Varieties

**36<sup>9</sup> to 45<sup>9</sup>**

Assorted Sizes • Product of USA

When you choose Alexia Frozen Side Dishes for your plate,  
you might find them stealing the spotlight from your entrée.



**Maison Orphee Oils**

Assorted Varieties

**6<sup>99</sup> to  
19<sup>99</sup>**

Assorted Sizes  
Product of Argentina, Canada,  
Mexico, Philippines

Use for salad dressings, sautéing,  
baking, braising and more.



**Lundberg Rice**

Select Varieties

**54<sup>9</sup> to  
9<sup>99</sup>**

907 g • Product of USA

Established in 1937, Lundberg is committed to  
producing the finest rice.



**San-J Tamari**

Assorted Varieties

**37<sup>9</sup> to  
52<sup>9</sup>**

296 ml • Product of USA

San-J is renowned for its  
premium tamari soy sauce.

**Raincoast Trading  
Canned Seafood**

Assorted Varieties



Sustainably sourced  
seafood products  
that preserve  
marine ecosystems.

**2<sup>99</sup> to 72<sup>9</sup>**

Assorted Sizes • Product of Canada



**EchoClean Dish  
Detergents**

Assorted Varieties

**33<sup>9</sup>**

Assorted Sizes • Product of Canada

All-natural, plant-based dish detergents that  
measure up in quality and value.

**Seventh Generation  
Bathroom Tissue**

Assorted Varieties



**3<sup>99</sup> to  
9<sup>99</sup>**

Assorted Sizes  
Product of USA

Bathroom tissue made from recycled paper.



**Silk Almond  
Beverages**

Assorted Varieties

**15<sup>9</sup> to  
94<sup>9</sup>**

Assorted Sizes • Product of USA

Fortified with vitamin D and  
verified GMO-free.



## NOW Stevia

### Assorted Varieties

**9<sup>99</sup> to 14<sup>99</sup>**

Assorted Sizes • Product of Canada

NOW Stevia is a natural, calorie free sweetener for all your sugar needs. Its popularity is due to its easy, safe, and tasty applications in baking, beverages, and wherever sugar is used. With zero calories, zero carbohydrates and zero glycemic index, it reduces your caloric intake and maintains overall health.

## Krave Jerky

### Assorted Varieties



**94<sup>9</sup>**

75 g • Product of USA

A high-protein snack devoid of any nitrites and artificial flavors.

## GT's Raw Organic Kombucha

### Assorted Varieties



**44<sup>9</sup>**

480 ml • +Deposit +Eco Fee  
Product of USA

GT's Kombucha is raw and organic. It nourishes the body and delights your taste buds. It is living food for a living body.

## Kettle Baked Potato Chips and Uprooted Vegetable Chips



Assorted Varieties

**2<sup>99</sup> to 4<sup>29</sup>**

Assorted Sizes  
Product of USA

Real potatoes, sliced and cooked to a crunchy perfection.

## Coco Libre Protein Coconut Water



Assorted Varieties

**36<sup>9</sup>**

325 ml • +Deposit +Eco Fee

Tame hunger on the go or recover post workout with 15 grams of protein.

## Nature's Bakery Fig Bars

### Assorted Varieties



**.89**

56.6 g • Product of USA

Delicious fig bar snacks you can feel good about eating.

## Olympic Yogurt

### Assorted Varieties



**44<sup>9</sup> to 5<sup>99</sup>**

Assorted Sizes  
Product of Canada

Experience locally made wholesome Olympic yogurt.

## A Good Portion Pistachio Snacks



Assorted Varieties

**8<sup>99</sup>**

250 g • Product of USA

Gluten- and GMO-free snacks without cholesterol or trans fats.

## Vita Coco Coconut Water

### Assorted Varieties



**25<sup>9</sup>**

500 ml • +Deposit +Eco Fee  
Product of USA

Refreshing and nutritious Vita Coco is Mother Nature's drink of choice.

# Exit Fast Food, Enter SLOW FOOD

**S**ome things are just better when they're slow: strolling through a park on a warm summer evening, inhaling a deep breath when feeling stressed, taking your time waking up and getting out of bed on Sunday morning. And food, of course! However, when it comes to the Slow Food movement, I'm talking

Since its creation, the Slow Food movement has grown into a global movement with 15,000 supporters throughout Europe, Africa, Australia, China, the USA and Canada just to name a few. In Canada, local chapters span coast to coast and consist of farmers, producers and consumers, all with the central goal of being mindful of every step between a seed planted in the ground and a meal eaten at the dinner table.

Consider conventional or industrialized farming systems that plant only one type of crop in vast areas of land year over year. This is known as a monocrop system. It limits biological diversity within the crop species and reduces the crop's ability to naturally evolve and develop traits to help it defend itself against pests or environmental changes. This monocrop system also depletes the soil of nutrients because replanting the same crop pulls on the same nutrients in the soil and increases the use of fossil-fuel based fertilizers.

A Slow Food agricultural system incorporates more organic farming practices to ensure environmental health through increased crop rotation and reduced environmental contamination of synthetic inputs including pesticides, fungicides and herbicides. Where livestock is concerned, it also supports ethical animal husbandry standards.

Eating seasonally and choosing local first as often as possible, is an easy way for consumers to support the Slow Food movement. When it comes to imported goods like coffee, chocolate or out-of-season fruits or vegetables, fair trade is an option as it aligns with Slow Food values.

In short, to ensure the Slow Food movement catches on even quicker, cast your vote with every purchase, and remember that those votes reach food producers. To learn more about Slow Food, visit [slowfood.ca](http://slowfood.ca) or [slowfood.com](http://slowfood.com).



**“Eating seasonally and choosing local first is an easy way to support the Slow Food movement.”**

about more than just a cooking process. Slow Food is a call to action to reconsider the dominant food system. The purpose of it is to support food that is good, clean, and fair for people, the environment, farmers, and animals.

Slow Food actually started because of the fast food giant, McDonald's. Imagine Rome, Italy, 1986: the Baroque style Spanish Steps are filled with activists protesting this as the newest location for McDonald's. The protestors succeeded and this gave rise to the Slow Food movement in defense of non-industrialized food production. And how fitting, too, that the cornerstone of fast food brought about the exact opposite: an initiative that questions all processes supporting the fast food industry.



**Registered Dietitian, Shannon Smith is Choices' Nutrition Operations Manager. This summer Shannon will be doing her part to support the Slow Food movement by growing radishes and arugula from seed in her patio container garden. To reach Shannon, email [nutrition@choicesmarkets.com](mailto:nutrition@choicesmarkets.com).**



# Lyme Disease: Prevention Matters

By Susie Ponici, RHN

**Q I'm hearing more about the debilitating effects of Lyme disease and its rise in Canada. I'm concerned my family and I are at risk. What preventive measures can I take?**

**A** Lyme disease is the fastest growing vector-borne disease (transmitted by certain insects) in the Northern Hemisphere. Because of the difficulty with diagnosis, the illness can become a life-long challenge. Fortunately, there are ways to avoid contracting Lyme disease.

First, whenever possible in spring and early summer, avoid areas favourable to ticks: shaded environments, leafy wooded areas and overgrown grassy habitats. Here are other simple strategies to minimize exposure in the outdoors:

- Wear long pants (tucking them into your socks) and long-sleeved shirts in wooded grassy areas. Remember, light coloured clothing makes it easier to spot ticks.
- Apply natural repellents like lemongrass and eucalyptus to ankles, wrists, and neck.
- Walk along well-worn hiking paths or trails.
- Check frequently for ticks, especially your children and pets.

If you do find a tick attached, remove it with a fine pair of tweezers and clean the area with an antiseptic. Then, **DO NOT WAIT** to develop symptoms. Ask your doctor for antibiotics as a precaution.



Join Susie for Thrive Despite Lyme Disease for more information about natural approaches and protecting yourself. **See pages 4 and 5 for details.**



**After a fierce battle with Lyme disease, Susie took up holistic nutrition with the mission to reach individuals debilitated by chronic disease. Her clinic is based out of Kelowna, BC.**

## Eat Smart for Healthy Summer Skin

By Emily Boese, BNatMed

Contact Emily at [kelownanutrition@choicesmarkets.com](mailto:kelownanutrition@choicesmarkets.com).

We all know the importance of keeping our skin protected from the sun to avoid burns, sun damage and skin cancers. But did you know the foods you eat can help protect your skin from harmful UV rays?

The sun's radiation causes oxidative damage to your skin. However, researchers are now finding that certain nutrients—including vitamins, minerals, antioxidants and fatty acids—can reduce that damage. This means you may burn less easily, recover more quickly and reduce your risk of skin cancer.

Here are my top 3 favourites:

**1**

### Carotenoids

These yellow/orange pigments are responsible for the colour in carrots, peppers, sweet potatoes, beets, oranges, apricots and other sun-coloured fruits and veggies. They are also found in dark leafy greens such as chard, kale and arugula. Carotenoids are a type of antioxidant that has been found to decrease UV-induced skin damage.

**2**

### Lycopene

Lycopene is a red pigment found in, you guessed it, red fruits and vegetables. It helps block UV light and has an SPF of about 3. Tomatoes, watermelon, papaya, pink grapefruit and red peppers are all good sources.

**3**

### Omega-3 Fatty Acids

These fatty acids can reduce inflammation and protect your skin from sunburn and melanoma. Salmon, sardines, herring, mackerel, algae or seaweed, flax, hemp and chia seeds are rich sources of omega-3 fatty acids.



## 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

#### SunGold & Green Kiwis:

Zespri kiwis are lovingly grown on family farms throughout New Zealand. SunGold kiwis, in particular, have smooth hairless skin that can be eaten whole—skin and all! They also belong in the potassium category right next to bananas. Kiwis are a healthy source of potassium as well as vitamin C, and folate. Ripe kiwifruit should be soft to the touch, similar to a ripe peach or avocado, but definitely not mushy. Firm kiwis can be ripened by putting them on the counter near ethylene producing fruits like bananas.

#### Apples & Pears:

The end of BC apple and pear season is just the start of New Zealand's crops. Lucky for us their seasons are in full swing this at time of year. Keep your eyes peeled for organic apple varieties from Enza farms in New Zealand. They're in the midst of harvesting apple varieties like braeburn, royal gala and Pacific rose and pear varieties like bosc and concord. No matter which delicious variety you choose, keep the peels on those apples and pears. Peels are beneficial and support smooth digestion by offering 5 grams of fibre in a pear and 3 grams of fibre in an apple.



#### TASTY TOP CHOICES RECIPE Kiwi Cucumber Smoothie

In a blender, combine 4 ice cubes, 2 ripe kiwis (peeled), 1/4 of a large cucumber, 3/4 cup ginger kombucha and 4 mint leaves. Blend until smooth. Serve immediately.



#### TASTY TOP CHOICES RECIPE Jamaican Roasted Apples & Pears

Use a pairing knife, score circles around 3 apples and 3 pears for decoration. Push the fruit whole onto metal or thick wooden skewers. Brush fruit with 1 tablespoon of Jamaican curry paste, taking care to spread the paste in the scores. Cook the fruit on the rack over the hot coals on a barbecue. Or use a griddle pan and cook for about 10 minutes, turning occasionally until they brown a little and feel softened. Serve with 200 grams Greek yogurt mixed with 1 small diced onion, 1/4 cup chopped cilantro, juice of 1 lime, 1 chili seeded and minced, and a few splashes of jerk sauce to taste.

## Grocery Gossip



### Rumble Supershake:

Rumble is a meal replacement drink with ingredients from real food that you can recognize—and not have to Google! You'll find organic spinach and flaxseed oil, and green tea extract in these Supershakes. There are three flavours: Coffee Bean made with organic fair trade coffee for 112 milligrams of caffeine per bottle; Vanilla Maple made with organic vanilla bean extract; Dutch Cocoa with only 11 grams of sugar. Each flavour also has 20 grams of protein and 3 to 3.5 grams of omega-3 fats. Plus 1 percent of Rumble Supershake sales is donated to charities committed to eliminating hunger.



### Soyganic Tofu:

This organic tofu is made in downtown Vancouver using soy beans that are grown in North America and are non-GMO and organic. Try soft tofu in recipes in place of cream cheese or cream to boost the protein content. Try extra firm cut in strips marinated, crusted with black sesame seeds and baked at 350°F for 25 minutes or until puffy.

## COOK IT UP



## Chocomega Smoothie Recipe

Courtesy of  
best-selling author and  
TV show host Julie Daniluk RHN.

– Serves 1 –



**Try NutraSea Chocolate in a delicious omega-3 smoothie.**

- 3/4 cup almond milk or any non-dairy substitute
- 2 tbsp hulled hemp seed
- 1 tbsp cocoa powder (raw is best)
- 1 banana, frozen
- 1 tsp NutraSea Chocolate Omega-3

### Optional Boosters:

- 1 scoop protein powder
- 1/4 tsp cinnamon
- 1/2 tsp ground flax seed
- 3 ice cubes (if banana is not frozen)
- 1 tsp cocoa nibs as garnish

Blend first 4 ingredients in a blender until smooth. Also blend in and Optional Boosters here. Pour into a cup and stir in NutraSea Chocolate Omega-3. Enjoy!



# wellness centre **monthly specials**

## AMINO ACIDS for energy, healing, and recovery

- Highest quality and purity; pharmaceutical testing standards
- Promotes healthy aging and neurological health



**15% OFF**

**natural Factors**

## Trusted herbal remedies

Traditional and evidence-based herbs and supplements.



**15% OFF**

**natural Factors**

## New Chapter WholeMega Fish Oil

500 mg, 1000 mg or Prenatal



**25% Off**

Assorted Sizes

Sourced from fisheries cited as models of sustainability.

## Enerex Serrapeptase



90,000 SU	120,000 SU
<b>22<sup>99</sup></b>	<b>26<sup>99</sup></b>
60 capsules	60 capsules
<b>38<sup>99</sup></b>	<b>47<sup>99</sup></b>
120 capsules	120 capsules

Specific Serrapeptase based formulation including Curcumin, Boswelvia and Devils Claw.



## Enerex Pain-X

**47.99**

90 capsules

Reduces pain and inflammation. Benefits arthritis, joint pain, muscle pain and sport injuries.

## MegaFood Blood Builder



**49<sup>99</sup>**

60 capsules with 30 capsules FREE (packages shrink wrapped together)

Whole food, easy to digest iron.

**Buy 60 tabs and get 30 free!**



## Botanica Flax Oil 450 ml

Lignan  
**16<sup>99</sup>**  
Clear  
**15<sup>49</sup>**

An ideal plant source of omega-3 fatty acids, sourced from Canadian farmers.



## Botanica Organic Goji Berries

**15<sup>99</sup>** 300 g  
**23<sup>99</sup>** 500 g

The tastiest goji berries that are also certified organic.

## Manitoba Harvest Hemp Hearts

Regular or Organic



**25% Off**

Assorted Sizes

Sprinkle over salad, cereal, or yogurt.

## FREE Book

Your 30 Day Heart Smart Solution  
when you purchase  
**MAGsmart or CALA-Q plus**



## My family all have heart disease and I have high blood pressure and cholesterol. What do I do?

For heart health I suggest the following: CALA-Q plus contains several heart protective nutrients including calamari oil, coenzyme Q10, B vitamins and carnitine. Calamari oil is superior as it does not cause 'fishy burps' and contains more DHA than any other omega 3. DHA is key for heart, brain and eye health (stops dry eyes too). The coenzyme Q10 in CALA-Q plus is in oil form which is super absorbable and maintains a strong heart. CALA-Q plus supports optimal heart health, maintains blood pressure and lowers "bad" LDL cholesterol. You should also take MAGsmart containing magnesium bis-glycinate, taurine and other nutrients. MAGsmart lowers high blood pressure and stops heart palpitations. Remember, the heart is the largest muscle in the body and magnesium bisglycinate is the only magnesium that gets into the muscle cells to calm and protect them. And if you already have high blood pressure and high cholesterol or heart palpitations, these two nutritional supplements combined will support your heart.

**CALA-Q plus 20% off** 60softgels **MAGsmart 20% off** 200g **20% off** 400g

[www.hormonehelp.com](http://www.hormonehelp.com)



**LORNA'S CORNER**

Charm & Beauty  
Without Health  
Issues



## AOR Bone Basics

**32<sup>99</sup>** 120 capsules **54<sup>99</sup>** 360 capsules

**44<sup>99</sup>** 240 capsules

Increases calcium absorption and stimulates bone building cells.

## AOR Advanced B Complex



**38<sup>99</sup>** 90 capsules

**54<sup>99</sup>** 180 capsules

B vitamins in their most bioavailable forms.



## Innovate Probiotics Assorted Varieties

**15% Off**

Assorted Sizes

DDS®-I super-strain fortified allowing for easier proliferation in the intestinal tract.



## Flora Florasil

**20<sup>99</sup>** 90 capsules

**36<sup>99</sup>** 180 capsules

The silica in Florasil® helps to rejuvenate collagen and reverse some of the effects of aging by maintaining the elasticity and suppleness of the skin and by promoting the growth of strong, flexible nails and lustrous hair.

## Brad King's Ultimate Maca Energy, Male Energy, or Libido



**20% Off**

Assorted Sizes

A combination of ingredients designed to enhance male health.



## Vega Nutrition Supplements

Assorted Varieties

All In One Shakes, Proteins & Greens, Sport Protein, Hydrator, Energizer, Endurance, Pre-Workout. Made from real, whole food, non-GMO ingredients. Vega One is like a serving of "I've totally got this" in a glass:

- 20 grams of premium plant-based protein
- 6 servings of greens
- 50% DV food-based vitamins and minerals
- 25% DV fiber
- 1.5 grams of Omega-3s

**25% Off**

Assorted Sizes

## Eco Vessel Bottles Glass or Insulated

Assorted Varieties



**20% Off**

Assorted Sizes

Premium hydration bottles built for daily life to keep you hydrated and healthy.



# wellness centre monthly specials



Genuine Health  
Fermented Greek  
Yogurt Whey  
Proteins+  
Assorted Varieties

**44<sup>99</sup>**

550 g

High in protein – contains 20g of fermented dietary protein per serving! The first fully fermented protein, which contributes to a healthy gut, overall good health and is easy to digest. Non-allergenic, soy free and contains a balance of all essential amino acids.

Genuine Health  
Fermented Protein Bars  
Vegan or Whey, Assorted Varieties

**2/5<sup>00</sup>**

55 g bars

**29<sup>99</sup>**

12 pk

Genuine Health  
Fermented Vegan  
Proteins+  
Assorted Varieties

**44<sup>99</sup>**

600 g



Nature's Way  
Chlorofresh  
Assorted Varieties

**15<sup>99</sup>**

474 ml

**16<sup>99</sup>**

90 capsules

A safe, effective green food antioxidant that reduces digestive tract odours. When consumed, this super-green liquid derived from premium mulberry leaves helps to absorb and eliminate odours and toxins within your digestive tract.

Nature's Way  
Chlorophyll Drops

**15<sup>99</sup>**

59 ml

Divine Essence Organic  
Essential Oils

Select Varieties

**20%  
Off**

Assorted Sizes



The highest quality organic and wild-crafted essentials oils.



New Roots  
Strong Bones

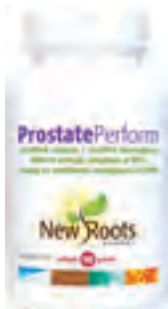
**22<sup>99</sup>**

90 capsules

**39<sup>99</sup>**

180 capsules

The ideal form of calcium, plus 24 essential nutrients to ensure proper utilization.



New Roots  
Prostate Perform

**35<sup>99</sup>**

30 capsules

**64<sup>99</sup>**

60 capsules

A natural and effective way to improve your prostate health in just 7 to 10 days.

Badger Non-GMO Zinc  
Oxide Sunscreen Creams  
and Lotions

Assorted Varieties

**19<sup>99</sup>**

87 ml

**12<sup>99</sup>**

Face Stick



Made with non-nano, uncoated zinc oxide.



WithinUs  
Tru Marine Collagen

**44<sup>99</sup>**

30 x 3 g sachets

**74<sup>99</sup>**

250 g

WithinUs TruMarine™ Collagen is an ultra-pure, premium select grade collagen peptide that is Non-GMO Project Verified & Health Canada Approved. It offers a high concentration of amino acids clinically proven to improve joint health, hair and nail growth and glowing skin.



Boiron Arnica  
Cream, Gel or  
Tablets

**12<sup>99</sup> to  
14<sup>99</sup>**

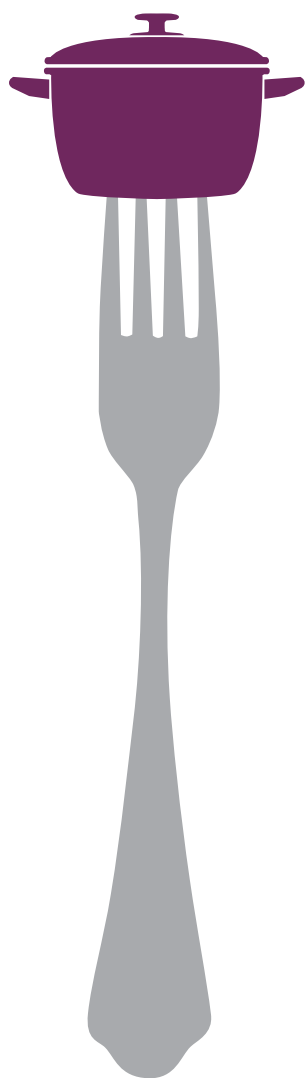
Assorted Sizes

Relieves muscle and joint pain, and bumps and bruises.



# the Dish

## On Spinach



**T**he origin of spinach reaches back to ancient Persia or what is now modern Iran. It was brought to Europe by Saracens. The Spanish took it from there and introduced this leafy green to the rest of the continent and later North, South and Central Americas.

This well-known green is a rich source of vitamins A, C and K and contains oodles of other phytonutrients and antioxidants. Although you can eat spinach raw, experts may suggest boiling or steaming it to break down oxalic acid, which could potentially inhibit absorption of other nutrients if consumed in large amounts.

If you're not buying pre-washed spinach, make sure to clean each bunch thoroughly. And remember that fresh isn't always necessary. Frozen spinach is a good option to use for your cooking year round.

When it comes to raw applications, salad is an excellent and very common use for raw spinach. Personally, though, I find there are many more interesting ways to use this hearty green than simply tossed in a salad. I prefer cooking spinach in some way or another.

Traditionally, the word Florentine is always associated with savoury spinach dishes. Think chicken, eggs, or mushroom Florentine—these main attractions all feature spinach as part of the supporting cast. But that's just the beginning of what you can do with spinach.

Mix spinach into vegetable soups for nutrition and fibre, sauté spinach on its own or incorporate it into a wholesome frittata, dumpling or ravioli. Cook spinach with bacon or smoked tofu for a delicious dish. Use it as part of an impressive mille feuille or humble crepes and serve with a decadent béchamel or ricotta sauce. Of course, there's always a risotto. Add spinach to that along with your favourite sharp cheese. Spinach is also used for dal, fritters, savoury loaves and, of course, Japanese gomaе.



Aside from the winter ski season, this is the time of year Antonio looks forward to most. It's the time of year when grocery stores and farmers' markets are bursting with locally grown goods that can be used in his new recipes. Check out some of Antonio's finest creations at [choicesmarkets.com](http://choicesmarkets.com).

## Summer Camp:

**Kids in the Kitchen with Project CHEF**



**July 11 to 15 | Choices' Annex  
Kids Aged 7 to 11**

**Second Kids Camp Added!**

**July 18 to 22 | Choices' Annex  
Kids Aged 7 to 11**

**PLEASE NOTE:** Project CHEF's Teen Cooking Camp has been cancelled. We apologize for any inconvenience. Email [eventregistration@choicesmarkets.com](mailto:eventregistration@choicesmarkets.com) or call 604-952-2266 for inquiries.

Keep your kids busy in the kitchen this summer at our interactive cooking camp run by Project CHEF (Cook Healthy Edible Food). It's a chance for novice and budding chefs alike to learn about healthy food: where it comes from, what it tastes like, how to prepare it and how to enjoy sharing it around a table. Project CHEF chefs work to reconnect participants with the food they eat, helping them discover the process and pleasure in cooking and sharing food together.

Project Chef's Cooking Camps—only for kids aged 7 to 11—run Monday to Friday, July 11 to 15 (camp full) and 18 to 22, 9:30 am to 1:30 pm. Each camp costs \$325 plus tax. Fee includes instruction, lunch and snacks and a recipe book. To register and prepay for the July 18 to 22 Kids Camp, visit [choicesmarkets.com/events](http://choicesmarkets.com/events). To learn more about Project CHEF, visit [projectchef.ca](http://projectchef.ca). Proceeds from camps benefit Project CHEF.





comments@choicesmarkets.com

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## Choices Markets Locations

### **Kitsilano**

2627 W 16th Ave, Vancouver  
604.736.0009

### **Cambie**

3493 Cambie St, Vancouver  
604.875.0099

### **Kerrisdale**

1888 W 57th Ave, Vancouver  
604.263.4600

### **Yaletown**

1202 Richards St, Vancouver  
604.633.2392

### **Commercial Drive**

1045 Commercial Dr, Vancouver  
604.678.9665

### **Floral Shop & Annex**

2615 W 16th Ave, Vancouver  
604.736.7522

### **Gluten Free Bakery**

2595 W 16th Ave, Vancouver  
604.736.0301

### **Kelowna**

1937 Harvey Ave, Kelowna  
250.862.4864

### **South Surrey**

3248 King George Blvd, Surrey  
604.541.3902

### **Burnaby Crest**

8683 10th Ave, Burnaby  
604.522.0936

### **Burnaby Marine Way**

8620 Glenlyon Pkwy, South Burnaby  
778.379.5757

### **Abbotsford**

3033 Immel St, Abbotsford  
604.744.3567

**North Vancouver** Coming Soon!  
801 Marine Dr, North Vancouver

## Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

**Tree(s):** 27

**Waste:** 1,199 kg

**Water:** 97,773 L

**Greenhouse Gas Emissions:** 3,932 kg CO<sub>2</sub>

Smog: 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator



# Opening Summer 2016

## More Local Choices for the North Shore

### Choices North Vancouver, 801 Marine Drive



Our family-owned grocer is expanding to North Vancouver this year. We're thrilled to be bringing North Shore residents the very finest in organic, local goods.