



CHOICES'

Monthly Newsletter | September 2016

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**Join the Annual Ismaili Walk
for Mental Health**

**Fish or Flax:
Getting Your Essential Omega-3s**

**The Dish On Burgers Part II:
Meat Alternatives**



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

CHOICES JOINS THE Annual Ismaili Walk for Mental Health

Choices will be part of the annual Ismaili Walk to help raise awareness and funds to provide vital mental health resources to the community. Partnering with the VGH & UBC Hospital Foundation, the event takes place on Sunday, September 18 at the Lumberman's Arch in Stanley Park at 11am.

Mental illness affects at least 1 in 5 Canadians, and can affect anyone, at any time. A diagnosis can be made even more difficult by the stigma associated with the illness—two in three people do not seek help due to fear of judgement and rejection.



The Ismaili Walk was founded in 1992 by the Ismaili Muslim Community of BC. Proceeds from the event will help transform the brand new Joseph and Rosalie Segal Family Health Centre at VGH—an eight-storey, state-of-the-art mental health centre. The largest purpose-built facility of its kind in the province, this facility will combine staff expertise with a therapeutic, healing environment to aid recovery.

Ten percent of proceeds will also go to the Canadian Mental Health Association BC Division's "Living Life to the Full for Youth" program.

"Environment plays a vital role in the therapeutic process. By improving a patient's experience, we are more likely to improve their outcome," says Dr. Soma Ganesan, Medical Director of the Department of Psychiatry at VGH. The Vancouver facility will truly be a lasting legacy to the people of BC and those who are on their journey to better mental health.

"Mental illness affects at least 1 in 5 Canadians, and can affect anyone, at any time."

The full day of activities includes many special activities to explore with family and friends onsite, including sampling world class mouth-watering cuisine, enjoying live entertainment, and participating in free family activities along with your chance to win some great prizes.

Join in helping us change the face of mental health by:

- Creating a team and inviting your coworkers, friends and families to step up for mental health,
- Holding a fundraiser and engaging your clients and customers to raise funds for the Ismaili Walk,
- Becoming a cash or in-kind donation sponsor of the event,
- Making a generous donation to the event.

Choices Markets is proud to support the efforts of the 2016 Ismaili Walk. For more information on registering for the Ismaili Walk, please visit ismailiwalk.org.



ISMAILI WALK '16

FOR MENTAL HEALTH

LIVE ENTERTAINMENT
FREE FAMILY ACTIVITIES
WORLD CLASS CUISINE+MORE!

JOIN US AS WE WALK
TO END THE STIGMA
OF MENTAL HEALTH

SEPT 18TH | LUMBERMAN'S ARCH
2016 | STANLEY PARK

WWW.ISMAILIWALK.ORG

BENEFITING:

**VGH+
UBC**
hospital
foundation

10% of the proceeds are assisting
the Canadian Mental Health
Association BC Division's
"Living Life to the Full" program

SPONSORED BY:



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Upcoming Events

MARK YOUR CALENDAR

Healthy Fast Food

with Choices' Executive Chef Antonio & the Nutrition Team

Saturday, September 17 | 2:00 to 4:00 pm
Choices Floral Shop & Annex

Saturday, September 24 | 2:00 to 4:00 pm
Choices South Surrey

Are you looking to simplify healthy eating and meal planning? Join Chef Antonio and the Choices Nutrition team as they share a selection of delicious recipes and helpful tricks to make cooking easier, healthier and more enjoyable.

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

Thursday, September 15
7:00 to 8:00 pm

The Weight-Hormone Connection

with Registered Nutritionist Krista Goncalves, RNC,
Making Lemonade Empow(her)ed Health & Nutrition

Choices Kelowna

Learn the reasons why your hormones may be conspiring against you, despite your healthy efforts and what you can do about it!

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

Celiac Awareness

Celiac Information Day: Thriving Without Gluten
with the Okanagan Celiac Association

Saturday, September 24 | 10:00 am to 12:30 pm
Choices Kelowna

Are you living with celiac disease or a gluten sensitivity? Do you want to know more about what to eat and what support is available? The Okanagan Celiac Association will be available at Choices to answer all of your questions, plus provide recipes and resources!

Free drop-in event. No registration required.

Living Joyfully with Celiac Disease or Gluten Sensitivity

with Selena Devries, Registered Dietitian, Healthbean Nutrition

Saturday, September 24 | 1:00 to 2:30 pm
Choices Kelowna

Learn the abundance of foods you can enjoy if you have celiac disease or gluten sensitivity. Also, learn how to eat out confidently with friends and family and about specific foods to help heal the gut.

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

Tuesday, September 27
7:00 to 8:30 pm

Everything You Need to Know About Hormones

with Lorna Vanderhaeghe

Choices South Surrey

When hormones are disrupted, you gain belly fat, have no sex drive, you're tired and suffer mood swings and so much more. Lorna Vanderhaeghe will help you discover how to safely and effectively solve your hormone problems.

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

Thursday, September 22
7:00 to 8:30 pm

The Influence of the Environment on Heart Health

with Dr. Taylor Seier, ND

Choices South Surrey

If you are looking to effectively manage or prevent a heart condition, this talk will bring to light some important factors your MD may not have mentioned.

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

REGISTRATION DETAILS

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.

Monday, September 26
7:00 to 8:30 pm

Adrenal Fatigue: The Stress-Illness Connection

with Dr. Arjuna Veeravagu, ND, Sage Clinic

Choices Floral Shop & Annex

Adrenal fatigue brought on by chronic stress can be a major cause of illness and symptoms including fatigue, anxiety, pain, insomnia, frequent infections, autoimmune illness, sugar cravings and low blood pressure. Dr. Veeravagu will review the causes of adrenal imbalances and treatment options.

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

Thursday, September 15
7:00 to 8:30 pm

Back Pain Solutions

with Claudia Chen, RAc and Dr. Olisa Mak, ND

Choices Floral Shop & Annex

Do you suffer from chronic back pain? Learn about the most common causes of back pain as well as simple yet effective, natural ways to prevent and manage back pain.

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

Thursday, October 6
7:00 to 8:30 pm

Why Worry About Electropollution?

with Farren Lander, Healthy Homes Environmental

Choices South Surrey

Electropollution from artificial electrical fields, magnetic frequencies and microwave radiation may have serious health implications. Join Farren to learn why you should be concerned and how to protect yourself.

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

In-store Healthy Cooking Demos

with the Choices Nutrition Team

Asian-Inspired Spiralized Veggie Noodles
with Choices' Dietitian Sea Chang, RD

Monday, September 12 | 6:00 to 7:00 pm
Choices Floral Shop & Annex

Coconut Quinoa Four Ways
with Choices' Nutrition Consultant D'Arcy Furness, RHN

Thursday, September 29 | 6:30 to 7:30 pm
Choices Burnaby Crest

You Can Learn to Sprout
with Choices' Nutrition Consultants Nadine Mross, RHN
and Sonia Reed, RHN

Thursday, September 29 | 6:30 to 7:30 pm
Choices Abbotsford

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

Complimentary In-Store Health Screenings

Quantum Touch Healing Sessions
with Dennis Barnett, Natural Health Practitioner

Friday, September 16 | 11:00 am to 5:00 pm
Choices Kelowna

Free drop-in sessions. No registration required

Naturopathic Doctor Consults
with Dr. Jenifer MacKenzie, ND, Ray Clinic

Tuesday, September 20 | 2:30 to 5:30 pm
Choices Burnaby Crest | 604-522-0936

Free sessions but registration is required. To register call the number listed or visit the Wellness Department. For more information visit choicesmarkets.com/events. For information purposes only-no diagnosis or specific treatments will be prescribed.

preferred shopper **club specials**



**Lundberg
Rice Chips**
Assorted Varieties
3⁹⁹
170 g
Product of USA



**Lundberg
Risotto**
Assorted Varieties
3⁹⁹
Assorted Sizes
Product of USA

Today, the third and fourth generations carry on the Lundberg family heritage by using eco-positive farming methods to produce wholesome, healthful products.

**Raincoast Trading
Ocean Wise Canned Tuna**



Assorted
Varieties

5³⁹ to 6⁹⁹

150 g • Product of Canada

Sustainably sourced seafood products
that preserve marine ecosystems.



**San-J
Tamari
Sauce**
Assorted
Varieties

3²⁹ to 5⁹⁹

296 ml • Product of USA

The fermentation process gives San-J Tamari
great flavour enhancing properties.



**Wolfgang
Puck Organic
Canned Soups**
Assorted Varieties
3⁶⁹

398 ml
Product of USA

Short on time and dinner ideas? Rely on these
wholesome organic soups.

**Stahlbush Island Farms
Frozen Fruit**



Assorted
Varieties

5⁹⁹

227 to 300 g
Product of USA

Fruit picked and frozen at its peak, retains its
vitamins and minerals.

**Annie's Homegrown Pasta
and Cheese Meals**



Assorted Varieties
**2³⁹ to
4⁵⁹**

Assorted Sizes
Product of USA

Satisfy your hunger with foods you can feel good about from Annie's Homegrown Foods. The folks at Annie's make delicious and nourishing foods that are good for you and the planet, too.

Annie's Homegrown Snacks



Assorted Varieties
**4⁶⁹ to
5⁹⁹**

Assorted Sizes
Product of USA

Nature's Bakery Fig Bars



Assorted
Varieties

4⁷⁹

6 Pack
Product of USA

Delicious fig bar snacks you can feel good
about eating.

**Seventh Generation
Household Cleaners**



Assorted Varieties
**3⁹⁹ to
5⁴⁹**

Assorted Sizes
Product of USA

For over 25 years, Seventh Generation has been creating products for healthy homes by using plant-derived ingredients. They figure that since nature never stops evolving, neither should we.

**Seventh Generation
Laundry Products**



Assorted Varieties
**14⁹⁹ to
19⁹⁹**

Assorted Sizes • Product of USA

**Love Child
Organic Baby Food**



Assorted Varieties
**1⁵⁹ to
4⁵⁹**

Assorted Sizes
Product of Canada, Netherlands,
Italy Slovak Republic

These products are perfect as a meal for babies
or a snack for young children.



R.W. Knudsen Juices

Select Varieties

6⁴⁹ to 14⁹⁹

946 ml • +Deposit +Eco Fee
Product of USA

Take a moment to relax during this busy time of year and enjoy refreshing beverages like these, made from the finest natural ingredients.



Santa Cruz Organic Juice

Mango or Cranberry

6⁴⁹

946 ml • +Deposit +Eco Fee
Product of USA

Kind Fruit and Nut Bars

Assorted Varieties



1⁹⁹

Each

Product of USA

22⁹⁹

12 Pack

Kind Bars are made with ingredients you can see and pronounce.



Blue Diamond Fresh Almond Breeze Beverages

Assorted Varieties

4¹⁹

1.89 L • Product of USA

You don't have to be lactose intolerant to enjoy Blue Diamond Almond Breeze.

Bob's Red Mill Cereals and Muesli

Select Varieties

4²⁹ to 7⁴⁹

Assorted Sizes • Product of USA



Start the day with wholesome healthy cereals that will sustain you all morning.



Silk Dairy-Free Beverages

Assorted Varieties

2³⁹ to 4⁵⁹

Assorted Sizes
Product of USA

Every Silk product is Non-GMO Project verified.



Clif and Luna Bars

Assorted Varieties

The better-tasting, better-for-you-and-the-planet energy bars.

1²⁹ to 1³⁹

Each

15⁹⁹ to 18⁹⁹

Case

Assorted Sizes • Product of USA

Zevia Sugar Free Soda



Assorted Varieties

4⁹⁹

6 pack • +Deposit +Eco Fee Product of USA

Stevia sweetened soda you and your family will crave.



Kettle Brand Baked Potato Chips

Assorted Varieties

2⁷⁹

113 g • Product of USA

Kettle Brand uses the finest ingredients. One crunch will render you speechless.



Silver Hills Baked Goods

Selected Varieties

3⁷⁹ to 4⁴⁹

Assorted Sizes
Product of Canada

Vegan and dairy-free baked goods made with sprouted grains.

Patience Fruit and Co. Dried Fruit

Assorted Varieties



3²⁹ to 5⁶⁹

Assorted Sizes
Product of Canada

It is good to stop and enjoy what nature has so patiently produced for us.

Seasnax Seaweed Snacks

Assorted Varieties

1⁴⁹ to 14⁹⁹

Assorted Sizes
Product of Korea



Devour these seaweed snacks as they are or add to cooking for umami flavour.



Back to BASICS

Summer is near its end (boo!). So is the time for social occasions and indulgent eating. Many of us have less of a routine in the summer and are more apt to graze on fresh seasonal fruit alongside barbecue, picnic and party foods.

September is a great time to get re-focused on wholesome eating, whether we have kids returning to school or not. Having a more routine way of eating is important for keeping our blood sugar balanced, hormones steady and nutrient intake sufficient to help us perform well physically and mentally.

Here are my top tips to get you started on the right foot this fall:

Start your day with veggies!

To meet the 7 or 8 servings you need each day, it's imperative to tick some off your list at breakfast. In North America and Europe, we tend to have a sweeter breakfast, but elsewhere in the world, savoury, vegetable-based breakfasts are very common. Here are some easy solutions:

- Avocado toast—get a dose of heart healthy fibre and fat that will keep you full all morning.

- Green smoothie—blend up 1 cup of leafy greens like chard, spinach, kale or beet greens alongside fibre-rich fruit and protein from plain yogurt, kefir and/or hemp hearts.
- Eggs with roasted or sautéed veggies—serve skin-on nugget potatoes, onions, carrots and sweet potatoes with a scramble; use fantastic fillers like mushrooms, spinach and tomatoes in omelets.
- Crudités—serve some cucumber slices with breakfast (adults may think it's strange, but kids don't have the same rules we do so they think it's great!).

Pack that lunch!

Eating out for breakfast and lunch adds up in cost and calories. Bring food from home like a salad in a jar: layer dressing, whole grains and legumes, a mix of raw and lightly cooked veggies, perhaps some fruit, cheese, nuts or seeds. Simply shake before eating. For kids, use the same foods but pack it separately in a bento-style container.

Stock your pantry!

Have the basics on hand to make a wholesome meal come together quickly:

- Dried beans, peas and lentils—these are the best protein source on the planet. Try them in the slow cooker all day for an easy dinner.
- Whole grains like quinoa, brown rice, barley, oats, wheat berries, buckwheat groats—it's easy to cook one or two types on the weekend and mix and match as a side to your meals or toppings for salads all week.
- Healthy oils and condiments like extra virgin olive oil, sesame and coconut oil, apple cider vinegar, balsamic and wine vinegar, low sodium tamari, grainy mustard, miso paste and tahini—you can make so many different sauces with these, keeping your taste buds tantalized.

Find fermented foods!

Get digestion back on track with healthy bacteria from fermented foods: plain yogurt, kefir, kombucha, kimchi and more. Try making unpasteurized sauerkraut and pickles at home with the fall harvest of cabbage, carrots, beans and beets. Include a serving every day.



Nicole Fetterly, RD is the campus dietitian at the University of British Columbia where she engages with students and staff to enhance their nutrition knowledge and connection to their food.

Dealing With Gallbladder Difficulties

By Dr. Taylor Seier, ND

Q I had my gallbladder removed and currently have gas, bloating, changes in stool and chronic digestive problems. Is there anything that can be done to help with this?

A The gallbladder is a pouch that holds liquid bile produced by the liver and releases it when foods enter the digestive tract. The main function of bile is to digest and absorb dietary fats. Gallbladder removal takes away the ability to store and concentrate bile acids, leading to bile leakage and changes gut motility, gut bacteria, gut wall sensitivity and impaired digestion and absorption of critical nutrients, especially fat-soluble vitamins (vitamins A, D, E and K) and minerals.

Gallbladder removal is a common surgery in Canada. It is not uncommon to see arthritis or muscle and joint pains develop many years after gallbladder removal, highlighting the importance of proper digestion in relation to these chronic conditions.

Gallbladder disease and gallstones are preceded by gut and liver dysfunction with toxicities (most commonly dietary) that need to be corrected before anything can improve. As a naturopathic

physician, I provide hydrotherapy, homeopathic remedies, specific herbs, digestive enzymes and key nutrients to aid in proper liver function and adequate bile production with each meal. These steps help with digestion and toxin elimination—and should be employed long before the gallbladder has to be removed.



Join Dr. Seier for his seminar *The Influence of the Environment On Your Health*, Thursday, September 22 at Choices South Surrey.



Dr. Taylor Seier, ND practices in the area of South Surrey and White Rock. For more information, please visit drtaylorseier.com.

Fish or Flax: Getting Your Essential Omega-3s

By D'Arcy Furness, RHN

D'Arcy is at Choices Burnaby Crest on Tuesdays and Thursdays

Omega-3 essential fatty acids (EFAs) are essential for our bodies and must be obtained through food. They're found in our bodies' cell membranes and help regulate inflammation, blood clotting, the flexibility of arterial walls and the genetic function of cells. Omega-3s are thought to help prevent heart disease, stroke and cancer and control autoimmune diseases. So, is it better to get these health-supporting fats from animals or plant sources?

1 Know the EFA Trio

There are three types of omega-3s: EPA, DHA and ALA. EPA and DHA are found in fish and marine algae and are ready for use by our bodies. ALA is found in plants such as flax, hemp, chia, pumpkin seeds, nuts (especially walnuts), and leafy greens, but needs to be converted to EPA and DHA. The challenge is in the conversion of ALA to EPA and DHA. According to Dr. Holub of the DHA/EPA Omega-3 Institute at the University of Guelph, human conversion is extremely limited, often as low as 4 percent.

2 Eat What You Need

Our bodies' utilization of EFAs may be best through food, and with BC's wild salmon plentiful in stores now, it's great to know that just three 3-ounce portions of fatty fish a week will give us all the omega-3s we need. Not a fish eater? Consider supplementing with an EPA/DHA fish oil supplement, or for vegetarians and vegans a supplement derived from algae.

3 Keep on ALA-ing

Don't turn your back on those yummy plant sources of ALA; in addition to providing ALA for some conversion to EPA and DHA, these nutrient-dense goodies also support your good health with minerals, fibre and phytonutrients.

To get the goods on EFAs and all things fatty, talk to your store nutrition consultant or book a free nutrition tour at your nearest store by emailing nutrition@choicesmarkets.com.



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

Organic BC Corn:

Stock up! By cooking multiple cobs at once they are ready for a recipe with minimal prep. Boil a few cobs for 15 to 20 minutes, and keep whole in the fridge for the week, or slice off the cob and freeze. Try barbecuing corn brushed with a chili lime spice rub, or added to tacos or salads.

BC Apples:

They're finally back! The best packable snack, apples pair beautifully with a handful of walnuts for a balanced dose of protein, fibre, and anti-inflammatory omega-3 fatty acids that will sustain your hunger until the next meal.

BC Bell Peppers:

Technically, peppers are a fruit, which may explain the high source of vitamin C. Keep peppers sliced in the fridge for the week for quick addition to grain-based salads, stir fry dishes or a quick after school or work snack.



TASTY TOP CHOICES RECIPE

Corn & Apple Tacos

Heat a large sauté pan over medium, and add 1 tablespoon of extra virgin olive oil. Dice half of a white or yellow onion then sauté with 1 clove minced garlic, 1/4 cup minced cilantro stems and 1 diced jalapeno (optional). Cook for 1 to 2 minutes. Slice the kernels off 3 cobs of cooked corn, and add to the pan with 1 diced red bell pepper, 1 diced apple, the zest and juice of 1 lime, 2 teaspoons of chili powder, 1/2 teaspoon of each cumin and cayenne, and salt and pepper to taste. Fill tortilla shells with pre-cooked salmon, chicken or black beans. Top with the corn mixture and finish with slices of fresh avocado, diced tomatoes, cilantro leaves, squeeze of lime, and a squeeze of Neal Brother's Sriracha Mayo (optional—it's spicy!).

Neat Meats

Organic Whole Chicken:

Organically raised poultry have a higher standard of living and more space to roam for each bird. They are fed organic feed, and do not receive antibiotics. By cooking the whole bird, the cost is reduced compared to portioned pieces, and portioning yourself is a breeze once it's cooked. Having a whole cooked bird on hand makes dinners and lunches simple. Heat and add to tacos, soups, sandwiches, salads and more.



Grocery Gossip



Elias Honey:

Elias has been producing 100 percent pure honey in Western Canada since 1972. Choose from organic, raw, or honey infused with lavender oil. Sweetening with honey may help curb a sweet tooth because of the full flavour honey provides, but be aware that honey offers equal sugar compared to regular sugar.

Veggie Go:

Not your usual fruit snack, these are made with organic veggies and fruits. Each variety is perfectly spiced with flavours like cinnamon, ginger, which helps keep sugar content low at 2 grams to 5 grams per snack. It's the ideal snack to keep stashed away in a backpack, desk drawer or glove box.



Farro:

This ancient grain is the second ever cultivated type of wheat, so the gluten hasn't been highly hybridized like modern varieties. A 1/4 cup boasts 7 grams of fibre and 7 grams of protein. Try cooking it for savoury breakfast porridge, or make a big batch for grain-based salads. Or even add to the sautéed corn and apple taco filling (recipe featured in this section).

Veggemmo:

This non-dairy beverage is made with—you guessed it—veggies. It's white and creamy, similar to cow's milk, but Veggemmo is from a mixture of potatoes and cassava root, no nuts or seeds. There are 4 grams of pea protein in a 1 cup serving, plus it's a source of vitamin D, calcium, and vitamin B12. Veggemmo is a truly delectable allergen-friendly beverage.



COOK IT UP



Thai-Spiced Butternut Squash Bisque With Lime and Chilies

Courtesy of
Farmer's Market Foods

— Serves 4 to 6 —

- 1 tablespoon canola oil
- 1 cup chopped red onion
- one-inch piece of ginger, peeled, minced
- 2 cloves garlic, minced
- 2 tsp lemongrass powder or 1 Tbsp fresh minced lemongrass
- 1 jalapeño and 2 serrano peppers, seeded and minced
- 2 cans of Farmer's Market Organic Butternut Squash
- 3 cups chicken stock, vegetable stock or water
- 1 ripe tomato, chopped
- 1/4 cup fresh minced cilantro
- Juice of 2 limes
- Garnish: 1/4 cup shelled pumpkin seeds

In a large soup pot, heat the oil over medium. Sauté the onion, ginger, garlic, lemongrass and chili peppers for 3 minutes, until lightly browned. Add the Farmer's Market Organic Butternut Squash and stock and bring to a boil. Lower to a simmer and cook for 35 to 40 minutes, stirring occasionally until the all the vegetables are tender. Add the chopped tomato, minced cilantro and lime juice. Serve with additional cilantro for garnish. Sprinkle with pumpkin seeds.



wellness centre monthly specials

Trusted immune support

Natural Factors Vitamin C

- Enhances immune system
- Builds strong, healthy bones, teeth, cartilage and gums
- Supports connective tissue formation and wound healing

7⁹⁹
30 chews

14⁹⁹
100 chews



**natural
Factors**

PGX® Makes Every Diet Work Better

PGX is simple. It helps you feel full, so you'll snack less. It also normalizes blood sugar and lowers cholesterol. What's simpler? Get control – use PGX.



PGX.com

19⁹⁹
30 capsules

32⁹⁹
100 capsules



Vega Sport Nutritional Supplements

Assorted Varieties

20% Off

Assorted Sizes

A plant-based, all-natural drink mix that provides immediate and sustained energy before workouts, while enhancing mental focus and recovery. Level up your protein for next-level performance. Build and repair strong muscles and reduce recovery time.

Anti-aging nutrients for the brain and heart

PQQ-10

- Supports cardiovascular health
- Enhances cognitive performance
- Protects neurons from injury and degeneration



24⁹⁹
30 softgels

**natural
Factors**



Genuine Health Supplements and Sports Nutrition Products

Assorted Varieties

15% Off

Assorted Sizes

Genuine Health is a Canadian-owned natural health company formulating premium innovative, natural products for over 20 years. Genuine Health makes products that work, formulated from quality ingredients, and above all, make you love how you feel!

Manitoba Harvest Hemp Hearts, Protein or Oil

Assorted Varieties



20% Off

Assorted Sizes

Hemp foods offer protein and omegas. Try some today! manitobaharvest.com



New Roots Magnesium Bisglycinate

26⁹⁹

120 caps

Helps to relax muscles, alleviate stress, and improve sleep.



New Roots Children's Supplements

14⁹⁹ to 35⁹⁹

300 g Multivitamin

Includes Children's Probiotic, Children's Omega-3, and Children's Multi.



Amazing Grass Green Superfoods

Assorted Varieties

29⁹⁹

30 servings Powders

2/ 6⁰⁰

60 g Bars

49⁹⁹

60 servings Powders

35⁹⁹

12 pk Bars

Alkalizing green superfoods, antioxidant rich fruits and support herbs.



Is Your Vitamin D3 Activated?

Are you like many women who have been taking vitamin D3 supplements only to find out when you got tested that your vitamin D levels are low? When vitamin D3 is manufactured it must be exposed to ultraviolet light in order for the vitamin D3 to have any action in the human body. In other words the Vitamin D3 has to be activated. My VITAMIN D3 supplement is activated with ultraviolet light and we combine it with MCT oil to ensure that you get even better absorption. Each drop delivers 1000 IU of D3 and it has no taste. It is easy to use and each bottle provides 360 servings.

Vitamin D3 has been shown to prevent and treat: breast and colon cancer, osteoporosis, dementia, PCOS, depression, chronic pain and so much more. Get a 25-hydroxyvitamin D3 test at your doctor's office and check your levels.

360 droplets **\$12⁹⁹**

Read *An A-Z Woman's Guide to Vibrant Health* FREE at www.hormonehelp.com



LORNA'S CORNER

Canada's leading women's natural health expert



Renew Life Supplements: Cleanses, Probiotics, Fibre, Omega-3s and More

Assorted Varieties

20% Off

Assorted Sizes

At Renew Life, they believe a healthy gut is essential for a healthy you. Digestive care is has been their focus for over 2 decades and they are considered a leader in cleansing, probiotics and fish oils.

Boiron Homeopathic Remedies

Assorted Varieties



15% Off

Assorted Sizes

Oscillococcinum reduces duration of flu-like symptoms.



Nanton Nutraceuticals
Rhodiola Rhoziva

28⁹⁹

60 caps

Are you stressed, tired or depressed? Rhoziva — 100% Canadian grown Rhodiola Rosea— helps lessen the feelings of stress and mental fatigue and helps fight depression and lessen anxiety.

Natren Probiotics

Assorted Varieties



Heal your gut flora with the best quality probiotics today.

15% Off

Assorted Sizes

Allergy-FX Multi-symptom Allergy Relief



Inhibits tryptases from creating physiological reactions that release histamines.

20⁹⁹

30 chew tabs



Innovite Grapefruit Seed Extract

19⁹⁹
23⁹⁹

50 ml

90 tabs

Promotes a more alkaline environment in the body.

Botanica



Omegalicious Fish Oil

18⁹⁹

225 ml

33⁹⁹

450 ml

Key Lime High Potency

23⁹⁹

225 ml

38⁹⁹

450 ml

Omega-3 with a creamy taste and texture everyone will love.

wellness centre **monthly specials**



Now Essentials Aromatherapy Oils

Assorted Varieties

15% Off

Assorted Sizes

Aromatherapy uses fragrances from natural sources to positively affect a person's mental and physical condition. NOW's extensive essential oil selection can provide a state of calming or be soothing, uplifting, or invigorating. Essential oils from NOW are sure to inspire the mind.



Fable Naturals Fair Trade Body Care Products

Assorted Varieties

20% Off

Assorted Sizes

Fable Naturals creates their Fairtrade skin care products in Vancouver, BC. Everything is made in small batches with nourishing ingredients like Moroccan argan oil and Canadian glacial clay. With their face and body lines, Fable has all the products to keep your skin glowing naturally from head to toe.

Everyone Natural Body Care

Assorted Varieties

Hand Soap

6⁹⁹

377 ml

Kids' Soap, Body Wash, Lotion

12⁹⁹

960 ml

Natural personal care products made with organic ingredients.

A. Vogel Absolut Arnica



13⁹⁹

50 ml

Relieves osteoarthritis pain in the knee and hand. Efficacy without side effects.

A. Vogel Menopause



24⁹⁹

30 tabs

56⁹⁹

90 tabs

Natural, safe, effective 100% organic sage to promote a good night's rest.

Giovanni 2Chic Ultra Sleek or Ultra Moist Hair Systems

Select Varieties

20% Off

Assorted Sizes

Safe for color treated hair. Lauryl and laureth sulfate free.



Flora Florasil Vegetable Silica



19⁹⁹

90 caps

36⁹⁹

180 caps

Helps rejuvenate collagen and reverse some of the effects of aging.

Flora Non-GMO Organic Flax Oil



7⁹⁹

250 ml

13⁴⁹

500 ml

20⁹⁹

941 ml

Flax is the richest plant source of the essential omega-3 fatty acid ALA.

Lily of the Desert Aloe Vera Juice, Gels or Gelly

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Balance digestion and stomach acidity and enhance nutrient absorption.



the Dish

On Burgers Part II: Meat Alternatives



Whether it's more suited to the budget, health goals or sustainability practices, people are relying more heavily on meatless meal options. Meatless burgers—made with seafood, vegetables, grains, tofu and more—fit right into this trend. Last month, The Dish focused on elevating your meat burger game. This month, it's all about the meatless burgers.

The simplest way to create a meatless burger is to use a whole fish fillet. Salmon or halibut portioned into burger-sized servings, brushed with oil, seasoned with salt and pepper and fired on the grill are extremely satisfying. If you'd like to make things a little fancier, you can always use pesto in place of plain oil or use a marinade or glaze. But do take care when grilling fish fillets that are oiled or marinated and seasoned; they will stick to the grill and burn more than plain.



If you decide you want to chop or grind your fish and form full burger patties, you'll have to resort to using a cooking method other than grilling. Fish burgers don't hold up well at all on the barbecue. Don't despair! Rely on a frying pan or flat top to cook. You can even foil or broil.

In the world of strictly veggie patties, your creations can go on forever. Beans, lentils, grains, chickpeas, tofu and tempeh (taste- and nutrition-wise) are all amazing foundations for your veggie burgers. Mash

up whatever base you choose then toss in other items like shredded carrots, zucchini, onion, yams or sweet potatoes. Add fresh herbs, shredded cheese of your choice and eggs for binding and mix for a tantalizing alternative to basic meats.



Last—but certainly not least—marinated Portobello mushrooms are a divine way to replace your meat burgers. They are delicious and so easy to prepare. Once you go that route, it'll be hard to look back.

When it comes to burger toppings, again, the sky is the limit. I like to top my veggie burgers with tzatziki, even spicy mayo, chutney or salsa.

That's enough burger chat from me. Happy experimenting (and dining)!



September is here and Antonio is eager to get back into cooking class action. He's teaming up with Choices' Nutrition Team, so these will be events you don't want to miss. See pages 4 and 5 and find out how you can register for an upcoming cooking class with Antonio and Choices' Nutrition Team. Be sure to visit choicesmarkets.com for delicious recipes from Antonio.



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Floral Shop & Annex

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604.522.0936

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North Vancouver NOW OPEN!

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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 CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



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- Seek out and support small organic, local farmers and producers whenever possible;
- Offer the highest quality organic and ethically raised or sourced meat, poultry and seafood;
- Bring in quality organic, local fruits and vegetables first whenever possible as well as fair trade certified imported items;
- Carry fresh, delicious gourmet deli meats and cheeses and wholesome grab-and-go meals;
- Provide customers with complimentary nutrition advice from Dietitians and Holistic Nutritionists;
- Be a one-stop shop for consumers who need hard-to-find foods for specialized diets;
- Stock a wide range of trusted natural wellness products to enhance healthy living;
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