



CHOICES'

Monthly Newsletter | November 2016

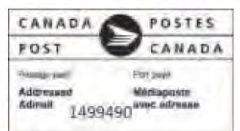
Healthy Choices For

Healthy Oceans

See Change with Ocean Wise

**Life After Diagnosis:
Inspired Changes to Cancer Care**

The Dish on Anchovies



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



Our Annual Star of the Season Program

This November and December, we want our stores glowing with stars, the stars from our Star of the Season



Campaign, that is. From November 15 to December 24, the cashiers at all of our Choices Markets locations will be our cheerleaders in our campaign to raise funds for local neighbourhood houses. Over the past 8 years, Choices customers have generously donated over \$200,000 toward this campaign that goes to initiatives designed to protect some of the most vulnerable people in our communities. To learn more visit www.choicesmarkets.com.

Remembrance Day



Every November marks the time of remembrance. Out of respect for those who have made the ultimate sacrifice, we wear bright red poppies leading up to Remembrance Day. On the eleventh hour of the eleventh day of the eleventh month, we at Choices Markets will take a moment of silence to respect the brave men and women who fought for our freedom. We hope you'll join us.

Movember for Men's Health

Through the Movember campaign, light is being shed on seldom-discussed men's mental and physical health issues. For instance, did you know that in 2011, men accounted for 75 percent of all suicides in Canada? Were you also aware that 1 in 8 men will be diagnosed with prostate cancer? These are staggering stats. Luckily, the Movember Foundation is working to change all of this by generating funds that support men affected by prostate and testicular cancer as well as mental health initiatives. Find out more at ca.movember.com. Plus, don't forget to purchase a mustache cookie at Choices before November 30, where \$1 will go toward the Movember Foundation and their work for men's health.

See Change with Ocean Wise Health

A nation-wide Vancouver Aquarium conservation program, Ocean Wise educates and empowers consumers about the issues surrounding sustainable seafood. When buying seafood with the Ocean Wise logo, consumers can be certain of two things: 1) the items are sourced from fishers who only harvest species that are well-managed, abundant and resilient to overfishing, 2) Ocean Wise options are harvested using sustainable fishing practices that have minimal damaging effects on habitat and animal interactions and leave behind less bycatch (unwanted seafood discarded at time of catch). At Choices, Ocean Wise items are stickered with the official Ocean Wise logo. One fillet at a time, customers can be a part of keeping ocean life healthy and abundant for generations to come. Learn more about Ocean Wise at www.oceanwise.ca.

NOT ALL FOOD IS GOOD



FOR FURRY FRIENDS

At Choices, we care about the health of your whole family, even the members with four legs and a lot of fur! Pets have different nutritional needs than we do, so there are many healthy foods that might be good for humans but can be harmful when consumed by our furry friends.

The stomach offers the perfect conditions for fermentation of raw yeasted dough. As yeast ferments, the stomach can bloat and ethanol is produced. Ethanol is more commonly found in alcoholic beverages and can be very poisonous. Even 2-3 tsp. of a spirit can kill a cat or small dog.



We all know chocolate is not good for pets. Specifically, the theobromine found in cocoa powder and dark chocolate is toxic to cats and dogs. Similar in structure to theobromine, caffeine is also toxic. Be sure to keep anything containing caffeine including coffee, tea and some sodas safely stored away.

Garlic and onions can cause upset stomachs in pets, but in more extreme cases can lead to blood cell damage when eaten in large amounts. Although macadamia nuts cannot kill dogs or cats, the nuts can cause some serious symptoms like fever and vomiting.



“Play it safe, keep foods that may be harmful to pets stowed safely away from curious noses”

Grapes and raisins are also very poisonous to pets and can lead to kidney failure. Finally, xylitol is found in many sugar-free or alternative sweetener products like gum, candy, baking, sauces and drinks, can cause dangerously low blood sugar and even liver failure.

Although not of serious concern, here are a few scraps you should think twice about before sharing under the table:

- Avocados are poisonous to many types of animal, but not dogs and cats. However, it may still give them an upset stomach.
- Coconut products may not pose a serious risk, but can cause stomach upset and diarrhea. Coconut water, however, is high in potassium and shouldn't be given to pets
- Milk and dairy products cannot be digested due to pets' lack of the lactase enzyme and may cause stomach upset and diarrhea.

Play it safe, keep foods that may be harmful to pets stowed safely away from curious noses and if you think your pet has eaten anything that may be harmful consult a vet as soon as possible.

Upcoming Events

MARK YOUR CALENDAR



Master Your Metabolism

with Dr. David Wang, ND, Pranin

Wednesday, November 16 | 7:00-8:30 PM

Choices Floral Shop & Annex

Thursday, November 17 | 7:00-8:30 PM

Choices South Surrey

Learn the unexpected ways metabolism influences your health, like: sustaining your energy throughout the day; managing your weight; sleep quality & awakening with ease; and fertility.

Free event, preregistration required. For full details and to register visit choicesmarkets.com/events.

Tuesday, November 8

6:00 – 7:00 pm

Healthy Cooking Demo: Satisfying Winter Meals

with Choices Nutrition Consultant Emily Boese, BNatMed

Choices Kelowna

Join Choices' Nutrition Consultant, Emily for this interactive tasting. Learn some new healthy, affordable winter recipes using seasonal produce. Go home inspired to include these easy recipes in your weekly routine.

Free event. Register online or call 250-862-4864.

See top of page 5 for registration information.

Thursday, November 24

7:00-8:30 pm

Clean Living: Home & Body

with Angela Wright, BSc, CNP, RNCP, Lead Nutritionist, InspireHealth and Choices Dietitian Shannon Smith, RD

Choices Floral Shop & Annex

Learn which ingredients may be of concern and how to choose better products or even make your own. Plus, ways to decrease your toxin load.

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

Complimentary In-Store Health Screenings

Spinal Screenings

with Dr. Trevor Mains, DC, Restoration Chiropractic

Wednesday, November 9 | 11:00 am – 3:00 pm

Choices South Surrey

Free drop-in event. For more information visit choicesmarkets.com/events.

Naturopathic Consults

with Dr. Elizabeth Miller, BScN, ND, Marine Drive

Naturopathic Clinic

Saturday, November 19 | 11:00 am – 1:00 pm

Choices North Vancouver

Free 15 minute consults, registration required. Call 604-770-2868 or visit the wellness department to register.

Tongue and Pulse Screenings

with Dr. Hamid Tajbakhsh, BSc., ND, Metrotown

Naturopathic

Saturday, November 19 | 1:00 -3:00 pm

Choices Burnaby Crest

Free 15 minute consults, registration required. Call 604-522-0936 or visit the wellness department to register.

Thursday, December 1

6:30 – 8:00 pm

Naturally Boost Energy and Lose Weight

with Patricia Dominguez, RHNN, Integrated Nutrition

Choices Abbotsford

Discover the amazing capacity your body has to heal, beat fatigue and maintain extraordinary health. A reset is more than a detox and when following the right protocol you can have amazing and everlasting results.

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.

Thursday, November 17
7:00 – 8:00 pm

Xenoestrogen Detox

with Bonnie Penner, Zero Xeno

Choices Kelowna

Learn all about xenoestrogens and why you should avoid them. Plus, how to simply and effectively detoxify xenoestrogens from your body and the environment.

Free event. Register online or call 250-862-4864.

Kombucha 101

with the Choices Nutrition Team

Sunday, November 20 | 11:00 am – 12:00 pm
Choices Floral Shop & Annex

Thursday, December 1 | 6:30 – 7:30 pm
Choices South Surrey

Ever wondered how to make your own bubbly, probiotic kombucha at home? Join the Choices Nutrition Team as they share their secret recipe for this delicious fermented tea beverage. Plus, flavourful variations and how to make your own SCOBY so you can go home and get brewing right away!

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

Complimentary Skin Analysis

with Viva Organic Skincare

Saturday, November 5 | 10am – 5pm
Choices Burnaby Crest | 604-522-0936

Sunday, November 6 | 10am-5pm
Choices North Vancouver | 604-770-2868

Wednesday, November 16 | 11am – 5pm
Choices South Surrey | 604-541-3902

Saturday, November 19 | 10am – 5pm
Choices Kitsilano | 604-736-0009

Sunday, November 20 | 10am – 5pm
Choices Abbotsford | 604-744-3567

Saturday, November 26 | 10am – 5pm
Choices Kerrisdale | 604-263-4600

Sunday, November 27 | 10am – 5pm
Choices Yaletown | 604-633-2392

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.

Neuro-nutrition: Change Your Mind, Change Your Eating Habits

with Patricia Dominguez, RHNN, Integrated Nutrition

Thursday, November 24 | 7:00 – 8:30 pm
Choices South Surrey

Wednesday, November 30 | 7:00 – 8:30 pm
Choices Floral Shop & Annex

Learn how by changing the way you think, you can change your eating habits, obtain optimum health and achieve any nutrition goal. It is not only what you eat, it's also important what you think and how you choose food.

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

preferred shopper club specials



Knudsen Juices
Assorted Varieties

3⁹⁹ to 9⁹⁹

946 ml
+Deposit + Eco Fee
Product of USA
Sweetened without the use of artificial flavours or preservatives.

Whole Alternatives
Organic Popcorn

Assorted Varieties



3³⁹

3 Pack
Product of USA

Next time you sit down for a movie, reach for a bowl of Whole Alternatives.



Kettle Foods
Potato Chips

Assorted Varieties

3³⁹

220 g • Product of USA

Perfectly crunchy and available in dozens of amazing flavours.

Made in Nature Dried Fruits

Assorted Varieties



7⁴⁹ to 8⁹⁹

Assorted Sizes
Product of USA

Dried fruits loaded with fresh flavour.

Silk True Almond Beverage

Select Varieties



1⁵⁹

236ml

2⁹⁹

946ml

8⁹⁹

6 pack
Product of USA

Try this dairy-free wonder in everything from cereal to your morning coffee.



Mondo Café
Coffee

Assorted Varieties

9⁹⁹

454g

15⁹⁹

908g

Product of Canada

Indulge your passion for Italian-style coffee here at home.

Olympic Yogurt

Select Varieties



7⁹⁹

to 8⁹⁹

1.75kg
Product of BC

Yogurt made in BC with pure west coast spirit.



A Good Portion
Pistachios

Select Varieties

8⁹⁹

250g • Product of USA

Gluten-free, Non-GMO and packaged in Canada.



Blue Diamond
Fresh Almond
Breeze
Beverages

Assorted Varieties

3⁹⁹

1.89 L • Product of USA

Lactose free, soy free, calcium enriched, and only 60 calories per glass.



Bull's Head Soda
Assorted Varieties

2⁵⁹

341ml • +Deposit + Eco Fee
Product of Canada

New to Choices but brewed from a 100 year old recipe!

Cascades Bathroom and Facial Tissues



Assorted Varieties

7⁹⁹

12 pack

14⁹⁹

24 pack

1³⁹

facial tissues

Product of Canada

Bathroom products made responsibly and sustainably.



Echoclean Cleaning
Products

Assorted Varieties

3¹⁹ to 7⁴⁹

Assorted sizes
Product of Canada

Providing you with all natural cleaning solutions since 1951.



Lundberg Risotto and Rice Blends

Assorted Varieties

4²⁹ to 5⁷⁹

156-454g • Product of USA



Lundberg Rice

Assorted Varieties

4⁴⁹ to 8⁴⁹

907g • Product of USA

Lundberg Family Farms is proud to offer a line of rice products you can feel good about having on your table. Produced in an eco-friendly, sustainable manner, their rice is both delicious and convenient.



Spectrum Organic Olive Oils

Select Varieties

7⁴⁹ to 18⁹⁹

Assorted Sizes • Products of Argentina, Spain, Tunisia, USA

There are dozens of ways to enjoy quality Spectrum organic olive oils.



Coco Libre Sparkling Coconut Water

Select Varieties

2⁸⁹

355 ml
+deposit +eco fee
Product of the Philippines

Enjoy the delicious hydrating power of sparkling organic coconut water.



Pacific Foods Soups

Select Varieties

5⁹⁹

1LT • Product of USA

If you're looking for a hearty and delicious soup, look no further than Pacific.

Nature's Bakery Fig Bars

Assorted Varieties



4⁹⁹

6pk
Product of USA

The perfect on-the-go-snack for feel good eating.

Nutiva Organic Coconut Oil



10⁹⁹

860ml • Product of USA

Use coconut oil everywhere, from baking to stir-fries.



Prana Organic Chia

Assorted Varieties

6⁷⁹

200-300g
Product of Canada

Chia is a gluten-free seed with loads of fibre and iron.

Kinnickinnick Gluten Free Products

Assorted Varieties



Dozens of deliciously gluten-free desserts and baking.

3²⁹ to 7⁴⁹

Assorted sizes • Product of Canada



Happy Planet Organic Juice

Select Varieties

3³⁹

946ml • +Deposit + Eco Fee
Product of Canada

The most delicious way to squeeze goodness into your day.

Traditional Medicinals Teas

Assorted Varieties



5⁶⁹

20 Bags • Product of USA

Premium herbal teas made from ingredients of the highest standards.

Healthy Choices for Healthy Oceans

By Choices Dietitian Sea Chang, RD



raised in traditional net cages are kept in close confinement, which means there is an increased opportunity for disease to spread. To prevent this, farms administer chemicals and drugs directly into the water. Some of these chemicals and drugs may escape into the environment, raising the potential for antibiotic resistance, pollution, and furthering the spread of disease to other sea life like shrimp and lobster.



Overfishing is one of the biggest threats to the health and stability of our oceans, but what's a seafood lover to do in order to help ensure the health of our oceans? Here are some points to consider:

- **Get to the Source:** Figuring out where your seafood came from can be a tricky task! Our meat department staff are very knowledgeable about the seafood we carry. You can ask them where and how the fish was caught and they'll be sure to inform you. Once you have a good idea of your options, stick to the most sustainable choices. When in doubt, simply look for Ocean Wise labels.
- **Farmed species:** Look for fisheries that use a land-based closed containment design with freshwater recirculation technology, such as BC white sturgeon caviar. Farmed seafood

- **Wild-caught:** Look for species of fish that are resilient to fishing pressures and are abundant in numbers. Fishing methods that minimize damage to marine habitats and limit bycatch include: hook and lining (or pole catching), harpooning, and using baited traps and pots to catch specific species such as crabs, lobsters, and shrimp.

Dietitian's Note: Ocean Wise does not make any recommendations about the health benefits or toxins such as mercury or other contaminants in our seafood. If you eat canned tuna, look for Canadian Albacore, which is much lower in mercury than other varieties, and stay away from high-mercury fish such as swordfish, shark, and king mackerel.

Want to learn more about choosing sustainable seafood? Sea can be reached at kitsilanonutrition@choicesmarkets.com

Inspired Changes to Cancer Care

By Lisa Aschenbrenner

Q I have been recently diagnosed with cancer and I am overwhelmed by where to start making changes. I read so much about all the things I could change and I feel stuck on even getting started. What can I start to make the biggest impact on my health?

A Understandably, a cancer diagnosis can bring on a feeling of being overwhelmed. It can be helpful to seek out assistance in determining what your personal first step should be. At InspireHealth, we provide supportive cancer care in the areas of nutrition, exercise, counselling and medical advice to complement your existing treatment plan. Our program and services are available at no cost, and are available to anyone with a present or past cancer diagnosis, and their support persons.

In a one-on-one or group setting, we teach people that it's the small, daily changes that can have the most impact. Just a few, easy-to-implement changes at a time can be highly effective. Every person and their lifestyle are different, so each person gets a unique set of recommendations. These can be in the areas of sleep hygiene, digestive health, decreasing inflammation, stabilizing blood sugar, getting active, and/or managing and decreasing stress.

As the nutritionist in our Kelowna centre, I like to focus on ensuring digestion is functioning optimally to get the most out of the healthful foods we're eating. Starting by eating while relaxed and without distractions can make a world of difference in decreasing digestive symptoms and increasing nutrient

absorption. Then, focusing on including more whole foods in one's diet is a great way to gradually decrease the amount of processed foods that can require more energy and resources for our bodies to process than we can get out of them.

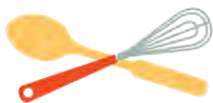
Get inspired to include more whole foods by finding a new vegetable in the produce department. Check out the recipe sections at inspirehealth.ca or choicesmarkets.com for some ideas to get you started. If you qualify for our services, come to a cooking class or two to get you moving in the right direction. We have InspireHealth locations in Vancouver, Victoria, and Kelowna, and we have a virtual centre that allows anyone across Canada to have access to our practitioners. Visit www.inspirehealth.ca or call 1-888-734-7125 to find out more.



Lisa Aschenbrenner is a nutritionist at InspireHealth. She loves food, good gut bacteria, and learning constantly. Lisa is always busy finding new ways to create tasty yet health-promoting meals to support her family from the inside out.

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

COOK IT UP



Tofu Parmigiana

by Choices own
Antonio Cerullo

– Serves 4 –



5 Tbsp extra virgin olive oil

**1 pkg extra firm tofu,
drained and sliced
1/4 in thick**

**1 large or 2 small eggplant,
sliced 1/4 thick**

2 medium tomatoes, diced

1 clove garlic, minced

1 1/2 tsp oregano

200 g mozzarella, sliced

Salt

**Optional: 1/4 cup parmesan
cheese, grated**

1. Heat olive oil in a large non-stick frying pan on medium-high heat.
2. Pan fry eggplant until golden brown on each side. Remove eggplant from frying pan on to paper towel.
3. In same frying pan, brown tofu on both sides. Remove from frying pan.
4. In a small bowl combine tomato, garlic, oregano and a pinch of salt.
5. Assemble on a baking sheet by layering one slice of tofu, then a small amount of diced tomato, then a slice of eggplant, adding another small amount of diced tomato, and a slice of the mozzarella, and then folding the eggplant overtop of the tomato and mozzarella. Top with a heaping teaspoon of diced tomatoes and bake at 375°F for 10-12 minutes.
6. Serve hot or at room temperature. *Optional: sprinkle with parmesan cheese prior to baking.*



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

Turmeric:

This orange root gives curry its distinctive yellow colour. It will stain your hands and kitchen tools, but the stains are well worth it! Turmeric has been identified as a potent anti-inflammatory food. The active anti-inflammatory ingredient is curcumin, which makes up about 3% of the spice by weight. Try it in golden milk, or add it minced in salad dressings, soups, roasted veggies and smoothies. Just be sure to have some pepper and fat alongside as it helps improve absorption.

Quince:

Keep your eyes peeled for this short season ugly duckling fruit. Although closely related to apples and pears, quince are unappetizing raw. When cooked, the white flesh transforms to a warm pink and the flavour hints at vanilla and citrus. Try poached with cardamom or vanilla bean, or cooked in a classic combination of lightly sugared water and lemon zest.



TASTY TOP CHOICES RECIPE

Golden Milk

Peel and grate a 4cm cube of each turmeric and ginger. In a saucepan add 2 cups of almond milk, 50g creamed coconut, 1 stick of cinnamon, and the ginger and turmeric. Heat on low until the milk is gently simmering. Stir continuously, and let heat for about a minute and then remove from heat. Add 2 tsp honey and allow the milk to cool slightly. Strain the golden milk into a mug, sprinkle with fresh ground black pepper and a squeeze of lemon juice.



Grocery Gossip



Jovial Pasta:

Made with an ancient variety of wheat called einkorn, this un-hybridized wheat may be easier to digest for sensitive digestive systems. The einkorn sourced from small organic farms in Italy is used to produce whole grain pasta packed with protein, B vitamins, and fiber that tastes delicious baked with broccoli and organic cheddar cheese, or fresh asparagus spears and parmesan.

Veggie Grounds Cauli Crumble:

This vegetarian protein is a real food combination from (you guessed it) cauliflower, pea protein, fresh herbs and spices. This mix packs in 14 grams of protein and 6 grams of fibre in a serving without any of the major allergens or any GMO ingredients. Try it in a taco, or with roasted vegetables for a quick meal.



Naturally Yours



Ecoideas Moringa Powder:

Also called 'the Miracle Tree' due to its long celebrated health benefits, moringa is especially rich in the antioxidants quercetin, and chlorogenic acid which support heart health and balanced blood sugar levels. Try adding 1 tsp of this organic, raw powder to yogurt, smoothies, or golden milk for increased potassium, iron, and calcium. Hails from North India where it's a nutritious staple of many local diets.

ENTER TO WIN

Win a Year of Kicking Horse Coffee New Hola Blend

Plus one Bodum Columbia 8-Cup Stainless-Steel Thermal Press Pot, & two new Kicking Horse Coffee mugs!

Courtesy of Kicking Horse Coffee

Bold, beautiful, bring-it-on beans. These are hands-down, some of the finest beans in a bag you'll find. From deep, dark & delicious to lively and bright; all our beans are 100% certified Organic, Fairtrade, shade-grown Arabica, Canadian Rocky Mountain-roasted coffee. Mmmmmmm-hmmmmmm!

At your local Choices Markets, enter for a chance to WIN 1 Year of Kicking Horse® Coffee New Hola Blend, one Bodum Columbia 8-Cup Stainless-Steel Thermal Press Pot, and two new Kicking Horse Coffee mugs so you can share the love. All delivered right to your door, one bag for every week of the year. That's 52 bags of fresh whole bean goodness!

Skill Testing Question:

$(8 \times 12) \div (18 - 6) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from November 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 throughout 2016.



wellness centre **monthly specials**



Advanced Orthomolecular Research Vitamins and Supplements

Assorted Varieties

20% Off Regular Retail

Assorted sizes

Featuring advanced B complex, the most active form of B-vitamin. Balanced ratios and clinically-supported doses. Support for energy, stress, metabolism and nerve function.



Enzymedica Digestive Enzyme Supplements

Assorted Varieties

20% Off Regular Retail

Assorted Sizes

Enzymedica produces cutting edge enzyme formulas that provide targeted support for digestive issues, food intolerances, cardiovascular issues, and proper immune function.

Nutrasea Omega-3 + D Fish Oil Assorted Varieties



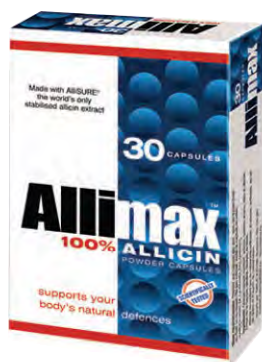
23⁹⁹ 200ml

49⁹⁹ 500 ml

24⁹⁹ 60 SoftGels

49⁹⁹ 150 SoftGels

Enjoy the clean, light taste of NutraSea+D premium quality omega-3.



Allimax Antimicrobial Garlic Supplements

24⁹⁹ 30caps

58⁹⁹ 90caps

79⁹⁹ 180caps

Research has shown that taking Allimax daily produces quantifiable benefits of prevention, treatment and reduction of re-infection from colds.



Genesis Superfood Juice

36⁹⁹ 946 ml

See instore for more savings!

A carefully selected blend of synergistic premium ingredients.



Now Vitamin D3 1000 IU

8⁹⁹ 180 SoftGels

15⁹⁹ 360 SoftGels

NOW® Vitamin D-3 softgels supply this key vitamin in a highly-absorbable liquid softgel form.



Now Liquid B12 B Complex Liquids

11⁹⁹ 59ml

19⁹⁹ 118ml

NOW® Ultra B-12 is ideal if you need a high potency, vegetarian / vegan B-complex supplement.

Megafood Daily Foods Multis for Men or Women



62⁹⁹

72 Tablets p.us get 30 Tablets free.

Deliver whole food nutrients and superfoods in a convenient blendable form.



Prairie Doctor Tinctures

Echinacea, Echinacea & Goldenseal, Valerian, Milk Thistle, Astragalus, Goldenseal, Liver Formula, or St John's Wort

25% Off Regular Retail

50ml

Ask for it by name and accept no other. Prairie doctor tinctures use exclusively non-GMO, certified organic or sustainable wild harvested herbs and certified organic CO cane alcohol to create the best tinctures you can get for yourself, and for the planet.



New Roots Oregano Oil C93

10⁹⁹
17⁹⁹
27⁹⁹

15ml

30ml

50ml

Effectively strengthens resistance to cold, flu, bacteria, and viruses.

New Roots Liver Formula



18⁹⁹
36⁹⁹
69⁹⁹

45 capsules

90 capsules

180 capsules

Cleanse and rebuild your liver for improved digestion and energy, reduced stress and allergies, and noticeably healthy glowing skin.

Renew Life Omega-3 Supplements

Assorted Varieties



20% Off Regular Retail

Assorted Sizes - Excludes bonus bottle

Norwegian Gold Super Critical Omega delivers over 1000 mg of omega-3 fatty acids and 1000IU of Vitamin D in every capsule.

Progressive HCP Probiotics



27⁹⁹
43⁹⁹

HCP 30

HCP 70
60 capsules

Progressive HCP30 provides 30 billion and HCP70 provides 70 billion active probiotic cells a day.

Iron Vegan Sprouted Proteins or Athlete's Blend

Assorted Varieties



59⁹⁹

1 kg

Each scoop of Iron Vegan Sprouted Protein provides 17g of plant-based protein from 5 organic, raw, sprouted, non-GMO nuts and seeds.

Quantum Super Lysine+ Supplements

Assorted Varieties



20% Off Regular Retail

Assorted Sizes

Our Super Lysine+ ointment cuts cold sore healing time in half.



Spry Xylitol Gum

4/5⁰⁰ **32⁹⁹** **9⁹⁹**

10 Pack

30 pack

100 pack

Chewing xylitol products 5 times a day will produce the greatest benefit to dental health. Chew spry gum after each meal and brush your teeth with Spry toothpaste for a simple schedule.

Spry Xylitol Mints

Assorted Varieties



2/5⁰⁰

45 pack



Sunforce True Colloidal Silver

10⁹⁹

118 ml

17⁹⁹

236 ml

The most stable form of Silver. More stability = more effective.

wellness centre monthly specials



Reduce Deep Wrinkles by 20% in 28 Days with **ACTIVE COLLAGEN**

Have you noticed lately that your skin is aging? Collagen loss is the cause of wrinkles and sagging skin. Thankfully beautiful skin just got easier with **ACTIVE COLLAGEN**.

ACTIVE COLLAGEN is 100% pure hydrolyzed collagen and elastin polypeptides from wild fish. No pork, beef or chicken is used. **ACTIVE COLLAGEN** improves elasticity and moisture content while building collagen, resulting in gorgeous, youthful skin. Research shows **ACTIVE COLLAGEN** can reduce the depth of deep wrinkles by 20% in 28 days and the longer you take **ACTIVE COLLAGEN** the better the results.

20% off
120 vcaps **regular price**

hormonehelp.com



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

ECHINAMIDE®

Stop a Cold. Fast!

Clinically proven to:

- ✓ Get rid of a cold up to three times faster
- ✓ Decrease severity of symptoms

Assorted Sizes • Assorted Varieties

natural Factors



15% OFF
REGULAR RETAIL PRICE

Imagine getting the benefit of a whole growing season in one tablet

15% OFF
REGULAR RETAIL PRICE



Ennerex Serrapeptase

22.99
60 capsules 90,000 IU

38.99
120 capsules/90,000 IU

26.99
60 Capsules 120,000 IU

47.99
120 Capsules 120,000 IU



Benefits arthritis, joint, and muscle pain.

Relax Stress-Relax

Calm solutions to stress, anxiety, and insomnia

15% OFF
REGULAR RETAIL PRICE

natural Factors



Probiotics

Take probiotics to:

- Maintain healthy intestinal flora
- Strengthen immune function
- Help control diarrhea and constipation
- Support the digestive system

15% OFF
REGULAR RETAIL PRICE



Organic Traditions Camu C or Smoothie Boosters

Select Varieties

15% Off

Assorted Sizes



Organic Traditions is inspired by the traditional superfoods of many indigenous cultures around the world.

Innovite Vitamins and Supplements

Assorted Varieties

15% Off Regular Retail

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550-600g tub, 55g Protein

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55g Bars

20g of protein per serving.



the Dish

On Anchovies



I love anchovies, though to a lot of people they are an acquired taste. Anchovies are found in oceans all over the world, but here at Choices Markets we typically source them from the seas of Europe and the Mediterranean. Fresh anchovies are nutritionally loaded and extremely delicious, but can be quite rare to find here in our BC fish counters. Therefore, we'll keep talking about easier to get a hold of anchovy paste, fish sauce and canned varieties.



Traditionally, salted anchovies were a high seas trading commodity, and that's how spinoff recipes were created and disseminated around the world. Even though they are quite strong in taste, canned anchovies can be a good gateway fish for anyone trying to increase their fish consumption, or even just diving in to the world of seafood. The trick is using them in less obvious ways. Just think about Caesar salad. It's one of the most popular salads in the world and it has anchovies as its base, but you'd never think something fishy was going on there.

One of the keys to using whole anchovies as an ingredient in your sauces and dressings is to maintain equilibrium with your other ingredients. Wine, butter, fresh herbs, citrus, vinegar and more all pair well with anchovies. To incorporate the anchovy flavour in a less obvious manner, grind up the anchovies fine and then melt them in a low temperature oil or butter. A good place to start for anyone experimenting would be vinaigrettes and dips. Flavoured butters might be your next step, eventually moving on to seasoning pasta sauces or even meat dishes. As you learn to appreciate the flavour more and more, simply increase the amount you're using. It all depends on what your palette can take.



Of course, the next step from there is boosting your fish chowders and clear soups with that wonderful fishy flavour. Once you're a true lover, you can go with some classic applications like using anchovy as a garnish for pizza or potato salad. If you're a true anchovy connoisseur like me, you can make a fantastic sandwich with sweet onions and whole anchovies on fresh focaccia bread. Don't forget a splash of balsamic (and maybe some heartburn medication)! Anchovies may be an acquired taste, but it's one worth gaining one little fish at a time.



Antonio loves teaching people all about food, especially when it comes to deliciously simple items people often overlook. If you love to experiment in the kitchen try some of his recipes found at choicesmarkets.com/recipes.



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

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 Now Open!

801 Marine Dr, North Vancouver
604.770.2868

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

Choices' Star of the Season Program

November 15th – December 24th

Your donation of only \$2 supports the growth of healthy communities. Now in its 14th year, Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver and the Okanagan. Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

For more details on each neighbourhood house, please visit our website, www.choicesmarkets.com.

All proceeds are donated to eleven different organizations:

- Little Mountain Neighbourhood House
- West Side Family Place
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraser Side Community Services
- Semiahmoo Family Place
- Burnaby Neighbourhood House
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House



Movember Cookies

Before November 30th, pick up a mustache cookie at any Choices location and \$1 of each purchase will be donated to the Movember Foundation in support of men's physical and mental health.

To find out more about the Movember campaign, visit ca.movember.com.

