



CHOICES'

Monthly Newsletter | December 2016

Happy Holidays from Choices!

Dreaming of a **Green** Christmas?

Beat Seasonal Stress with Yoga

Halt Holiday Headaches

The Dish on Eggs Benny

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





Our Annual Star of the Season

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



Happy Holidays from Choices



On behalf of the staff, management and ownership of Choices Markets, we'd like to wish you and your family a happy holiday season. Whether you celebrate Christmas or one of the many other festive holidays that take place at this magical time of year, we hope you feel the warmth, kindness and joy that comes from spending time with your friends and loved ones.

Choices Community Engagement



Since opening in 1990, Choices Markets has been growing roots into every community that we're located in. As a locally owned and operated business, we feel it's important to give back to the people who support us in turn. Choices donates over \$150,000 a year to a variety of programs such as local schools, youth sports teams, environmental organizations, neighbourhood houses, family service programs and fundraising events benefiting essential services. When you visit a Choices Market, you'll get a real sense of community pride in everything we do.

Would you like Choices to consider supporting your community organization? Contact us through our website at choicesmarkets.com/contact-us.

stocking stuffers



Pacifica
Beauty
Products
Select
Varieties

**20% off Regular
Retail Price** Assorted Sizes

Perfumes, skin care, and natural cosmetics formulated with all natural ingredients your skin will crave!



Zorah Face Care &
Cosmetics
Assorted Varieties

**20% off
Regular
Retail Price**

Assorted Sizes

Cosmetic care products made with organic, eco-friendly and Fairtrade ingredients.



Every Man Jack
Men's Body Care
Products

Assorted Varieties

**20% off
Regular
Retail Price**

Assorted Sizes

Naturally derived body-care products with recyclable packaging - for men!

Spoonk Acupressure Mats

Assorted Colours



54⁹⁹

Full Size

27⁹⁹

Travel Size

An acupressure mat that aids in circulation and helps relieve stress.

Avalon Sunset Pillar Candles



12⁹⁹

3 inch

18⁹⁹

5 inch

27⁹⁹

8 inch

100% all natural beeswax or natural soy candles, made in the heart of Kelowna, BC's cultural district.

Sundhed Himalayan
Salt Lamps



5⁹⁹

1 Hole Tea Light

22⁹⁹

Small lamp

28⁹⁹

Medium lamp

36⁹⁹

Large lamp

Enjoy the pleasant orange glow of these electric or candle heated Himalayan salt lamps.

COOK IT UP



Coconut Pecan Tarts

Courtesy of Coco Natura

– Makes 12 –

Bring this simple to make and incredibly delicious treat to your next holiday party.

12 small frozen pastry tart shells

1 jar of Coco Natura Coconut Spread

1 cup of pecans

1/2 cup of Coco Natura Coconut Milk Powder

- Warm oven to 325° F.
- Place the pastry shells with their foil trays onto a baking sheet.
- Keep 12 whole pecans aside and break the rest into small chunks.
- Add the pecan chunks into the pastry shells.
- Put 1 heaped teaspoon of the coconut spread over the pecan chunks and place 1 whole pecan on the top.
- Bake for for 18-20 mins or until pastry is cooked and golden brown.
- Allow to cool and dust with coconut milk powder.
- Enjoy on their own or with a side of whipped cream.



Holiday Help



from the Choices Team



Flavourful Festive Treats



You already know that Choices makes some of the best baked seasonal desserts you'll ever taste. Our signature all butter stollen filled with marzipan, dark and light fruitcakes, mince tarts, butter tarts, chocolate dipped shortbread, pecan shortbread and ginger bread people are all fantastic for holiday entertaining. But did you know our Choices Bakery will also help you out with the savoury side? Try our breadcrumbs and stuffing mix to make your own homemade stuffing this year. Need some advice? Chef Antonio is here to help.

To Stuff or Not to Stuff?



To start, pick your starch. We offer our own stuffing bread mix, but some other variations you could try are corn bread or a blend of wild rice. Classic ingredients include carrots, onions, celery, fresh herbs and salt and pepper. Other fully flavoured options could be cured meats like bacon, pancetta, chorizo or Italian sausage. However, always fully cook any meats before including them in a stuffing. Old fashioned recipes often call for

the inclusion of gizzards, livers, hearts and kidneys to be sliced up, pan fried and added to the mixture. Fresh fruits like apples or dried like cranberries or apricots could be the sweet touch you're looking for. Some folks even love to add in a bit of white wine, bourbon or rum. No matter what you decide on for your stuffing mixture, here are the core rules: stuff a turkey with half a cup of your mix for each 3/4 pound of turkey. No matter what temperature you cook the turkey at, the internal temperature of your stuffing should be 165° F/75° C for food safety. Enjoy!

For When You're Just Tired of Turkey



We get it. You make a turkey for every major feast of the year, and you'd like to try something different this time around. How about making a roast beef for a meal that's delicious and large enough to still feed a crowd? The simplest way to season your roast is with fresh herbs, salt and pepper. You might want to try wrapping your roast in bacon, or slotting in some sliced garlic cloves to create an amazing aroma throughout your home. Coat the roast in grainy mustard and fresh cracked black pepper to create a zesty crusting.

Chef Antonio suggests never cooking a roast past medium to avoid over cooking. Even if you prefer your roast well-done, he recommends that you rest a roast for 10 to 20 minutes before carving. The roast will continue to cook outside the oven, and resting will also set the flavourful juices in the meat rather than leaking all over your cutting board. At 154° F/68° C internal temperature the roast will be rare/medium-rare.



DISCOVERY ORGANICS PRODUCE GROWER FEATURE

AGROFRESCO

Eco Campos

When cold weather arrives in BC, we have to look to the global market in order to satisfy our produce needs. At Choices, we always strive to support international growers who are growing food of an exceedingly high quality while maintaining strong ethics.

Beginning in December, we'll be featuring produce from Agrofresco, an organic certified farming operation found in the Guanajuato region of central Mexico. This growers' operation encompasses three separate ranches with a combined size of over 200 hectares.

Between the rows of vegetables at Agrofresco's operations you'll see flower beds. These flowers aren't for decoration; they're part of a unique pest management system known as the 'push-pull method'. Certain crop pests are attracted to, or repelled by, the flowers. This simple technique makes pests stay away from valuable crops so chemical pesticides don't need to be used.

As a socially responsible grower, Agrofresco contracts crew from local indigenous communities, arranges safe transport for them, and pays its workers higher than minimum wage. Agrofresco is working towards a Fairtrade certification and hope to be certified in the near future.

Some items you may see in our produce department from this grower include kale, Brussels sprouts, broccoli, celery and various varieties of lettuce.

For more information,
visit discoveryorganics.ca/growers



ENTER TO WIN

A YEAR OF LAUNDRY DETERGENT

Courtesy of V.I.P. Soap
Products Ltd. and EchoClean

Start 2017 off clean with an amazing prize pack from V.I.P. Soap Products and EchoClean. The prize is one year of laundry detergent. Approximate value of each pack is \$500.

EchoClean is the next generation in all-natural cleaning solutions developed especially for the discerning customer. Made in BC since 1951, V.I.P. Soap produces biodegradable, non-toxic, plant-based cleaning products. A healthier choice for you, your family and the environment.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from December 1 to 31, 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.



preferred shopper club specials



**So Nice
Organic Fresh
Almond
Beverages**

Select Varieties

4⁹⁹

1.75 L • Product of Canada

Made with organic almonds to create a healthy and delicious drink.

Stash Organic Teas

Assorted Varieties



3²⁹

18 Pack
Product of USA

Nothing warms the soul quite like a cup of Stash tea on a cold day.

Earth's Own Fresh Non-Dairy Beverages

Assorted Varieties

4⁴⁹

1.89 L • Product of Canada

A pioneering healthy food and beverage company.



**Liberte Greek Yogurt
Multipack**

Assorted Varieties



**3²⁹ to
3⁶⁹**

2 or 4 Pack
Product of Canada

Liberte Organic Yogurt

Assorted Varieties



**3⁹⁹ to
6⁴⁹**

Assorted Sizes
Product of Canada

Our yogurts are our taste obsession. They are made for those who live to eat, not eat to live.

**Canadian
Heritage Organic
Maple Syrup**

Select Varieties

25⁹⁹

1 L • Product of Quebec

A natural sweetness that is uniquely Canadian.



Sunflower Kitchen Hummus

Assorted Varieties



**3²⁹ to
3⁹⁹
4⁹⁹**

227g

300g

Product of Canada

Healthy, energy-rich snacks that are a source of protein and fibre.

Blue Diamond Nut Thins

Assorted Varieties



**3⁹⁹
to
4²⁹**

120g • Product of USA

Crunchy gluten-free crackers made from delicious almonds.

Olympic Yogurt

Select Varieties



3²⁹

650g
Product of Canada

Enjoy the fresh taste of simple, natural BC yogurt.

Mary's Pretzels and Crackers

Assorted Varieties



**4⁹⁹ to
6³⁹**

Assorted Sizes
Product of USA

Organic, gluten-free and vegan snacks with perfect crunchability.



**Mediterranean
Organic Foods**

Assorted Varieties

**2⁷⁹ to
8⁷⁹**

Assorted Sizes

The special delicacies of the mediterranean, bottled for your enjoyment.

Cascades Paper Towels

Select Varieties



**2⁴⁹
to
6⁹⁹**

2 Pack or 6 Pack
Product of Canada

A more sustainable, eco-friendly paper product.

Stahlbush Island Farms Frozen Vegetables



Assorted
Varieties

3¹⁹

Assorted Sizes • Product of USA

Frozen fresh from the field for the utmost in quality.



Pacific Foods Organic Broths

Select Varieties

4⁹⁹

946 ml to 1 L
Product of USA

The perfect start for soups and side dishes.



Bob's Red Mill Flours

Select Varieties

8⁴⁹

Coconut

14⁹⁹ to 16⁹⁹

Almond • 453g • Product of USA

Perfect for paleo and gluten-free baking.



Lundberg Organic Rice

Select Varieties

5⁴⁹ to 8⁴⁹

907g • Product of USA

Embrace the wholesome goodness of sustainably harvested rice.



Lundberg Rice Chips

Assorted
Varieties

3⁹⁹

170g • Product of USA

Crispy, crunchy and loaded with flavour, these chips are a great snack.



Simply Organic Spices and Extracts

Assorted Varieties

5⁷⁹ to 13⁹⁹

Assorted sizes
Product of USA

These spices are the key to making good food great.

Larabar Assorted Varieties



1⁸⁹

Bar

29⁹⁹

16 Pack

Assorted sizes • Product of USA

Simple. Pure. Delicious.



Rise Kombucha Assorted Varieties

3²⁹

414ml

7⁹⁹

1 L

Product of Canada
+deposit +eco fee

Each bottle of Rise is born in the streets of Montreal.



Kettle Brand Krinkle Cut Potato Chips

Select Varieties

4⁹⁹

397g • Product of USA

Cut thick for a delicious crunch in every bite.



Seventh Generation Dishwasher Liquid

Select Varieties

4⁹⁹ to 5⁹⁹

Assorted sizes
Product of USA

Powerful plant-based cleaning solutions for home and family.



Endangered Species Chocolate Bars

Assorted Varieties

4³⁹

85g • Product of USA

Made from ethically-traded cacao and natural ingredients.

Breyer's Classic Ice Cream Assorted Varieties



5⁹⁹

1.66 L
Product of
Canada

Popular Canadian ice cream favourites in traditional flavours.

Beat Holiday Stress WITH YOGA

The holiday season is upon us, the to-do list is growing and the days are filled with preparing for festive events. With all this focus on friends and family, it can be hard to find time dedicated to you. As much as we look forward to the family dinners and holiday hustle and bustle we also need to recharge our batteries.

Yoga can be a great tool to help prevent holiday burn out. Through yoga, you establish the ability to focus on a single task and stay in the moment. These practices can come in handy throughout the rest of your busy day.

A daily practice does not have to be complicated; if you don't have time to attend a class, carving out just 5 minutes can be enough to reduce stress levels and build a sustainable routine. Your practice does not have to be perfect, just personalized to your needs.

We tend to hold tension in the lower and upper back when we are under stress. Here are some simple postures to get into the pelvis and chest. Be mindful of how your body feels in these poses and modify where necessary.

Seated Meditation and Grounding Breathing

Find a quiet space to sit down and make yourself comfortable. Start by placing one hand on your heart and one on your abdomen. Start to breathe normally noticing your hands rising and falling. Start to direct your breath to the bottom

hand on your inhales allowing the belly to expand. Exhale to let the belly pull towards to the spine. Take 20 deep breaths here.

High Lunge



From hands and knees step one leg in between the hands and lift the back knee, engaging the back leg. Continue your deep belly breathing for 5 breaths, switch sides.

Low Lunge with Arms Up



From hands and knees step one leg in between the hands and lower the back knee to the ground. Make sure the front knee is in line with the ankle at 90 degrees. Reach the arms forward and up towards the ceiling. Lift the waistline and

the ribcage up out from hips. Arms can be shoulder distance apart or hands can touch together.

Lunge with Twist



From hands and knees step one leg in between the hands and lower the back knee to the ground. Make sure the front knee is in line with the ankle at 90 degrees. Take the opposite hand from the front leg to the floor. Lift through the rib cage and twist from the centre of the abdomen. Reach up towards the ceiling or keep your hand on hip. Continue deep belly breathing for 5 breaths, switch sides. For something a bit more challenging try lifting your back knee.



Shae Savage is a practicing Kinesiologist and Registered Yoga Teacher (200-RYT). Through her company, Savage Yoga, Shae offers community, corporate and private yoga classes in various styles. Visit savageyoga.ca to learn more or follow Shae on Twitter and Instagram: [ssavage_yoga](https://www.instagram.com/ssavage_yoga).

Halt Holiday Headaches

By Dr. Lynn Klassen, ND

Q

I always get more migraines or headaches closer to the holiday season. How can I try to prevent them this year?

A

Migraines during the holidays are a very common problem, which means you are not alone and, as a migraine sufferer myself, I really understand your pain! With the holidays comes a lot of stress and we all want to feel our best so we can enjoy them.

First, speak to a healthcare professional so that you receive targeted therapies for the specific type of headache you are experiencing. Migraine headaches are very common and are characteristically one-sided and throbbing. To complicate things, migraine sufferers can also experience other types of headaches that can lead to a migraine.

During the holidays, stress is high and in some ways, unavoidable. So, what can you do to mitigate stress and lower your chances of getting a migraine? Migraines tend to happen when our routines change, so the best defense is sticking to your regular daily schedule. It's important to stay well-rested and hydrated, and keep mealtimes regular. Then, kick the caffeine. It can be a trigger, though strangely can also stop a migraine if caught early. Finally, avoid regular use of painkillers. Using them for more than 15 out of 30 days can cause rebound headaches.

Treatments for headaches are either acute, headache-halting or long-term headache prevention. There are lots of options available and it usually takes a combination of things to achieve long-lasting results. Some treatments include herbal supplements, removing food triggers (both avoidance of food additives like nitrates or MSG, as well as food sensitivities), and nutrient supplementation. Migraine treatment is not one size fits all. Seek out the help of a health care practitioner experienced in treating migraines/headaches and properly enjoy the holidays!



Kick your migraines to the curb with personalized natural medicine recommendations! Visit Dr. Klassen at our North Van store on **Wednesday, Jan 24** as she offers **FREE** naturopathic consults from 3-6 pm. To register call the North Van Wellness Department at 604-770-2868.



Dr. Klassen loves helping patients with headaches because of her own 10 year struggle with migraines. Visit her website www.drlynnklassen.com for more information.

Dreaming of a Green Christmas?

By Choices Dietitian Jess Pirnak, RD

Visit Jess in-store at our North Vancouver location to chat about all things sustainable or email her at northvannutrition@choicesmarkets.com.

The holidays are the perfect time to unwind with family and friends, but that doesn't mean it's time to relax when it comes to sustainability! Here are three simple ways to have a green-er Christmas this year:

1

Choose a live tree:

This might seem a little backwards as plastic Christmas trees can be used year after year, but live trees are actually more sustainable. Plastic trees are made of petroleum products (PVC), and use up resources in both their manufacture and shipping. Live trees contribute to air quality while growing, and almost ninety percent are recycled into mulch. They are usually grown and sold locally, saving both transportation costs and added air pollution. An even better option is to buy a living potted tree that can be used each year and stored on a patio between seasons.

2

Use environmentally friendly wrapping paper:

Instead of buying wrapping paper this season, clean out your closets and drawers and use old newspapers, maps, packing paper and magazines. Reusing gift-wrap can be another sustainable choice, so unwrap presents with care and reuse the paper for next year. Some families make simple cloth drawstring bags to re-use year after year.

3

Eat a sustainable meal:

Use every bit of that turkey - save the bones, carcass, and any leftover vegetables for the crock pot. Cook for 8 hours with lots of water and fresh herbs to make a delicious stock perfect for pulling together healthy meals come January. Tired of turkey leftovers? Meat can be frozen up to 9 months and used create hearty stews, curries or stir-fry to see you through the rest of the winter.



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.

REDUCE YOUR **FOODPRINT**

Plant based proteins such as lentils consume 100x less water, 10x less energy, and 7x less land compared to animal protein sources. Plus, they are a source of phytonutrients and fibre.



Lentils:

A 3/4 cup serving dishes up 13g protein, 6g fibre, and 170 calories. Try peppery French de Puy lentils as the star of a dish as they hold their shape when cooked. Red split lentils nearly disintegrate once cooked, perfect for hiding in any dish from pasta sauce, to cookies, to bread or dhal. Green lentils are mild in flavour and retain their shape, great for soups and casseroles.

Grocery Gossip



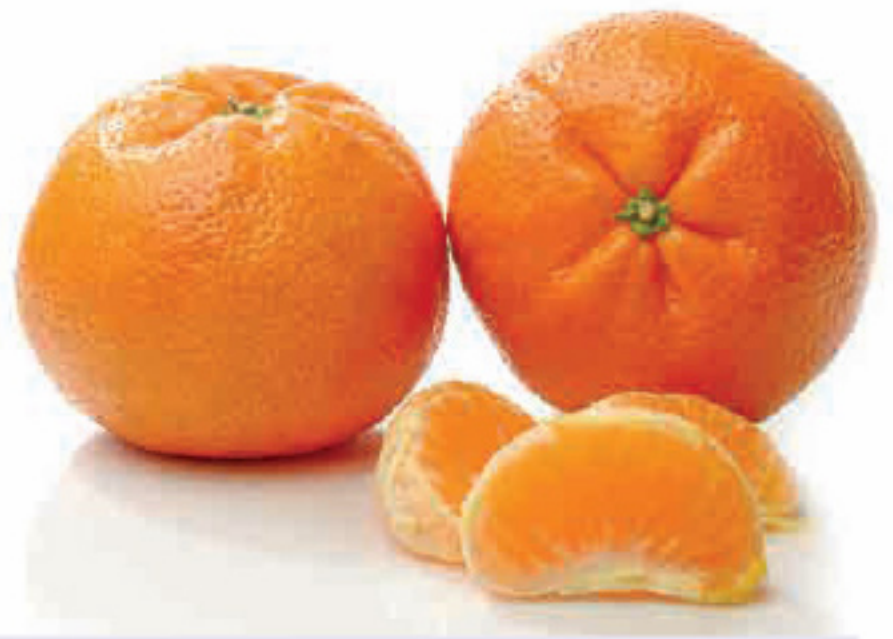
Tree Island Greek Yogurt:

Tree Island Greek Yogurt is simply non-homogenized whole milk from grass-fed pastured cows, bacterial cultures, and fresh spices and extracts. This rich Mediterranean-inspired yogurt dishes up 12 grams of protein in a 3/4 cup serving, sweetened with organic cane sugar. Try the Chai Latte, Lemon or Orange Blossom & Cardamom topped with pumpkin seeds for a satisfying dessert.



Pure Chicken Bone Broth:

Pure Chicken Bone Broth starts with outdoor-raised, free roaming BC chickens. The bones are simmered for 12 hours with organic veggies, herbs, and apple cider vinegar. A flavourful broth that is higher in protein than the alternative shelf stable stock, this broth dishes up 6 grams of protein in a cup. Great for quick dinners, just simmer with your favourite veggies like cauliflower, mushrooms, and some coconut cream.



Choice Produce Picks

Pumpkin:

Both the meat of pumpkins and the seeds inside are packed with fibre that supports healthy digestion and balanced blood sugars, and magnesium to support restful sleep. The *Cucurbita moschata* pumpkin species is often used for pies or sweet dishes, while the more familiar large orange species that is carved for Halloween, or used for savoury dishes is called *Cucurbita pepo*. Cook pumpkin as you would any other squash, using a sharp knife to remove the hard skin, then roast or use in soup.

Organic Satsuma Mandarins:

Organic Satsuma Mandarins were originally cultivated in India and China about 3,000 years ago. These sweet, cold hardy fruits hit our shelves from California. Their season is usually late November-January, producing seedless fruits whose distinctive citrus flavour hints of thyme and Concord grape. They are loaded with fat soluble carotenoid antioxidants which may play a role in fighting cancer development.



COCONUT CURRY PUMPKIN SOUP

Serves 2 to 4

Remove pumpkin seeds and innards of a 5lb sweet pumpkin with a spoon. Reserve seeds to roast, if desired.

Cut pumpkin into smaller pieces and carefully cut off the skin. Chop pumpkin into 2cm pieces, should yield about 4 cups. Dice 1 apple and 1 onion. Heat 2 Tbsp butter or coconut oil in a saucepan and sauté the apple and onion for about 5 minutes, or until the onion is clear. Add the chopped pumpkin and sauté briefly. Add 2 1/2

cups vegetable stock and bring to the boil. Reduce heat to low and let simmer for 20 minutes.

Add 1/2 tsp each mild curry powder, and ground turmeric, plus 1 tsp ground ginger, 1 can coconut cream and purée the soup with a hand blender. Season to taste with salt and pepper. Serve with a swirl of maple syrup, a sprinkle of chili flakes and a piece of parsley.



wellness centre monthly specials

Works Wonders Lip Balm Assorted Flavours



2/7⁰⁰
4.5ml

Our lip balms work quickly to repair dry chapped lips.

Works Wonders Gift Sets Assorted Varieties



7⁹⁹
each

Locally made skincare using only natural ingredients.

Aura Cacia Organic Essential Oils & Diffusers

Select Varieties



20% off
Regular
Retail Price
Assorted Sizes

Essential oils offer a wide array of ways to improve our daily lives.

Dr. Bronner's Fair Trade Castile Bar Soaps Assorted Scents



4⁴⁹
140g Bar

Made with certified fair trade ingredients and organic hemp oil for a soft, smooth lather.

Dr. Bronner's Toothpaste Assorted Flavours



5⁹⁹
140g

No artificial colours, flavours, preservatives, or sweeteners – none!

Jason Naturals Body Care Products

Assorted Varieties



20% off
Regular
Retail Price
Assorted Sizes

Available in a range of fragrant botanical blends to accommodate a wide variety of senses.

Hugo Naturals Bulk Soap Assorted Scents



25% off
Regular
Retail Price
Available in Select Stores

Made from natural ingredients. Vegan, soy-free, gluten-free, cruelty-free.

Hugo Naturals Body Care Products

Assorted Varieties

20% off
Regular
Retail Price
Assorted Sizes

An innovative line of handcrafted, artisan body care products.

Mineral Fusion Mineral Based Cosmetics

Select Varieties



25% off
Regular
Retail Price
Assorted Sizes

Our products are free of parabens, gluten, artificial colours, and other harsh ingredients.



Herbatint Natural Permanent Hair Colour Assorted Colours

15⁹⁹
1 Kit

Herbatint is the permanent ammonia-free colouring, contains 8 organic herbal extracts, covering 100% of grey hair for a natural and intense result that is rich in highlights. Your hair regains brightness and vitality, and is immediately healthier and naturally beautiful.

Ecoideas Maca Products Assorted Varieties



15% off
Regular
Retail Price
Assorted Sizes

Cultivated exclusively at high altitudes in the Peruvian Andes.



AOR Advanced B Complex

34⁹⁹

90 Capsules

49⁹⁹

180 Capsules

Balanced ratios and clinically-supported doses for energy, stress, metabolism and nerve function.



AOR Ortho Adapt Vegan

29⁹⁹

90 Capsules

AOR Ortho Adapt

39⁹⁹

120 Capsules

Help your body cope with stress with AOR Ortho Adapt.



AOR Ortho Sleep

34⁹⁹

60 Capsules

A natural solution to promote restful sleep.

BioSil for Hair, Skin, and Nails



19⁹⁹

15ml

35⁴⁹

30ml

22⁹⁹

46 Capsules

40⁹⁹

90 Capsules

54⁹⁹

120 Capsules

Reduces fine lines and wrinkles, thickens and strengthens hair and nails.

Dr. Gifford Medi-C Plus Vitamin C & Lysine Formula Regular or Berry Flavour



19⁴⁹

150 Capsules

22⁹⁹

300g

42⁹⁹

600g

Helps support cardiovascular health and collagen formation.

MegaFood One Daily Mens or Womens Multis



Regular or 40+

31⁹⁹

30 Tablets

Made from farm-fresh foods, delivering wholesome nutrition.



Innovate Health Supplements

Assorted Varieties - Excludes Bonus Bottles

15% off

Regular Retail Price

Assorted Sizes

While every cell in the body requires CoQ10 to produce energy, the cells in the heart require some of the most significant amounts. Clinical studies have shown that CoQ10 can reduce the risk for cardiovascular problems. INNO-Q-NOL restores these antioxidant levels to support cardiovascular health.

Botanica

Dr. Ohhira's Probiotics



15⁹⁹

10 Capsules

43⁹⁹

30 Capsules

79⁹⁹

60 Capsules

Probiotics fermented for 3 years using traditional Japanese techniques.



St. Francis Herb Farms Liquid Tinctures

Assorted Varieties

15% off

Regular Retail Price

Assorted Sizes

Deep Immune for Allergies proactively boosts the immune system, provides non-drowsy relief for itchy eyes, sneezing, congestion & other discomforts with special allergy relieving herbs and gentle homeopathic ingredients.

Kooa Fermented Organics Proteins or Grass Blend



52⁹⁹

Clean Protein 540g

56⁹⁹

Green Protein 600g

38⁹⁹

Grass Blend 180g

Highly absorbable proteins and greens made with the cleanest organic plant-based ingredients.

wellness centre **monthly specials**



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 **\$35.99** 60 softgels **MAGsmart** **\$21.59** 200g **\$39.99** 400g

www.hormonehelp.com



LORNA'S CORNER

Canada's leading women's natural health expert

Potent digestive aids

15% OFF
REGULAR RETAIL PRICE

natural Factors
Assorted Sizes • Assorted Varieties

SQUASH THE COLD BUG

WITH THESE INFECTION FIGHTERS!

Assorted Sizes • Assorted Varieties

15% OFF

natural Factors

New Roots Chill Pills



19.99
30 Capsules

34.99
60 Capsules

Natural treatment for day-to-day stress and chronic anxiety.

New Roots Vitamin C8



17.99
90 Capsules

32.99
180 Capsules

Immune Antioxidant Complex containing 7 plant-based antioxidants for immune support.

New Roots Plant Digestive Enzymes



22.99
60 Capsules

39.99
120 Capsules

Extract more nutrition and energy from every meal, while avoiding the unpleasant symptoms of poor digestion.

Platinum Vitamin D3



7.99
90 Softgels

11.99
180 Softgels

18.99
360 Softgels

Support immunity and beat winter blues with 1000 IU of D3, suspended in coconut for easy absorption.

Platinum Cold & Flu Oregano 8



22.99
30 Capsules

39.99
60 Capsules

Count on Oregano-8 to attack the infection while supporting and strengthening your immune system.

Bio-K Plus Probiotics

Assorted Varieties



A clinically proven, high potency, human strain probiotic that helps fight off unwanted bacterial strains.

15% off Regular Retail Price Assorted Sizes



the Dish

On Eggs Benny

No one can quite agree on the origins of eggs benedict, but when decadent French hollandaise met a crisp English muffin, thick cut bacon and the humble poached egg for the first time, a classic breakfast dish was born. If you're looking to create a from-scratch benedict for the first time, you'll first have to figure out the two main steps: poaching the perfect egg and perfecting your hollandaise.



It's always best to poach your eggs so that they're ready right as you're going to serve. Choose the freshest possible eggs, and I strongly recommend organic. To poach an egg, bring a pot of water to a boil, add a couple pinches of salt and then reduce to a simmer. Crack your egg in to a cup or ramekin, and then drop your eggs in to the simmering water, one at a time. Each egg will take between two to four minutes, depending on how soft you like your eggs. Remove them with a slotted spoon, then place over your toasted English muffin and bacon. If your eggs feel too soft, you can easily return them to the water for an extra minute or two.

For hollandaise you'll need egg yolks, lemon juice, melted warm butter, salt and cayenne pepper. To start whisk the yolks and lemon juice together until frothy and doubled in volume. Place your bowl over a pot of simmering water to create a double boiler, making sure the water does not touch your

bowl. Commence whisking as the egg mixture begins to warm up. Drizzle in the melted butter while continuously whisking, until all the butter is emulsified with the eggs. Remove from heat, and then mix in salt and cayenne pepper. Hollandaise is best served as soon as possible. One of the main challenges of creating your own eggs benedict is the timing. There are a lot of components that need to come together at the same time!

One great thing about eggs benedict is how easy it is to customize to your own tastes. Get creative with it! Add sautéed spinach, wilted kale or fresh arugula to get some healthy greens on the plate. Back bacon, thick sliced Praga ham, cooked chorizo, Italian sausage, pulled pork or Montreal-style smoked meat could be the inspiration point for a new household favourite. You could even try swapping bacon for smoked salmon or pan-fried tofu. The basic lightly buttered English muffin base can also evolve into a fresh scone, thick slice of



artisan sourdough bread, or even a potato pancake. Get even more complex by adding in components like pesto, tapenade, melty cheese, salsa or avocado.

It's important not to go too crazy on your first attempt, though! If you like your bennies, master the basics first, then keep cracking and work on your personal favourite flavour variation.



Chef Antonio can't wait for his Christmas vacation to begin so he can start cooking in his own kitchen for his family. He wishes everyone a fantastic holiday season. Check out some of Antonio's favourite seasonal recipes at choicesmarkets.com/recipes.



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