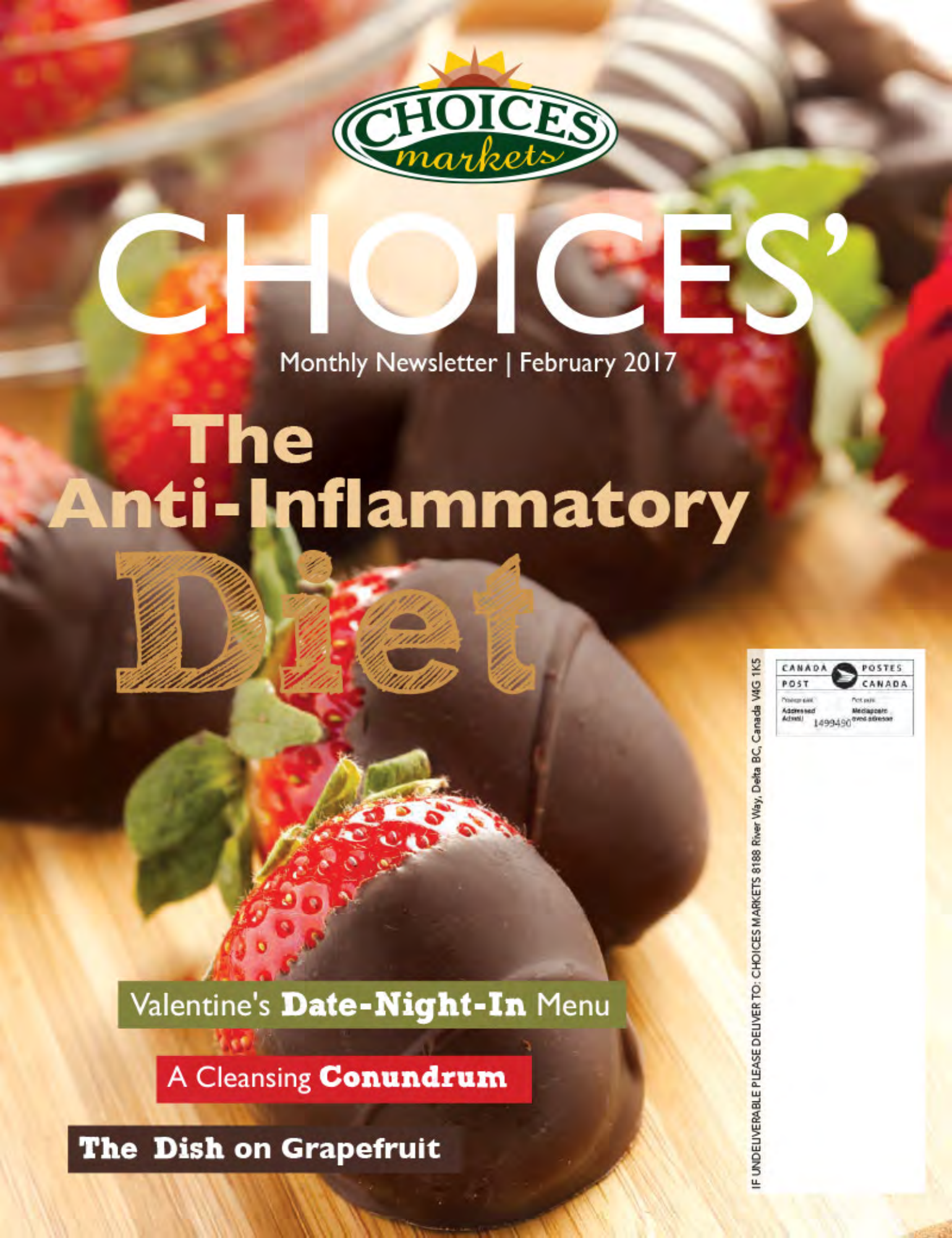

CHOICES'

Monthly Newsletter | February 2017

The Anti-Inflammatory Diet

Valentine's **Date-Night-In** Menu

A Cleansing **Conundrum**

The Dish on Grapefruit

CANADA POST POSTES CANADA
Addressed Admail 1499490
IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5

the grape vine

Anti-Inflammatory February

This month, we're focusing on the importance of including anti-inflammatory foods in your everyday diet. Inflammation can lead to numerous long-term health problems throughout your body, so it's important to be mindful towards it.

Never fear though, anti-inflammatory foods are not only delicious and healthy – a lot of them are even Valentine's Day favourites! Yes that's right, those strawberries dipped in dark chocolate can have a health benefit after all.

Inside this issue you'll find a great date-night menu made with anti-inflammatory foods, plus health articles on how anti-inflammatory foods can help everything from gut health to hormones.

A Heartfelt Thank You

Every year during the holiday season, Choices runs a fundraising campaign in support of local neighbourhood houses across Metro Vancouver, the Fraser Valley and Okanagan. We'd like to thank our customers for donating to our 15th annual Star of the Season campaign and making it an incredible success. In total, we were able to raise over $38,000, with 100% of donations going towards strengthening local communities.

COOK IT UP

Dr. Julie's Anti-Inflammatory Smoothie for Hormone Balance

1 cup unsweetened almond milk
1/2 cup frozen blackberries
1/4 cup fresh papaya
1/4 cup walnuts
1/2 inch fresh ginger root
1/2 inch fresh turmeric root
1/2 tsp ground cinnamon
1 Tbsp hemp
1 Tbsp flax seeds
1 scoop L-Glutamine powder

In a high-powered blender, combine and blend all ingredients until smooth. Enjoy!

COOK IT UP

ANTI-INFLAMMATORY DATE-NIGHT-IN MENU

Treating your partner to a home cooked meal this February could not be easier, thanks to our nutrition team. Even better, get your significant other to give you a hand in the kitchen for a fun filled date-night. All the recipes are packed with ingredients that quell inflammation, plus they are simple to prepare - so you can get back to what's most important: each other.

Starter

Greens Salad with Cara Cara Orange Vinaigrette

Serves 2

Juice and zest of 1 cara cara orange

2 Tbsp fresh thyme leaves

1 small shallot, finely diced

1 tsp Dijon mustard

1 Tbsp apple cider vinegar

1/2 cup extra virgin olive oil

In a jar combine the first 5 ingredients and mix well. Slowly add olive oil, whisking constantly. Keep in a sealed jar in the fridge for up to 2 weeks. The olive oil will solidify in the fridge so remove 15 minutes before serving to effortlessly dress your salad. Toss dressing with salad greens and fresh goat cheese.

Per serving: 114 calories, 6g fat, 13g carbohydrates, 2g fibre, 10g sugar, 3g protein, 99mg sodium.

Main

One-Pot Einkorn Linguine Marinara

Serves 6

540 ml can diced tomatoes

1 minced clove garlic

3 Tbsp extra virgin olive oil

1/4 tsp oregano

400 ml can cannellini beans, drained and rinsed

15 fresh basil leaves

1 tsp sea salt

black pepper to taste

3 1/2 cups water

1 box Jovial einkorn linguine

Fresh grated parmesan (optional)

In a large skillet as wide as the length of the linguine, place dry pasta on the bottom of the pan. Add tomatoes, garlic, olive oil, oregano, beans, basil, salt and pepper. Pour water over the ingredients. Bring to a boil, and then cook on medium heat uncovered for 15 minutes. As soon as pasta softens, stir frequently. Serve with freshly grated parmesan.

Per serving: 334 calories, 9g fat, 50g carbohydrates, 9g fibre, 4g sugar, 13g protein , 540mg sodium.

Dessert

Chocolate Avocado Mousse

Serves 4

1 ripe avocado

1/4 cup maple syrup

1/4 cup cacao powder

1 tsp vanilla

1/4 cup almond milk

Pinch salt

Combine all ingredients in a blender or food processor, blend together until smooth.

Per serving: 138 calories, 6g fat, 24g carbohydrates, 5g fibre, 18g sugar, 2g protein, 50mg sodium.

Upcoming Events

MARK YOUR CALENDAR

Essential Oils 101

with Marva Ward, CNP, PureSource

Tuesday, February 7 | 6:30 – 8:00 pm
Choices Abbotsford

Wednesday, February 8 | 5:30 – 7:00 pm
Choices Burnaby Marine Way

Thursday, February 9 | 7:00 – 8:30 pm
Choices South Surrey

Join us for a free seminar on aromatherapy, including the history and various uses of essential oils. Includes a complimentary gift!

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

The Anti-Inflammatory Menu

with Choices' Executive Chef Antonio Cerullo and the Nutrition Team

Saturday, February 4 | 2:00 - 4:00 pm
Choices Kitsilano Floral Shop & Annex

Saturday, March 4 | 2:00 – 4:00 pm
Choices Kelowna

Fighting inflammation is as easy as picking up your fork! Join the Choices team as we teach you how to fight the inflammation that leads to so many diseases with a collection of no-fuss recipes.

Cost $20 plus tax, online registration required. See top of page 5 for registration information.

Plant a Pollinator Paradise

with Lori Weidenhammer AKA Madame Beespeaker

Thursday, February 23 | 7:00 – 8:30 pm
Choices South Surrey

Monday, February 27 | 7:00 – 8:30 pm
Choices Kitsilano Floral Shop & Annex

Learn how to create a bee-utiful garden that attracts essential pollinators and other benefi cial insects.

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

Wednesday, February 15
7:00 – 8:30 pm

Kombucha 101

with MotherLove Ferments

Choices Kelowna

You'll learn everything you need to know about how to brew kombucha. Both those new to the world of kombucha and experienced home brewers alike will learn the skills to make great tasting, health-enhancing kombucha at home.

Cost $30, includes a starter kit and SCOBY. Register online. See top of page 5 for registration information.

Thursday, February 23
7:00 – 8:30 pm

Optimizing the Gut-Brain Connection

with Dr. Olisa Mak, ND, Inspirit Health Group

Choices Kitsilano Floral Shop & Annex

Learn about the most common signs and symptoms of poor gut health and naturopathic solutions to improving and maintaining gut health.

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

Wednesday, March 1
7:00 – 8:30 pm

Cleansing and the Anti-Inflammatory Diet

with Dr. Heidi Lescanec, ND, Sage Clinic

Choices Kitsilano Floral Shop & Annex

Find out how the body naturally cleanses and naturopathic methods for safely supporting this process. Also, learn the nutrition fundamentals of the anti-inflammatory diet.

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 eventregistration@choicesmarkets.com.

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

Wednesday, March 8
7:00 – 8:30 pm

Hormones and You

with Dr. Allison Patton, ND, Moutainview Wellness Centre

Choices South Surrey

Learn cutting edge information and solutions to help resolve your hormone related health concerns, like: lack of energy, belly fat, sagging skin, lack of motivation and foggy brain.

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

Thursday, February 16
7:00 – 8:00 pm

Eat to Beat Inflammation

with Lisa Aschenbrenner, Nutritionist, InspireHealth

Choices Kelowna

You'll learn about all aspects of inflammation, including how it is created in the body and its role in disease. Plus, practical tips to help balance inflammation through food and lifestyle choices.

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

Tuesday, February 7
7:00 – 8:00 pm

Chiropractic Care & Pregnancy

with Dr. James Whillans, DC, LifeWorks Chiropractic

Choices Kelowna

With a special focus on helping pregnant mothers, Dr. Whillans will teach you how to feel your best throughout your pregnancy and better the health of your baby.

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

Complimentary Health Screenings

Body Composition Screenings

With Dr. Allison Patton, ND, Moutainview Wellness Centre

Wednesday, February 8 | 11:00am – 3:00pm
Choices South Surrey

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

Tongue and Pulse Screening

With Dr. Hamid Tajbakhsh, ND, Metrotown Naturopathic

Tuesday, February 28 | 2:00 – 4:00pm
Choices Burnaby Crest

Free 15 consults, registration required. To register call 604-522-0936. For more information visit choicesmarkets.com/events.

Wednesday, March 8
6:30 – 8:00 pm

Do You Have Hormone Imbalances?

with Alisa Langley, Lorna Vanderhaeghe Health Solutions

Choices Abbotsford

Alisa Langley will help you understand where your hormones come from, what causes imbalances, and how to safely and effectively solve your hormone problems.

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

preferred shopper **club specials**

CLUB PRICE

Mighty Leaf Tea

Assorted Varieties

11.49

15 sachets
Product of USA

A wide selection of premium teas inspired by tea lovers from all over the world.

Silk Fresh Alternative Beverages

Assorted Varieties

2.29 to 4.59

Assorted Sizes • Product of USA

Better smoothies start with Silk dairy-free beverages!

Nature's Path Love Crunch Granola

Assorted Varieties

4.99

325 g • Product of USA

Food that's good for people and good for the planet.

Daiya Frozen Pizza

Assorted Varieties

7.79

assorted sizes
Product of Canada

The dairy and gluten-free slice of pizza perfection.

Olympic Yogurt

Assorted Varieties

8.49 to 10.99

1.75 kg
Product of Canada

Made from fresh milk from BC cows for good yogurt made by good people.

Olympic Organic Kefir

Assorted Varieties

8.99

2 L • Product of Canada

A fermented favourite, enjoy a glass in the morning for a probiotic pick-me-up.

Vij's Indian Meals

Assorted Varieties

8.49

300 g
Product of Canada

Frozen meals created by Vancouver's world renowned chef, Vikram Vij.

Nudge Organic Pasta & Cheese

Assorted Varieties

3.99

170 g
Product of Canada

Certified organic and made with grass-fed cheese!

Stahlbush Island Farms Frozen Vegetables

Assorted Varieties

3.49

300-384 g
Product of USA

Frozen fresh from the field for the utmost in quality.

Seventh Generation Household Cleaners

Select Varieties

4.29 to 5.69

Product of USA

Creating plant-based cleaning products that really work - for over 25 years.

Nature Clean Laundry Detergent

Assorted Varieties

12.99

3 L • Product of Canada

Nature Clean has proudly stood for clean as it was meant to be: pure and natural.

Wolfgang Puck Organic Soups

Assorted Varieties

3.49

398 ml • Product of USA

Restaurant-quality premium soups made with the finest ingredients.

GT's Organic Kombucha

Select Varieties

9.99

1.4 L • Product of USA
+deposit +eco fee

Get more of what you love with this 1.4 litre bottle of GT's kombucha.

Que Pasa Artisinal Chips and Salsa

Assorted Varieties

3.49 Chips - 425 g

3.99 Salsa - 420 ml

Product of Canada

Artisinal chips and salsa that will make your tastebuds dance.

Clif and Luna Bars

Assorted Varieties

Protein and energy bars loved across the country.

1.29 Luna bar

18.99 Luna 15 pk

Product of Canada

1.39 Clif bar

16.49 Clif 12 pk

Kettle Brand Potato Chips

Assorted Varieties

3.19

170-220 g • Product of USA

Perfectly crunchy and available in dozens of amazing flavours.

Alter Eco Chocolates and Truffles

Assorted Varieties

3.69 Bars

8.49 Truffles

80 g/120 g •Product of Bolivia

The sweet, rich deliciousness you love, made with Fairtrade ingredients.

R.W. Knudsen Just Juices

Assorted Varieties

5.99 to 11.99

946 ml • product of USA
+deposit +eco fee

A tradition of quality organic juices that can't be surpassed.

Sundhed Himalayan Salts

Assorted Varieties

2.99 to 6.49

120-750 g • Product of Pakistan

Pure salt from the Himalayan mountains.

Prasad Ayurveda Organic Ghee

Assorted Varieties

13.99 to 21.99

225g-425 g
Product of Canada

A versatile, premium oil with a pleasant, mild nutty taste.

Betty Lou's Powdered Peanut Butter

Assorted Varieties

8.99

180 g • Product of USA

Just add water for a reduced fat peanut butter experience.

Lundberg Organic Rice

Assorted Varieties

7.99 to 8.99

907 g • Product of USA

Lundberg Family Farms is proud to offer a line of rice products that you can feel good about having on your table.

Bragg Liquid Aminos

Assorted Varieties

4.29 to 8.99

assorted sizes
Product of USA

The all-natural soy sauce alternative with no added salts or preservatives.

Nutiva Organic Refined Coconut Oil

12.99

860 ml • Product of USA

Unlike other companies that use chemicals, Nutiva Refined Coconut Oil is made though a steam refining process.

Anti-Inflammatory Diet

for Hormone Balance in Women

The root cause of many hormone imbalances in women (including infertility, problems in pregnancy, insulin resistance, thyroid dysfunction, autoimmune disease, and arthritis) is a chemical process called inflammation. When inflammation becomes chronic (lasting longer than 3 weeks) a downstream cascade of triggers are released that can cause stress, blood sugar balancing, and female hormones.

Healing inflammation and balancing hormones, begins in your gut. The food that you fuel your body with everyday plays a big part in either contributing to the inflammatory response, or quenching it. Here are 6 ways you can use food everyday to heal your gut, reduce inflammation, and balance your hormones:

1. **Avoid sugar and refined starches.** Whether gluten-free or not, refined starches (any kind of flour from wheat, potato, rice) can spike your blood sugar, cause insulin to rise, and result in inflammation. By eating starches that are less processed and full of fibre, you can lower your overall insulin release.

2. **Eat 5-8 cups of veggies daily.** Brightly coloured vegetables are rich in polyphenols that are full of anti-inflammatory antioxidants, vitamins, minerals, fibre, and low in sugar. They are easy to digest and support healthy elimination. The more brightly coloured, the more anti-inflammatory nutrients they contain. The other half of your diet should consist of low sugar fruit, plenty of nuts, seeds, and small portions of fish, eggs, meat, and regular consumption of bone broth.

3. **Add essential fatty acids (EFA) to your diet.** These may come in the form of omega-3 from fish oil, algae or GLA. Plenty of research confirms that EFAs reduce risk of: insulin resistance and type 2 diabetes, hypertension, heart disease, autoimmune disease, osteoporosis, dermatitis, fatty liver, breast cancer and post-partum depression.

4. **Cook with herbs and spices, like turmeric, green tea, ginger, cinnamon, and cocoa.** See my recipe for an Anti-Inflammatory Smoothie on page 2. Hundreds of studies have shown turmeric to be an effective anti-inflammatory and antioxidant. It's useful when added to smoothies, soups, stir-fries, and hugely potent when taken in the form of a supplement. Ginger is warming, calming, soothes digestion, and fights inflammation beautifully.

5. **Reduce stimulants and depressants.** Avoid caffeine, alcohol and of course smoking anything. Chemicals contained in these substances act as toxins in the body and trigger hormonal reactions that can make it hard to treat the impact with food therapy alone.

6. **Avoid food allergens and sensitivities.** These are different for everyone but commonly include gluten. When a person is sensitive to a food and ingests it, a variety of symptoms appear including brain fog, diarrhea, constipation, headache, rash, weakness, joint pain, swelling, vomiting, and fatigue. These foods irritate the intestines and trigger inflammation throughout the body. Find out which foods are your triggers, remove them from your diet, and heal your gut so you can recover your hormones as quickly as possible.

Dr. Julie Durnan ND is a naturopathic physician and owner of Restoration Health Clinic in North Vancouver, BC. The clinic provides natural medicine and acupuncture treatment for hormone balance, children health, food allergy, complementary cancer support, and pain relief. Dr. Durnan is dedicated to delicious medicine and raising vibrant children. www.restorationhealthclinic.com

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.

ASK THE EXPERTS

A Cleansing Conundrum

By Dr. Heidi Lescanec, ND

Q **How do we get exposed to toxins? Is cleansing actually beneficial for decreasing inflammation and is there a time of year that is best?**

A We are all exposed to toxins through the air we breathe, the food we eat and many other environmental sources. When these chemicals can be efficiently eliminated from the body there is no problem. However, when toxins are assimilated or created in the body faster than they can be gotten rid of, we can become overburdened.

A "cleansing program" to support the body's systems of detoxification is most effective when undertaken in the spring or fall. Why? These are transition seasons, which provide the ideal environment for our bodies to open the emunctories (the organs of elimination) and release accumulated toxins. In the spring it isn't just the buds and blossoms that wake up to the outside world – our bodies also respond to the change in temperature, light and energy by becoming optimally primed for "spring cleaning" and renewal. A properly done cleanse can help us lighten up our inflammatory load, clear some physiological clutter, create space for mental clarity, support metabolism and help us gain more restorative energy.

One of the most lasting benefits people get out of doing a cleanse or detox is the clean anti-inflammatory diet that accompanies it. Every day we make food choices that can either balance the pro- and anti- inflammatory compounds in our body, or tip the scale to one end creating inflammation. Supporting our bodies with an anti-inflammatory diet is the most effective strategy for reducing inflammation and producing long-term positive results like sustainable weight management and energy improvement.

MAR 1

Join Dr. Lescanec at the Kitsilano Floral Shop and Annex on Wednesday, March 1st, for her seminar on cleansing and the anti-inflammatory diet. See page 4 for more details.

Dr. Heidi Lescanec is a Naturopathic Physician and passionate whole foods chef who brings her diverse culinary experience and knowledge of food as medicine into her clinical practice through nutrition counseling in addition to primary care medicine. She obtained her naturopathic medical degree in 2002 from NCNM in Portland, Oregon and practices at Sage Clinic in Yaletown, Vancouver.

NUTRITION NEWS TO USE

Eat to Beat Gut Inflammation

By Choices' Nutritionist Emily Boese, BNatMed

The barrier between our digestive tract and the rest of our body is vital – its job is to selectively allow specific nutrients and fluid into our bloodstream, and to keep out pathogens, allergens, and larger food molecules.

However, this barrier can be compromised by things such as infections, antibiotic use, alcohol, and a diet high in sugar and processed foods. When this barrier is altered, inflammation, as part of our immune system, comes to the rescue. Chronic inflammation can lead to major health problems, such as food intolerances, nutrient deficiencies due to poor absorption, and even serious chronic conditions like Ulcerative Colitis and Crohn's Disease. What are the best foods to quell inflammation?

1. **Healthy Fats**
Whole food sources such as avocados, eggs, nuts and seeds should be eaten daily. When you need to use oil for cooking, use extra virgin olive oil for low or medium heat, while avocado or camelina oil is ideal for higher heats. Regularly include anti-inflammatory omega-3s in your diet. Oily fish such as wild sockeye salmon is an ideal choice.

2. **More Plants**
7-10 servings of dark and brightly coloured veggies and fruit should hit your plate. Every. Single. Day. Hate counting? Just cover half your plate with produce at each meal and snack. Sneak more in by adding veggies to smoothies, soups, curries, and stews.

3. **Herbs and Spices**
Many culinary herbs have fantastic health benefits benefits. Turmeric, ginger, and cardamom have all shown to have anti-inflammatory properties. For a warming, anti-inflammatory drink, add these spices together with some coconut milk, honey and a crack of black pepper. Heat in a small saucepan, stirring constantly, and enjoy!

Want to learn more? Book your free personalized nutrition tour with our nutrition team 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

Blood Oranges:

These cold weather fruits are in season from December until April, and can liven up our plates from the usual beets and squashes this time of year. Named for the colour of their maroon flesh, the pigmentation is a result of anthocyanin, an antioxidant which may help prevent cardiovascular disease and cancer, and boost cognitive function.

TASTY TOP CHOICE RECIPE

Smoky Blood Orange Bean Dip

Makes 2 cups

- 1 398 ml can white beans, rinsed and strained
- 2 Tbsp tahini
- 1/4 cup fresh blood orange juice
- 1/2 tsp blood orange zest
- 1/4 cup extra virgin olive oil
- 1 clove garlic
- 1/2 tsp cumin powder
- 1 tsp sea salt
- 3/4 tsp chipotle puree

Combine all ingredients in a food processor and blend until smooth. If needed add water to thin your dip 1 tbsp at a time until a smooth consistency is reached. Adjust seasoning as desired.

Enjoy immediately or keep in the fridge in a sealed container for up to a week. Can't gobble it up that quickly? Store in the freezer instead for up to 6 months.

Grocery Gossip

Bragg Organic Apple Cider Vinegar:

Unpasteurized and unfiltered, Bragg's is made from organically grown apples.

"With the Mother" means the vinegar contains the amazing vinegar culture that occurs naturally as strands of protein, enzymes and friendly bacteria and give the product a cloudy appearance. These added probiotics and digestive enzymes support a healthy immune system and promote digestion.

Add flavour to salads, veggies, protein such as tofu, fish or chicken, and even sprinkle over popcorn.

Olympic Greek Yogurt :

Made fresh every day starting with milk and cream from small farms close to their dairy in Delta, BC - a fresh taste of BC without the rain.

Greek-style yogurt has been strained to remove the whey, resulting in a thicker consistency than unstrained yogurt, while preserving its distinctive sour taste.

Experiment by using as a topping on pancakes or fajitas, a dip for veggies, or as a sauce for fish and pasta.

Jovial Pasta:

(Re)-introducing nature's original wheat! Einkorn is an un-hybridized whole grain that is genetically simpler than traditional wheat, which can make it easier to digest the gluten protein for those with gluten sensitivity. A great source of protein with 9g per serving and high amounts of vitamins, minerals and antioxidants makes this a great alternative to other dried pasta.

Pure Bone Broth:

Uses locally sourced organic free-range chicken or beef bones as the base for the broth. The bones are slowly simmered for 16 hours with organic veggies and herbs to ensure all of the nutrients and minerals are extracted. This broth is a great antioxidant-packed start for soups, simmering veggies, or just a protein boost – with 6 grams in a cup.

Earth's Choice Coconut Milk & Cream:

To provide the fullest flavour, these coconut products start with sustainably harvested coconuts that are hand-picked when they're perfectly ripe. The delicious cream is packaged in cans free of BPA lining. Coconut cream can be whipped to make a whipped cream, or use the milk as a base for your morning oats for a creamy consistency.

wellness centre **monthly specials**

Renew Life Probiotics

Assorted Varieties

20% off Regular Retail Price Assorted Sizes

The ULTIMATE in probiotic protection!

- Ultimate Flora Critical Care delivers 50 billion probiotic bacteria from 10 strains. You would need to eat over 50 servings of yogurt to equal the probiotic power in just one capsule of Ultimate Flora Critical Care!
- Ultimate Flora Critical Care is the ideal formula for improving digestion, boosting immunity and supporting overall health.
- Ultimate Flora probiotics are enteric coated to protect the probiotics from harsh stomach acid and deliver them directly to the intestines where they are needed and utilized by the body.

Renew Life Essential Fatty Acids

Assorted Varieties

20% off
Regular Retail Price
Assorted Sizes

The PERFECT Once Daily Fish Oil

Norwegian Gold Critical Omega is designed to deliver a therapeutic amount of omega-3 fatty acids in a one-a-day dose. It is the ideal choice for the maintenance of good health.

Renew Life CleanseMore

15.99
60 Capsules

25.99
120 Capsules

CleanseMORE works by ensuring that the colon is properly hydrated, while at the same time stimulating 'peristalsis', the natural muscular contraction of the digestive tract.

HEART MONTH

Strauss Naturals Heartdrops

Original or Cinnamon

74.99 100ml **139.99** 225ml

Helps maintain cardiovascular health and reduce blood lipids like oxidized LDL cholesterol and triglycerides. Clinical results in as soon as 90 days or your money back, guaranteed. Ask for brochure in-store.

Purica Provascin Cardiovascular Support

29.99 120 Capsules

54.99 240 Capsules

Cardiovascular support for improved weight management and support for healthy cholesterol levels.

Manitoba Harvest Hemp Hearts

5.99 227g **11.99** 454g **49.99** 2.27g

Hemp Hearts are raw shelled hemp seeds that taste great and are simple to use – no need to grind! An easy to digest, plant based protein to add to your diet.

Hemp Hearts contain a perfect blend of omega-6 and omega-3 essential fatty acids. Sprinkle on salads, cereal, and yogurt or enjoy on its own as a wholesome snack.

Dr Gifford Jones Medi-C Plus Vitamin C & L-Lysine Formula

Original or Berry

22.99 300g
42.99 600g
19.49 150 Capsules

Medi-C Plus is now even more effective for heart health and more!

20% OFF ALL LORNA PRODUCTS

ACTIVE COLLAGEN Reduces Deep Wrinkles by 20% in 28 Days

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. Research shows **ACTIVE COLLAGEN** can reduce the number and depth of deep wrinkles by 20% in 28 days and the longer you take **ACTIVE COLLAGEN** the better the results.

Now available in an organic raspberry flavoured drink mix.

hormonehelp.com

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

Sisu B-Complex

14.99

Bonus Bottle 60 Capsules + 15 Free

Complete high-dose B Complex formula with extra B12 and Folic Acid.

Sisu Melatonin 5MG

11.99

Bonus Bottle 90 Tablets + 30 Free

Helps improve sleep quality without the side effects of many sleep-aid drugs.

Joy of the Mountains Organic Oil of Oregano

13.99 10ml
16.99 15ml
24.99 30ml
29.99 90 Capsules

Oil of Oregano fights off colds, flus and their symptoms. Voted #1 Immune Product.

Sisu Magnesium 250MG

14.99

Bonus Bottle 100 Capsules + 25 Free

Supports heart health, relieves muscle pain and weakness, and helps prevent headache or migraines.

Sisu Ester - C

22.49 600MG 120 Capsules
26.99 1000MG 120 Tablets
28.99 Supreme 120 Capsules

Ester-C® is a unique, patented, non-acidic form of vitamin C that is gentle on the stomach.

Enerex Serrapeptase

Reduces pain and inflammation.

26.99 120,000/ 60 Capsules
47.99 120,000/ 120 Capsules

Dr Dünner Sambu Guard

25.99 175ml
23.99 Coldguard for Kids 175ml

Supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds).

Dr Dünner Sambu Elderberry Concentrate

22.99 175ml

Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.

Megafood Baby & Me with Free Blood Builder

69.99

Baby and Me 120 Tablets and Free Blood Builder 30 Tablets *Shrink Wrapped Together*

Whole food prenatal + free Blood Builder providing whole food iron.

wellness centre **monthly specials**

SUPPORTS ENERGY PRODUCTION & CARDIOVASCULAR HEALTH

15% OFF

Coenzyme Q10 – An antioxidant for the maintenance of good health

JOINT AND INFLAMMATION SUPPORT

15% OFF

Reduces pain and inflammation in joints affected by osteoarthritis

CurcuminRich™

15% OFF

#1 absorbed form of curcumin‡

Memory Optimizer	Joint Optimizer	Cardio Optimizer	Whole Body Optimizer
Supports memory and cognitive health	Relieves joint pain and arthritis symptoms	Promotes healthy heart function	Anti-inflammatory benefits for the whole body

‡Scientific studies revealed that Theracurmin was more bioavailable versus milligram-for-milligram than other leading enhanced and regular forms of curcumin.

BODY CARE

Natural Clean Body Care Products for Sensitive Skin

Assorted Varieties

20% off Regular Retail Price

Assorted Sizes

Cleanse and renew skin to become healthy and radiant.

Aura Cacia Regular or Organic Essential Oils, Diffusers, or Bath Salts

Assorted Varieties

20% off Regular Retail Price

Assorted Sizes

Ethically and sustainably sourced.

Zorah Face Care or Cosmetics

Assorted Varieties

20% off Regular Retail Price

Assorted Sizes

High-end line of natural cosmetics, made in Quebec.

Giovanni 2Chic Hair Care Products

Assorted Varieties

25% off Regular Retail Price

Assorted Sizes

Repair & renew youthful vibrancy to damaged or over processed hair.

New Roots Vitamin C8

17.99
90 Capsules

32.99
180 Capsules

Immune Antioxidant Complex, containing 8 forms of Vitamin C as mineral ascorbates.

New Roots Children's Probiotic

22.99
20g

Our high-potency, 12-strain formula in convenient powder form helps establish and maintain healthy digestion and immune-system functions from the infancy through adolescence.

AOR Advanced Magnesium Complex

24.99
90 Vegi-Caps

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the Dish
On Grapefruit

I can't think of a popular breakfast that's more simple and wholesome than half a grapefruit and a spoon. Of course, there's more to this humble citrus than first meets the eye.

For one, it's a little known fact that the grapefruit is actually a hybrid. First bred as a cross between a pomelo and a sweet orange, the grapefruit has since become a staple in fruit bowls and juice bottles everywhere. It's now a distinct fruit with many varieties; with each having different sugar

content and acidity (redder flesh tends to make for a sweeter grapefruit). Based on that, your culinary applications can have slightly different results.

Start by picking a ripe grapefruit. You should look for fruit with a plump-yet-firm quality. If you're looking to use the zest, always choose an organic grapefruit and find a fruit with smoother skin. You can store grapefruit at room temperature for up to a week.

Juicing is the easiest and a very healthy way to get grapefruit into your diet at any time of day. Your fresh juice can also form the base of a cocktail, alcoholic or virgin. Think about mixing fresh squeezed grapefruit juice with a dash of grenadine, Campari and gin topped up with soda water for a refreshing spritzer. Tequila fan? Try making a margarita using grapefruit juice instead of lime for a zesty treat. You can also make a flavoured syrup or cordial to concentrate the flavour.

On its own or in a fruit salad, grapefruit is delicious. But as a chef, I'm always looking to elevate flavours. One simple and amazing way to enjoy a simple sliced grapefruit is to sprinkle it with a bit of brown sugar and cinnamon, then place under a broiler, just long enough to caramelize the sugar. It may be hard to go back to plain grapefruit again after you try this technique.

From a culinary standpoint, like other citrus, there are innumerable ways to use grapefruit in your cooking. Using fresh juice is fantastic for marinating everything from chicken and pork to beef, or even wild game. Try adding grapefruit to your fresh salsa and serving with white fish. Why not try making a grapefruit chutney, and serving it on your charcuterie and cheese plate as a delicious spread? Use grapefruit juice instead of lemon when making a salad dressing, and include the fruit in your hot or cold grain salad. You can also use it in your baking to lend a unique flavour to your cookies, cake frosting or muffins. Perhaps my favourite way to enjoy grapefruit though, is in a frozen sorbet. It's a great refreshment at any time of year.

While February can be cold and dreary, Chef Antonio always looks forward to the bounty of fresh citrus that comes in to our stores at this time of year. Join Chef Antonio at Choices Kitsilano or Kelowna this month for his latest cooking class, The Anti-Inflammatory Menu. Details on page 4.

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Choices Markets Locations

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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 CO_2
Smog: 5 kg NO_x
Energy: 23 GJ

Results based on the Rolland Environmental Calculator

Kids Spring Break Cooking Camp

Kids in the Kitchen with Project CHEF

March 13 – 17
Kitsilano Floral Shop and Annex
Kids Aged 7 to 11

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

Camp runs March 13-17, 9:30 am – 1:30 pm. Cost is $325 plus tax. Fee includes instruction, lunch and snacks and a recipe booklet. To register and prepay for this camp, visit choicesmarkets.com/events. To learn more about Project CHEF visit projectchef.ca. Proceeds from this camp will benefit Project CHEF.