



CHOICES'

Monthly Newsletter | May 2017

move more

MAY

Functional Fitness

Win a Gift Card

The Dish on Walnuts



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



Move More May



This May, it's time to get up and move! Exercise is an important part of a healthy lifestyle that most of us just don't get enough of. In our health articles this month, we're talking about some of the benefits of exercise you may not have known about. Did you know that keeping your body moving also helps your brain stay fit? Check out our articles on pages 8 and 9 to learn more and get moving!

Veg Expo

Choices is once again proud to be presenting sponsor of Veg Expo, Canada's premier sustainable, vegan and vegetarian event. Every year has seen massive growth for Veg Expo, and we love the enthusiasm and excitement that people bring to this informative, and delicious, event. You'll meet like-minded people, listen to informative nutrition and lifestyle talks and then watch great cooking demonstrations. Visit our centre booth for free samples and fantastic draw prizes. We can't wait for this event and hope to see you there.



World Partnership Walk

For more than a decade, Choices has been supporting the World Partnership Walk. This national fundraising event aims to eradicate extreme poverty in developing nations, where thousands of people do not have access to clean water, basic education and health care. All of the funds raised through the Walk are invested in sustainable, long-term, community-led projects in the areas of health, education, civil society and rural development. It is a way to offer hope, a hand-up, know-how and support to some of the world's most vulnerable populations. Join the Choices team on Sunday, May 28th in Stanley Park. See more details at choicesmarkets.com.

Mother's Day



May 14th is all about Mom. Come to Choices to get Mom's favourite items, like Fairtrade chocolates, beautiful floral arrangements or natural body care products. If you need help in the kitchen, don't forget that the Choices Deli has dozens of ready to heat and eat options available so everyone can take a night off in the kitchen. Need a quick dessert? Try our selection of amazing vintage cakes from our bakery. No matter what your Mother's Day traditions are, Choices is here to help.

ENTER TO WIN

A \$900 Gift Card!

Courtesy of Ocean's Tuna

One lucky customer will win a \$900 Choices Markets gift card courtesy of Ocean's Brand. See their in-store display for more information and to enter.

Contest open from May 1 to 31, 2017. 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. Winner is responsible for picking up their prize from the Choices location of their convenience. There can be no repeat winners for Choices contests throughout 2017.



COOK IT UP



Start Your Day with a Coffee Shake

Courtesy of Lorna Vanderhaeghe

— makes one serving —

Curb cravings, aid weight loss and feel satisfied with this delicious coffee-flavoured shake instead of skipping breakfast. High-quality whey protein isolate makes having a nutritious breakfast easy. Plus, this yummy shake includes Regular Girl's prebiotics and probiotics to aid digestion so you radiate confidence from the inside.

Now, go seize the day!

The Choices Markets logo is at the top. Below it is a red box with a white truck icon and the text 'Introducing the Choices Online Store'. Below the red box is the text 'Wellness and Grocery Items Delivered Right to Your Door'. At the bottom is the website address 'shop.choicesmarkets.com'. The background shows a laptop screen displaying the Choices Markets website.

1 cup strong brewed coffee, cold or 1 Tbs. granulated instant coffee

1-2 scoops of PROTEINsmart Vanilla powder (or chocolate for a mocha style)

1 scoop of Regular Girl

5 ice cubes

100ml of water, milk or almond/rice milk (optional)

1. Pour cold coffee into blender
2. Add PROTEINsmart and Regular Girl
3. Add a few ice cubes
4. Blend
5. Optional: add water or milk, almond milk or rice milk to get desired thickness

Upcoming Events

MARK YOUR CALENDAR

Complimentary Health Screenings

Naturopathic Consults

With Dr. Olisa Mak, ND, Inspirit Health Group

Thursday, May 11 | 4:00 – 6:00 pm

Choices Cambie | 604-875-0099

Free 15 minute consults, registration required.

To register call the number listed with the host store. For more information visit choicesmarkets.com/events.

Spinal Screenings

With Dr. Trevor Mains, DC, Restoration Chiropractic

Friday, June 2 | 9:00am – 1:00 pm

Choices South Surrey

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

Talk & Tastes: Plant Proteins

Tuesday, May 16 | 4pm, 5pm or 6pm

Choices Kerrisdale | 604-263-4600

Thursday, May 25 | 3pm or 4pm

Choices South Surrey | 604-541-3902

Friday, May 26 | 1:30pm, 2:30pm or 3:30 pm

Choices North Vancouver | 604-770-2868

Wednesday, May 31 | 3pm, 4pm or 5pm

Choices Burnaby Crest | 604-522-0936

Saturday, June 3 | 1pm, 2pm or 3 pm

Choices Abbotsford | 604-744-3567

Free events, registration required. To register for your 30 minute time slot call the number listed with the host store. For more information visit choicesmarkets.com/events.

Saturday, May 6

1:00 – 2:00 pm

Gluten-Free Meal Planning

with Selena Devries, RD, HealthBean Nutrition

Choices Kelowna

Simple, nourishing and delicious meals are key to the gluten-free diet. Come learn how to eat well and plan budget friendly, gluten-free meals.

Free seminar, registration required. Register online or call 250-862-4864.

Tuesday, May 30

7:00 – 8:00 pm

Understanding the Benefits of Essential Oils

with Marva Ward, CNP, NOW Essential Oils

Choices Kelowna

Learn how aromatherapy works for health and wellness, how to use essential oils in easy projects, and how to know a quality oil that you can trust is pure

Free seminar, registration required. Register online or call 250-862-4864.

Wednesday, June 7

7:00 – 8:30 pm

Healthy Skin from the Inside Out

with Dr. Heidi Lescanec, ND

Choices Kitsilano Floral Shop & Annex

Learn about how skin is a reflection of your overall health. We will also cover the naturopathic approach to treating various health conditions.

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

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, May 10
7:00 - 8:30 pm

Gut Health and Your Microbiome

with Dr. Allison Patton, ND, Mountainview Wellness Centre

Choices South Surrey

Learn how your mood, hormones, metabolism and brain can be affected by the health of your gut.

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

Thursday, May 25
7:00 - 8:30 pm

Healing Your Body for Natural Weight Loss

with Dr. Olisa Mak, ND, Inspirit Health Group

Choices Kitsilano Floral Shop & Annex

Start feeling your best by discovering how commonly overlooked factors such as bloating and stress contribute to weight gain and cause chronic health issues.

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

Monday, May 29
5:00 - 7:00 pm

Panel Discussion: Spring Detox

with Restoration Health Clinic

Choices North Vancouver

You will receive effective tools to detoxify your mind and body, enabling you to ditch your winter habits and step into spring feeling refreshed.

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

Thursday, June 1
7:00 - 8:00 pm

Raw-some Desserts

with Holistic Chef Scott Nystrom, RHN

Choices Kelowna

Indulge your sweet tooth with Nourished Edible Wellness, as Chef Scott Nystrom, RHN shares recipes and samples of gluten-free, dairy-free, and guilt-free holistic desserts.

Cost \$30 plus tax, online registration required. See top of page 5 for registration information.

Vegan Nut Cheese Cooking Class

with Hagit Ammer, Kitchen Rejuvenation

Saturday, May 13 | 1:00 - 3:00 pm
Choices Kitsilano Floral Shop & Annex

Saturday, June 3 | 1:00 - 3:00 pm
Choices South Surrey

Learn how to make three delicious cheese recipes including: almond nut cheese with fresh herbs, almond & cashew sun-dried tomato and basil cheese and strawberry cheesecake.

Cost \$25 plus tax, online registration required. See top of page 5 for registration information.

Healthy Planet, Healthy People

With Dr. David Wang, ND, Pranin Organic

Tuesday, May 9 | 7:00 - 8:30 pm
Choices Kitsilano Floral Shop & Annex

Thursday, May 11 | 6:30 - 8:00 pm
Choices Abbotsford

Join Dr. David Wang, ND as he shows ways to live clean and consciously in the 21st century.

Learn easy changes you can make to better your everyday life without compromising the health of the planet.

Free seminar, registration required. See top of page 5 for registration info.

preferred shopper club specials



Annie's Pasta and Cheese

Assorted Varieties

2⁷⁹ to 4⁴⁹

Assorted Sizes
Product of USA

Deliciously cheesy mac and cheese that every bunny will love.

Nutiva Organic Refined Coconut Oil



Select Varieties

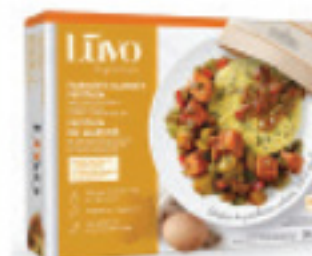
11⁹⁹

860 ml • Product of USA

A nourishing superfood, perfect for dozens of uses, from cooking to skincare.

Luvo Frozen Entrées

Assorted Varieties



Luvo meals offer delicious culinary recipes with full servings of veggies, whole grains and quality proteins.

6⁴⁹ to 6⁹⁹

Assorted Sizes • Product of USA



Maison Orphée Cooking Oils

Select Varieties

6⁹⁹ to 14⁹⁹

500-750 ml

Premium cooking oils for a variety of uses and specializations.



Bioitalia Tomato Products

Assorted Varieties

3⁷⁹ to 4⁷⁹

300-700 ml • Product of Italy

Only the best sourced tomatoes from the South of Italy.



Bragg Liquid Aminos Seasoning

Select Varieties

4²⁹ to 8⁹⁹

Assorted Sizes
Product of USA

Perfect for a protein boost. Great on salads, veggies, rice, tofu and more.



Earth's Own Fresh Cashew Beverages

Select Varieties

4⁹⁹

1.89 L
Product of Canada

Fresh and tasty, with only 50 calories per serving.

One Degree Organic Sprouted Cereals and Bread



Assorted Varieties

5⁷⁹

Assorted Sizes
Product of Canada

You can trace each box of One Degree straight to the farmer who grew the grains.

Fire Belly Sauces

Assorted Varieties



6⁹⁹

225 ml
Product of Canada

For mild to extra spicy tastes, Fire Belly has a sauce that will meet your heat.

Bonne Maman Preserves

Assorted Varieties



5⁹⁹

250 ml
Product of France

Simple ingredients for a homemade taste. Re-use the adorable jars for crafts and more.



Califia Fresh Almond Beverages

Assorted Varieties

5⁴⁹ to 6⁴⁹

1.4 L • Product of USA

Plant milks made from nuts, seeds, fruits and roots.

Nature's Bakery Fig Bars

Assorted Varieties



.79

Each

5⁴⁹

6 Pack

Product of USA

Tasty on-the-go snacks, crafted with thoughtful ingredients.

Paqui Tortilla Chips

Assorted Varieties



3⁹⁹

155 g • Product of USA

Stone ground corn leads to this light and crispy tortilla chip that is absolutely FULL of flavour.

So Delicious Organic Soy and Coconut Milk Desserts

Tubs and Novelties



Dairy free doesn't mean no dessert! Try these delicious treats today.

2⁹⁹ to 6⁴⁹

Assorted Sizes • Product of USA

Kettle Brand Potato Chips

Select Varieties



2⁹⁹

170g to 220g
Product of USA

The crunch you love in dozens of your favourite flavours.

La Tortilla Factory Tortillas

Assorted Varieties



Innovators in the tortilla market since 1977.

3⁴⁹ to 6²⁹

Assorted Sizes • Product of USA

Skinny Pop Popcorn

Assorted Varieties



4³⁹

125 g • Product of USA

Snacking popcorn made with simple and clean ingredients.

Coco Libre Organic Coconut Water

Assorted Varieties



2⁵⁹ to 5⁷⁹

Assorted Sizes • Product of USA
+deposit +eco fee

The most delicious organic hydration nature can provide.

Nut-Butter Stuffed Clif Bars

Select Varieties



1⁷⁹

Each

6⁴⁹

4 Pack

Product of Canada

Your favourite energy bars, now with an extra tasty nut-butter filling.

Let's Do Organic Coconut and Baking Products

Assorted Varieties



3⁹⁹ to 7⁶⁹

Assorted sizes

Naturally rich coconut products for baking and cooking.

Calbee Harvest SnapsPea Snacks

Assorted Varieties



2⁶⁹

85-93 g • Product of USA

Crunchy snacks made from green peas for healthy goodness.

Zazubean Organic Chocolate Bars

Assorted Varieties



3⁹⁹

85 g • Product of Switzerland

The superfood chocolate bar with personality!

Suzie's Thin Cakes and Flatbreads

Assorted Varieties



The perfect vessel for your favourite dips and toppings.

3⁴⁹ to 3⁹⁹

Assorted Sizes • Product of USA

Happy Tails Pet Food

Select Varieties



Natural pet food, locally made in Victoria, BC

1⁵⁹

Cans

13⁹⁹ to 35⁹⁹

Assorted Sizes • Product of Canada

Bags

More Than Movement: Balancing Diet with Exercise



It's 7pm. You look down at your fitness tracker, hoping to see that you have taken the recommended 10,000+ steps during your busy day at the office, but the numbers that flicker at you say 8,485... You glare at the screen for a moment and tap it with your finger, hoping that it maybe just forgot that you took the stairs to the meeting today or that you were marching up and



down on the spot while waiting in line for your coffee. But, no matter what it does not change. So you decide that it's a good time to walk around the house and check that everything is in order. You check on the dog, you check on the kids, you check on your spouse, and you even check on the car – until you look down with satisfaction to see that you are at 10,000 steps and counting. You grin at your wrist and nod to yourself with the confidence of an Olympian just having set a world record.

We all know that we can improve our daily fitness by taking the stairs and parking further away while running errands, but do we really know why being active during the day is important? And what about pairing those healthy activities with proper

nutrition to get the optimum results? Taking 10,000 steps per day or attending a regular spin or aquafit class is a great start to your goal of moving more, but it is only half of the challenge. The other half is supporting that activity with healthy and nutritious food.

We could do a spin class every night, but if we are following up that spin class with a burger and a soda on the way home, we are not giving our bodies the right messages or proper support. Some people will choose the other extreme and not eat anything after they exercise because they believe that will help them manage their weight. However, if your muscles are not given the nutrition they need to rebuild, you will not get the maximum amount of benefits from your activity. Your body will even start storing fat because it is unsure when proper nutrition will come.

Ideally, we want to include protein in our meals regardless of whether it is breakfast, lunch, dinner or a mid-day snack. Protein is a building block to many components of the body. Think about your skin, hair, nails, muscles, organs and tissues... all of those require protein to be at their best! Even our hormones and enzymes are supported by proper protein in our diet. You can find protein in foods such as lean meats, organic tofu, quinoa, and beans. If you are on the go, there are plant based protein powders that can be blended with greens, fruits and seeds to provide a nutritious meal or snack. Or you can try mixing them into a healthy muffin batter and baking to create a protein rich snack!



Nadine Mross is a Choices' Registered Holistic Nutritionist. While studying for a kinesiology degree, Nadine found that proper nutrition contributed more than anything to her training, and switched her focus to become nutritionist. If you want to improve your athletic performance, you'd be hard pressed to find someone more knowledgeable. Contact Nadine with questions or book your free nutrition tour with her by emailing her at AbbotsfordNutrition@choicesmarkets.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.

Functional Fitness

By Christine Banno

Q
A

Functional Fitness - What is it and why do we need it?

Functional fitness is about training your body to handle real-life situations. Functional fitness exercises are designed to safely build and develop your muscles, making it easier to perform everyday activities such as playing sports, lifting your children, or even sitting at your desk.

A great tool to add into any functional fitness routine is a TRX (Total Body Resistance Exercise) suspension training system composed of two adjustable bands that provide a comprehensive workout to every single muscle in your body. Here are 3 great reasons to add TRX to your fitness routine:

1. Suitable For Any Level

Whether you're an Olympic athlete, or just venturing into a new fitness regime, TRX suspension training is beneficial for all levels. Load can be increased just by changing your body position slightly, meaning that everyone can use it. I even did it at 8 months pregnant!

2. Core and Entire Body Engagement

TRX creates instability while you perform movements meaning that your core is constantly activated. A strong core translates

into your everyday life from picking up children or groceries, skiing, hiking, sports and injury prevention.

3. Low Impact

TRX is very low impact which means that your joints are not overly stressed. Why is that important? You can train as hard as you want, with significantly less chance of causing new injuries or aggravating an old one. We have had fantastic endorsement and support from physiotherapists and medical professionals who train with us consistently.



Christine Banno is the owner of SWEAT Vancity Studio and Master Trainer. Christine helps people discover the best version of themselves – mentally and physically. Her empowering style of teaching, and signature spice, pushes people beyond self-imposed boundaries. TRX amazes her with its power to uncover the strength the human body is capable of. For more info on Christine and SWEAT Vancity visit: www.sweatvancity.com

Exercise Your Way to a Healthy Mind

By Dr. Olisa Mak, Naturopathic Physician

Exercise should be a fundamental part of every health lifestyle, improving both physical and mental health. Exercise...

Promotes Mindfulness

Mindfulness can be extremely powerful in promoting health and wellness. Mindfulness encourages the individual to be aware of his or her body, to be in the present moment, without judgment. Some mindfulness encouraging exercises include yoga, Pilates, swimming, jogging and cycling. These exercises are repetitive and allow the individual to notice their movements, breathing, feelings and thoughts.

Is a Natural Antidepressant

Exercise can be especially beneficial for those experiencing light to moderate anxiety and depression. Exercise can alleviate symptoms quicker while having a longer lasting effect than antidepressants. It also boosts self-esteem, encourages social interaction, all major factors in anxiety and depression.

Keeps the Brain Young

Contrary to the common belief that the brain is unable to generate new neurons, as many as 700 newborn neurons are generated every day in the hippocampus, a part of the brain responsible for learning and memory. This number decreases with age and with neurodegenerative diseases such as Alzheimer's and Parkinson's disease. Exercise keeps the brain young by blunting this natural decline. Exercise also promotes blood flow to the brain, supplying the brain with the vital nutrients it needs to function quickly and properly.



Join Dr. Mak for her seminar, Healing Your Body for Natural Weight Loss, at the Kitsilano Floral Shop and Annex on Thursday, May 25. See page 5 for registration details.



Dr. Olisa Mak is a practicing naturopathic physician at her clinic at Inspirit Health Group. Want to find out more? Book your COMPLIMENTARY 20 minute Naturopathic consultation by calling 604-559-8816.



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.

Grocery Gossip



Tofurky Tempeh :

Meet tofu's weird-but-cool cousin, tempeh! Made from fermented soybeans, it's been around since the 12th century. Just 3 slices contain 5.5 grams of protein and 2.5 grams of fibre. Delicious in stir fries, sandwiches (see our Tasty Top Choice Recipe) or salads.



Veggie Grounds Cauli Crumble:

Veggie Grounds Cauli Crumble is a product of beautiful British Columbia and is made with fresh vegetables, herbs and spices that are ordered one day prior to production. 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.



Donia Farms Grass-Fed Milk:

A family owned farm in South Surrey, where cows are fed a natural diet of hay and grass. Grass fed cows produce a healthier milk with an improved ratio of omega 3:6 fatty acids and more CLA fat, a naturally occurring trans-fat. To celebrate Move-More-May, enjoy a cold glass of milk post workout, which contributes to greater losses of body fat and gains in muscle mass.



TASTY TOP CHOICES RECIPE

Reuben Sandwich

The Veg Expo is May 28th! In honor of the event try this vegetarian Reuben sandwich.

On the stovetop add 3 sesame ginger tempeh strips to hot oil and cook for 2 minutes each side. Put the cooked tempeh with Swiss cheese and sauerkraut on rye bread and your favourite condiments, then grill (or pre-toast your rye bread). Enjoy!

Naturally Yours



FreeYumm Bars:

The brainchild of Sarah, a mom who just wanted her son to enjoy the pleasure of sharing food with family and friends. All FreeYumm products are made in a dedicated allergen-free bakery close to home in North Vancouver and are entirely free of the top 8+ priority allergens. With delicious all natural food flavours like Honey Apple Oat and Raspberry Chia these bars are healthy too! These safe treats are so delicious that your kids will not only love to eat them, but enjoy sharing them too.

Latest and Greatest



Pulse Kitchen

Sharp Cashew Cheddar:

Created in Penticton, B.C., Pulse Kitchen is passionate about creating vegan and gluten-free foods from pulses (dried beans, peas, lentils and chickpeas). Their newest creation is a dairy-free cashew cheese. Enjoy on a cheese platter or in a sandwich.

Choice Produce Picks



Fair Trade Avocados:

Did you know that avocados are one of the highest fibre fruits? For breakfast enjoy 1/4 avocado with eggs, on toast or in a smoothie to sustain your energy until lunch. You'll also get your daily dose of heart healthy fats.

Kids Summer Cooking Camp



Kids in the Kitchen with Project CHEF

Kitsilano Floral Shop and Annex

Camp runs July 10 – 14 or July 17 - 21

for Kids Aged 7 to 11

9:30 am – 1:30 pm

In this hands-on summer camp kids will learn to cook multiple seasonal recipes each day from trained chefs, teachers and nutritionists and dietitians

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. All proceeds from this camp will benefit Project CHEF a non-profit organization dedicated to bringing real food and cooking skills to Vancouver schools.

wellness centre monthly specials



Renew Life Supplements

Cleanses, Fibre, Probiotics, Omega-3's and More

20% off
Regular Retail Price Excludes Bonus Bottles

At Renew Life, we believe a healthy gut is essential for a healthy you. Digestive care has been our focus for over 2 decades and we are considered a leader in cleansing, probiotics and fish oils. Renew Life offers a full line of Health Canada approved natural health supplements for the entire family.



Vega Sports Nutrition Products

Choose from Vega One, Vega Sport, Vega Proteins & Greens, and More

20% off
Regular Retail Price Assorted Sizes

Vega believes the best long-term changes happen with small, incremental steps. Add one plant-based meal or dish a day—a smoothie for breakfast, salad for dinner, or soup for lunch—it's much easier than you think to start eating whole, plant-based foods!



Brad King Ultimate Supplements

Assorted Varieties

15% off
Regular Retail Price Assorted Sizes

The Ultimate line is about improving lives, one body at a time, by correcting and maintaining metabolism.

Platinum Naturals Multi-Vitamins

Assorted Varieties



15% off
Regular Retail Price Assorted Sizes Excludes Bonus Sizes

With fewer nutrients in the soil, more pollution, and long distance transportation, your food may be depleted of some essential vitamins and minerals. Easymulti fills in the gaps and ensures you get all the essential nutrients you need to support your immunity and overall health.

Boiron Homeopathic Remedies

Assorted Varieties

Simple and effective solutions for self-medication for your whole family.



20% off
Regular Retail Price Assorted Sizes

Organika Activated Charcoal



12⁹⁹
90 Capsules
9⁹⁹
40g Powder

A pure and natural alternative for teeth whitening and making face masks.

Incrediwear Socks, Wraps, or Braces

Assorted Varieties

20% off
Regular Retail Price Assorted Sizes

Help control foot odour and increase circulation, reducing swelling and soothing tired feet.



Amazing Grass Green Superfood Powder

Select Varieties

29⁹⁹ 240g
49⁹⁹ 480g

Excludes Raw Reserve
Chock full of all of the necessary vitamins and minerals you and your family need.





NutraSea Omega-3 Fish Oil Liquid

Assorted Varieties

20% off Regular Retail Price

Assorted Sizes

You'll enjoy the clean, light taste of NutraSea premium quality liquid, now available in delicious lemon, mango, and chocolate flavours. It's easy to absorb and eliminates fishy burp back. With its balanced ratio of 750 mg EPA and 500 mg DHA per dose, NutraSea is an easy way to get your daily recommended intake of omega-3 and is a great choice for anyone looking for a pure, potent, and balanced omega-3 supplement.



Progressive Collagen Powder

Assorted Varieties

44⁹⁹ 500g

Collagen provides the building blocks you need to stay strong while you're busy living life to the fullest.



Progressive Harmonized Vegan Fermented Protein

Assorted Varieties

44⁹⁹ 680g

When it comes to plant proteins, fermentation can make a big difference in digestion.

Bulletproof Brain Octane, XCT Oil, Collagen, Whey and Coffee

20% off Regular Retail Price

Assorted Sizes

Convenient and travel friendly products for a multitude of uses.



Natural Factors Men's Health or Women's Health Supplements

Select Varieties

15% off Regular Retail Price

Assorted Sizes



Herbal medicines to help with issues related to men's and women's health.



Natural Factors PGX Supplements

Select Varieties

Helps control appetite and burn fat for healthy weight loss.

15% off Regular Retail Price

Assorted Sizes

Andalou Naturals 1000 Roses, Brightening, Age Defying, Clarifying, or Quenching Face Care

Select Varieties

25% off Regular Retail Price Assorted Sizes



Renews skin at the cellular level, blending nature and knowledge for visible results.

Natural Factors Cal Mag Supplements

Select Varieties

15% off Regular Retail Price

Assorted Sizes



Promotes strong bones and teeth.

Natural Factors B Vitamins

Select Varieties

15% off Regular Retail Price

Assorted Sizes



Helps you get a more sound sleep and promotes proper brain function.



Epsom Gel

8⁴⁹ 30ml

15⁹⁹ 90ml

22⁹⁹ 150ml

Quickly receives pain and inflammation to keep you active.

wellness centre monthly specials



FREE BOOK
with purchase



**BEAUTIFUL SKIN
BEGINS WITHIN**

A Smart Woman's Guide to Healthy, Gorgeous Skin

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

Youthful skin has abundant collagen, making the skin smooth and wrinkle free. **ACTIVE COLLAGEN** contains 100% pure hydrolyzed collagen and elastin polypeptides from sustainable fish. No pork, beef or chicken is used. **ACTIVE COLLAGEN** has been clinically researched to reduce the depth of deep wrinkles by 20% in 28 days and improves elasticity and moisture.

120 caps **20% OFF**

Drink Mix 104g **20% OFF**

hormonehelp.com



LORNA'S CORNER

Canada's leading women's natural health expert



Efamol Evening Primrose Oil

1000MG

26⁹⁹

90 Softgel Capsules

44⁹⁹

180 Softgel Capsules

A source of vitamin E, an antioxidant for the maintenance of good health.



Flora Non-GMO Organic Flax Oil

7⁹⁹

250ml

13⁴⁹

500ml

20⁹⁹

941ml

Flora™ Flax Oil is the superior omega-3 supplement choice for both vegetarians and non-vegetarians.

Acure Face, Hair, or Body Care Products



Assorted Varieties

Acure for your skin, for the planet. Certified Organic personal care.

20% off Regular Retail Price Assorted Sizes

Sisu Skin, Hair, and Nails



31⁹⁹

60 Capsules

This comprehensive formula combines the remediating power of proven ingredients and promotes skin health and rejuvenation.

Sisu MenoEase



27⁹⁹

60 Capsules

This unique formula is specifically crafted for pre-, peri-, and post-menopausal women.



Prairie Naturals Shampoo and Conditioner

Select Varieties

9⁹⁹

250ml - 500ml

Premium quality shampoos and conditioners are formulated with concentrated nutrients, botanical extracts and pure plant essential oils.



New Roots Probiotics

Assorted Varieties

New Roots offers advanced probiotic products for a wide variety of needs.

20% off Regular Retail Price

Assorted Sizes

AOR Advanced B Complex



34⁹⁹

90 Capsules

49⁹⁹

180 Capsules

B vitamins in their most bioavailable forms, this formula contains balanced ratios and clinically supported doses.

Mineral Fusion Mineral Based Make-Up & Cosmetics



Select Varieties

Cosmetics that also soothe sensitive skin.

25% off Regular Retail Price

Assorted Sizes

the Dish

on Walnuts



Walnuts are a crop that are farmed worldwide, but are more prevalent in the northern hemisphere. Like most nuts, they are very rich in oils, which lead to some great health benefits. Walnuts contain a significant amount of omega-3 fats, more than most other nuts. This fat content also means that you should store your walnuts in cold, low humidity environments.



If you can get your hands on some, fresh green walnuts actually have some interesting uses, primarily in hydro-alcoholic solutions. They're a common addition to artisanal bitters and tonics. Ripe walnuts will fall off a tree on their own. If you ever see one fall off a tree right in front of you, be sure to crack it open to savour the ripe flesh inside. If you've only had dried walnuts before, it's a worthwhile new flavour experience.

Speaking of, dry walnuts are used in a ton of products. The confectionary industry uses them in biscuits and chocolate, while many bakeries will add them to hardy fresh breads, pies, cakes, loaves, strudels and biscotti. Like most nuts, walnuts have a place in savoury cuisine as well. A simple walnut application can be as easy as replacing breadcrumbs for crushed walnuts when crusting a piece of fish or poultry. They're easily substituted for pine nuts in your fresh made pesto, or many other flavourful

dips. Try using them in sauces for pasta, or even incorporate them in to your lasagna. They pair well with cheeses, so put them next to a strong blue cheese on your next platter for a tasty pairing.



Of course, walnuts can be turned into delicious nut-butter spreads to be savoured on your toast or fresh baked bread. One gem of a walnut application is walnut jam. It can be hard to find outside of France, but if you ever see it you should snap it up. It's an especially tasty treat.



Don't forget to add some crushed walnuts on your smoothie, or sprinkle them on top of your breakfast cereal or lunch time salad. Perhaps I'm getting ahead of myself here. Sometimes I've found I've eaten them all as a snack before I can even cook with them. Maybe you can resist the urge to eat them right away better than I can!



Antonio can get a little nutty while experimenting in the kitchen. If you want to try some of his recipes today, visit the Choices Deli and try one of his fantastic salads, pasta dishes and more.



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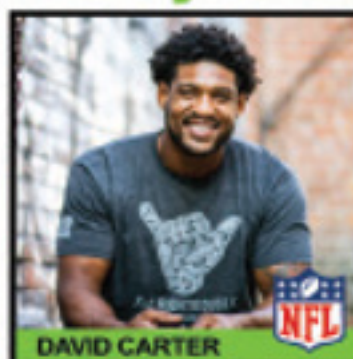
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Optional toppings... Have fun!

- Prairie Naturals organic coconut chips
- Shredded Coconut
- Banana, currants, blueberries, chia seeds...

Method

1. Combine the ingredients for the smoothie base in a high-powered blender and blend for 2 minutes until smooth and thick.
2. Pour the mixture into a bowl and top with as many toppings as your heart desires and various fresh fruit.
3. Serve immediately.



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