



CHOICES'

Monthly Newsletter | October 2017

Celebrate the Autumn Harvest

Solutions for Anxiety

Zero Waste Living

The Dish on Cranberries



IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K9



Choices on the Drive Grand Opening

We've been hard at work renovating Choices on the Drive. We wanted to turn it into a shining pillar of the community, and we are now proud to announce that renovations will be finished this month and October 28th will be our grand opening! Come by on October 28th for great product specials, free samples, live music, coffee, cake, prizes and more. We'll also be taking 10% off all items in the store on the 28th and 29th, so you'll definitely want to check it out!



Garlic Fest



There's nothing quite like the smell of fresh roasted garlic, which is why we've decided to dedicate an entire weekend in November to it! Come by our Commercial Drive or Kelowna store on November 4th or our Burnaby Crest store on November 5th to experience a garlic lover's dream. We'll be having a group of farmers from all over BC come down to our stores to bring their prized garlic varieties for you to try. Come learn about this spice that is beloved all over the world and taste the subtle differences between the many different varieties of garlic.

West Coast Women's Show



From October 20th to 22nd, Choices will be exhibiting at the West Coast Women's Show! At the show you'll find great speakers, celebrity guests, and all sorts of products and services ranging from artisan crafts to kitchen gadgets to food to home furnishings. At our booth we'll be showcasing some of our great products and programs as well as having a pop-up coffee and chocolate café. This unique show tailored to women of all walks of life will be happening at TRADEX in Abbotsford.

COOK IT UP



Pumpkin Spice Muffins

Courtesy of Farmer's Market Foods

2 3/4 cups all purpose flour

1 cup sugar

1 tablespoon baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon ground ginger

1 cup Farmer's Market Pumpkin

3/4 cup sour cream

1/3 cup coconut milk

1/4 cup vegetable oil

1 teaspoon vanilla extract

1 egg

1 egg white

Topping

1 tablespoon sugar

2 teaspoons brown sugar



Preheat the oven to 375°F. Lightly grease muffin tins or add paper liners.

Sift flour, sugar, baking powder, baking soda, cinnamon, nutmeg and ginger in a large bowl, whisking after each addition. Make a well in the center.

In a separate bowl, combine the pumpkin, sour cream, coconut milk,

vegetable oil, vanilla extract, egg and egg white.

Pour the wet ingredients into the dry and stir to combine. Spoon the batter into prepared tins, filling about 3/4 of the tin. Mix the sugar topping and sprinkle on top of muffins. Bake for 25 minutes or until a toothpick inserted into the center comes out clean.

ENTER TO WIN

EchoClean Laundry Suite

Courtesy of EchoClean

One lucky customer will win this incredible Samsung washer and dryer combo.

EchoClean and V.I.P. Soap Products Ltd:

- A family owned and operated company that supports BC jobs and economy.
- Creators of plant-based products that WORK and are packed in containers made from the recycling from your blue bins.
- 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 October 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.

ECHO CLEAN
plant based • à base de plantes



Upcoming Events

MARK YOUR CALENDAR

Canadian Celiac Association Seminars

Gluten Free Bread Baking

With Kaye Hipper, Canadian Celiac Association

Monday, November 6 | 7:00 - 8:30 pm

Choices Kitsilano

Gluten-Free: Fad, Fiction or Required?

With Lizbeth Wall, President & Director of Membership & Val Vaartnou, Past-President, Canadian Celiac Association

Thursday, October 19 | 6:30 - 8:00 pm

Choices Abbotsford

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

Talk & Tastes: Probiotic Pickled Vegetables

Wednesday, October 20 | 3pm or 4pm

Choices Burnaby Crest | 604-522-0936

Monday, October 16 | 2pm or 3pm

Choices Abbotsford | 604-744-3567

Tuesday, October 24 | 3pm or 4pm

Choices Kerrisdale | 604-263-4600

Sign up for a FREE 30 minute group session with our in-store nutritionists and dietitians to learn more about the tasty probiotic veggies we have to offer.

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.



Monday, October 16

5:00 - 7:00pm

Complimentary Naturopathic Consults

With Restoration Health Clinic

Choices North Vancouver | 604-770-2868

Free 15 consults, registration required. To register call the number listed with the host store. For more information visit choicesmarkets.com/events.

Tuesday, October 24

7:00- 8:00 pm

The Power of Pleasure

with Tamara Logan, Certified Pleasure Coach & Movement Instructor

Choices Kelowna

A modern approach with the magic of ancient wisdom. Let us tap into more of that goodness to infuse your life with pleasure, play and motivation for every day.

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

Thursday, November 2

7:00- 8:30 pm

Relieve Stress with Bach Flower Remedies

with Heike Walker, BFRP, Balance Arts Studio

Choices South Surrey

The Bach Flower Remedies is a natural system of healing that helps to gently restore emotional balance. Find out how to identify remedies that are relevant for you to make your own personal blend.

Free events. 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.

Tuesday, October 17
7:00– 8:00 pm

Healing with Heart

with Shyloe Fayad B.Ed., CTLC

Choices Kelowna

In this one hour talk Transformational Life Coach Shyloe Fayad will share with you 3 important keys to healing using your heart and mind.

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



Healthy 30 Minute Meals

with Mandy King, Holistic Nutritionist, Genuine Health

Monday, October 16 | 7:00– 8:30 pm

Choices Kitsilano

Wednesday, October 25 | 6:30– 8:00 pm

Choices Abbotsford

Thursday, October 26 | 7:00–8:30 pm

Choices South Surrey

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

Thursday, October 26
7:00– 8:30 pm

Mental Health - The Naturopathic Approach

with Dr Olisa Mak, ND, Inspirit Health Group

Choices Kitsilano

Are you struggling with or recovering from a mental health problem or illness? Dr. Mak will discuss naturopathic approaches to improving mental health, including commonly overlooked contributors.

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

Preserving the Harvest with Fermented Foods

with the Choices Nutrition Team

Thursday, October 19 | 7:00–8:00 pm

Choices Kelowna

Thursday, October 19 | 7:00–8:30 pm

Choices South Surrey

Wednesday, October 25 | 7:00– 8:30 pm

Choices Burnaby Crest

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

Tuesday, November 7
7:00– 8:00 pm

How to Raise Outrageously Healthy Kids

With Dr. James Whillans, DC, Life Works Family Chiropractic

Choices Kelowna

Learn the effective and often overlooked strategies to ensure that your children are as healthy and happy as possible.

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

Batch Cook a Balanced Breakfast

With Choices Own Chef Antonio Cerullo and the Nutrition Team

Saturday, October 21 | 2:00 - 4:00 pm

Choices Kitsilano

Sunday, October 22 | 2:00 - 4:00 pm

Choices South Surrey

Join Chef Antonio and the Nutrition Team as they offer up their tips for cooking healthy and delicious breakfast once and eating it all week long.

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

preferred shopper **club specials**



Rolling Meadow Grass Fed Yogurt, Kefir or Sour Cream

Assorted Varieties



4²⁹ to 6⁹⁹ 500g/1L

Join the grass fed revolution with these wonderful dairy products.

R.W. Knudsen Sparkling Celebration Juice

Assorted Varieties



3⁹⁹

750ml
+deposit +eco fee

R.W. Knudsen is synonymous with great tasting juices, made with uncompromising standards.

Bremner's 100% Juice

Select Varieties



7⁹⁹ to 13⁹⁹

946ml

No water, no sugar, no additives, no apple or grape juice concentrate. Just pure fruit juice!

Granola King Gourmet Granola

Assorted Varieties



11⁹⁹

750g

29⁹⁹

2kg

Product of Canada

Made from scratch in small batches in North Vancouver.

Natur-A Almond, Rice or Soy Non-Dairy Beverages

Assorted Varieties



2⁶⁹

Health-conscious highly nutritious non-dairy organic foods for your healthier tomorrow.

GT's Organic Raw Kombucha

Assorted Varieties



3⁷⁹

480ml

+deposit +eco fee

The original American kombucha brand that started the craze.

Olympic Yogurt

Assorted Varieties



8⁹⁹ to 10⁹⁹

1.75kg

Olympic yogurts are simple, fresh and tasty. Perfect as a simple snack or in your favourite family recipe.

Mighty Leaf Artisan Tea

Assorted Varieties



8⁹⁹

15 Tea Bags

Delicious signature blends to excite your tastebuds and boost your wellbeing.

Coconut Bliss Organic Frozen Dessert

Assorted Varieties



7⁹⁹

473ml

Deliciously creamy and dairy free frozen desserts.

Blue Diamond Almond Breeze Beverages

Assorted Varieties



2⁹⁹

946ml

Almond Breeze Original is a deliciously creamy alternative to dairy and soy milk.

Echoclean Biodegradable Dish Liquid or Laundry Liquid

Assorted Varieties



12⁹⁹

2.95L Laundry

3²⁹

740ml Dish

Locally produced in Mission, BC.

Love Child Organic Baby Food

Select Varieties



1⁵⁹

128ml

Your little one deserves to eat the best, get it with Love Child.

Kettle Brand Family Size Potato Chips



Assorted Varieties

4⁹⁹

397g

Perfectly crunchy potato chips, made in dozens of delicious flavours.

Pacific Organic Broth Assorted Varieties



4⁹⁹

946ml/1L

Rich and full of flavour for the best homemade soups, pasta dishes and more.

Nutiva Organic Virgin Coconut Oil



11⁹⁹

444ml

22⁹⁹

860ml

37⁹⁹

1.6L

With a higher smoke point, virgin coconut oil is perfect for baking.

Que Pasa Flavoured Tortilla Chips



Assorted Varieties

3²⁹

156g

These tasty new flavours lead to an amazing savoury snack.

Simply Organic Baking Extracts or Flavours



Almond, Vanilla, and More

**5⁷⁹ to
17⁹⁹**

59ml/118ml

Potent flavour extracts for your baking and cooking needs.

Maison Orphée Organic Cooking Oils



Select Varieties

**7⁹⁹ to
15⁹⁹**

500ml/750ml

High quality organic cooking oils, perfect for the home kitchen.

Blue Diamond Nut Thins or Artisan Nut Thins



Assorted Varieties

4⁴⁹

120g

Crispy crackers made from the goodness of nuts.

Anita's Organic Flour



Assorted Varieties

**4⁷⁹ to
8⁴⁹**

1kg

Certified organic, grown by Canadian farmers and milled in BC.

Lundberg Organic Rice



Assorted Varieties

**7⁹⁹ to
9⁹⁹**

907g

Nutritious, delicious and convenient, this rice is farmed with sustainability in mind.

Wowbutter Soy Spread



Creamy or
Crunchy

5⁷⁹

500g

All the flavour of your favourite nut butter, just without the nuts!

Alexia Frozen Fries, Wedges, or Onion Rings



Assorted Varieties

**3²⁹ to
4⁴⁹**

340g - 567g

Tasty pub style snacks, frozen for your convenience.

Stahlbush Farms Sustainable Frozen Vegetables

Assorted Varieties



3⁴⁹

284g - 400g

Get farm fresh vegetables to your table fast with Stahlbush's frozen offerings.

5 WAYS TO BOOST



YOUR CHILD'S IMMUNE SYSTEM NATURALLY

Fall is here and viruses abound this season. Viruses tend to colonize our respiratory tracts during the cool weather. Daycares and classrooms are full of coughs and runny noses, but not every child catches that cold or flu that goes around. Here are some ways you can naturally boost immunity:

1 Boost their beneficial bugs

Your child's immune system is inextricably linked to their digestive system. Your child's microbiome is crucial to their immune response, digestive function, mental health, and more. The most important strains of probiotics for preventing colds and flu are *Lactobacillus* and *Bifidobacterius*. Look for a multistrain probiotic supplement for your child or serve plenty of fermented foods regularly such as kefir, sauerkraut, miso, and kombucha.

2 Limit sugar

Children who eat a high amount of sugar and refined flour products fill up on empty calories and are often not hungry for foods higher in nutrients like veggies, fruits, nuts, and seeds. As well as lacking in nutrition, sugary foods increase inflammation, reduce immune cells that destroy bacteria and viruses, and further increase cravings for more sugary foods. Nix the sugar and increase brightly coloured veggies and fruits.

3 Stress less

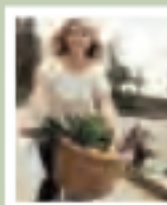
Kids of all ages undergo rapid physical, mental and social growth, and that continual cycle of change can be taxing. Children can also act as sponges for their parents' financial, work, or relationship issues. Today's academic and athletic environment can cause stress for children and anxiety can result. Kids under stress are more likely to suffer upper respiratory tract infections, negative mood, have difficulty with self-regulation and attention, and experience disturbed sleep. Reduce stress in your child by allowing for adequate down time, free play, rest, and healthy doses of boredom.

4 Get them to bed

Studies show that our bodies' immune fighting cells are reduced if we are sleep deprived. Also, inflammatory cells increase. This can lead to a greater risk of developing a cold or flu. Sleep also influences our ability to mount a fever and fend off infections. Children need between 11 and 15 hours of sleep per night depending on age.

5 Take vitamins to supplement a diet or lifestyle lacking nutrients.

Specific nutrients that support immunity in children include beta carotene, vitamin C, and vitamin D. West Coast kids often need supplementation since they miss out on sun exposure for much of the year. Studies have shown that people with vitamin D deficiency are 11 times more likely to get a cold or flu, while supplementing with vitamin D can reduce colds and flu by 42 percent.



Dr. Julie Durnan is a naturopathic physician and founder of Restoration Health Clinic in North Vancouver. Dr. Durnan is hosting a series of Restore Your Child's Health workshops this Fall for parents wishing to support their child's immune function, reduce incidence of infection, and use kid-friendly food as medicine. Please see www.restorationhealthclinic.ca or call 604-990-6963 for dates and details.

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.

The Naturopathic Solution to Anxiety

By Dr. Olisa Mak, ND, Inspirit Health Group

Q

I have been struggling with anxiety, but would like to take a more natural approach to managing my symptoms. What do you normally recommend?

A

Anxiety can be extremely individualized, manifesting and affecting each of us in different ways. The naturopathic approach to anxiety understands where the anxiety is coming from, optimizes the body's physiology and addresses triggers.

A healthy gut is essential for good mental health. 95% of your body's serotonin, your body's mood-regulating neurotransmitter, is made in the gut. A healthy, easy to digest, nutrient abundant diet, protects the structure and integrity of the gut, ensuring serotonin production for good mental health. Serotonin production is also regulated by your beneficial bacteria's metabolic by-products.

A sluggish adrenal gland is an often overlooked cause of anxiety. This affects those who have experienced periods of chronic stress, or a single extremely stressful event. The adrenal glands then become extremely sensitive to anything that it must react or rebalance itself to (ex. coffee, skipping meals, food sensitivities), triggering anxiety.

Adrenal fatigue can also be the result of a high stress pregnancy where cortisol released by a pregnant woman reaches her unborn child. This primes the child's body to be especially

sensitive to any type of stimulation or stress, often the case for those who have been anxiety-prone their whole life.

I've experienced anxiety my whole life, uncontrollably biting and destroying my nails, without really understanding why. From my own struggles with anxiety, I understand the impact it can have and how debilitating it can be. I strive to help others overcome anxiety and other mental health issues. Improving anxiety by addressing gut health and hormonal imbalances is a multi-step process that requires patience, commitment and communication with your health care provider.



Join Dr. Mak for her seminar "Mental Health - The Naturopathic Approach" on **Thursday, October 26** at Choices Kitsilano.



Book a complimentary 20 minute consultation today. This is an opportunity for you to have your health concerns heard and to learn how to start feeling your best. Call 604-559-8816 or book online @ <http://www.inspirithealth.ca>

Zero Waste Living from the Kitchen

By the Choices Nutrition Team

As a society we generate a lot of waste. Even just within your kitchen, there are many items with plenty of product packaging, like to-go containers, plastic wrap, aluminum foil, and Ziploc bags. By going zero waste, you will help reduce the amount of garbage going to our landfills. This also means less greenhouse gas emissions, cleaner air, and greener spaces for future generations. Here are some simple ways to start leading a zero waste life, starting in the kitchen.

1

Start with fresh

Making your own food instead of getting take-out or buying pre-packaged meals is one of the best ways to limit waste. You will automatically reduce the number of plastic utensils and containers in your life. That's before we mention the health and financial benefits of cooking your own food. Make extras at dinner and you'll have enough to bring your own lunch the next day. Remember to compost.

2

Choose re-useable

When you do go to pack your own lunches, try using glass jars, glass snapwear or even stainless steel containers. Utensils are easy to forget, so you may just want to keep a set in your lunch bag. You can even consider keeping plates, cups, and utensils at work. Don't forget your reusable water bottle, too.

3

Bring your own bags

Always keep a reusable bag (or two) in your car or purse. This comes in handy when you make your usual trip to the grocery store and those unexpected stops. You will feel so proud of your zero waste ways when you say, "No, I don't need a bag. I brought one myself!"

For more tips on staying sustainable in the kitchen contact the nutrition team at: 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



Green Beans

Along with garlic, onions, asparagus and beets, green beans are among the vegetables with the highest antioxidant content. Green beans come from a climbing plant native to Central America and the Andes region of northern South America but are found locally in BC from July to October. Preserve them today (see our Tasty Top Choice Recipe) to enjoy them until next season.



Zespri Kiwis

In season from May to October and grown throughout New Zealand on family farms. Kiwis are a great source of potassium, vitamin C and folate. Ripe kiwifruit should be soft to the touch, similar to a ripe peach or avocado, but definitely not mushy. Firm kiwis can be ripened by putting them on the counter near ethylene producing fruits like bananas or apples. Enjoy on-the-go as a quick snack.



TASTY TOP CHOICES RECIPE

Probiotic Dill Pickled Beans

| | |
|---|--------------------|
| 2 bay leaves | 1-2 cloves garlic |
| 1 tsp each black peppercorns, coriander & cumin seeds | 1/2 lb green beans |
| 2 Tbsp dill, roughly chopped | 4 tsp sea salt |
| | 2 cups water |

Wash beans and dill thoroughly. Place bay leaves, spices, dill and garlic in the bottom of the jar. Line whole beans in one 1L wide mouth mason jar or two 500 mL jars—fit them in snugly but do not pack too tightly.

In a bowl, mix the water and salt to create the brine. Pour enough brine over the beans so they are completely submerged, if necessary use another smaller jar, or something that fits nicely inside the mouth of your pickle jar, to weigh down any floating beans.

Cover the jar with a clean cloth and secure with an elastic band. Leave the beans to pickle for 3 to 14 day and let sour to your liking. Skim any bubbles off the top once a day. Keep pickled beans in the fridge for up to a year.

Grocery Gossip



Wedderspoon Manuka Honey KFactor

The first non-GMO verified Manuka honey in the world! Manuka honey is a special kind of honey that comes from Manuka flower nectar gathered by bees in New Zealand. Wedderspoon's KFactor trademark guarantees a specific percentage of the pollen grains are Manuka pollen grains.



Rise Kombucha

A Montreal-based company who pride themselves in making an organic, fair-trade and vegan kombucha. The SCOBY (which is also known as the mother or kombucha culture) metabolizes the organic sugar and caffeine in the tea so you don't have to, resulting in a drink packed with probiotics, amino acids and enzymes.



Food For Life Sprouted Grain Bread

Using simple ingredients with no preservatives or refined sugar, these grains are pre-sprouted to release nutrients that would otherwise remain dormant. Each slice of bread contains 3g of fibre and 4g of protein. Add 1/4 avocado on your toast for some heart healthy fat and your mornings will never taste better!

Latest and Greatest



Green Table Foods Living Salsa

Wild fermented, raw, probiotic, enzyme rich salsa is here! Taste the flavours of Canadian grown tomatoes in this delicious salsa. Try with grilled vegetables (sweet potatoes or eggplant), on pasta, in sandwiches or stirred in with scrambled eggs.



Chosen Foods Coconut Oil Mayo

Real mayo. Real ingredients. This mayo is different than most with coconut oil as the first ingredient. It tastes just like the mayo you grew up with, only healthier and no coconut flavor! Plus, they only use cage-free eggs, so you can feel good about choosing Chosen Foods. Perfect for sandwiches, pasta salads and creamy salad dressings.



Lorna IRONsmart

Boost up your iron stores with IRONsmart if you've been recently diagnosed with iron deficiency anemia. This formula is will not cause an upset-stomach, nausea, constipation or other digestive issues. Safe for children, adults, the elderly or athletes.

wellness centre **monthly specials**



NutraSea +D Omega-3 Fish Oil Supplements
Assorted Varieties

20% off Regular Retail

Assorted Sizes

Balanced EPA+DHA omega-3 supplement with 1000 IUs of vitamin D3 per serving.
Beneficial for brain function, cardiovascular health, healthy bones and teeth.

Progressive Probiotics
Assorted Varieties



20% off Regular Retail

Assorted Sizes

Improves intestinal health and healthy digestion.

Progressive Organic
Brown Rice Protein Powder

Assorted Varieties



20% off Regular Retail

Assorted Sizes

Soy free, organic ingredients
with no artificial colours
or sweeteners.

Sisu Supreme Multivitamins
Assorted Varieties



27⁹⁹

150 Caps (bonus bottle)

Provides a full complex of
vitamins and minerals to
help you enjoy the best
possible health today.

Nature Clean Body Care Products for Sensitive Skin
Assorted Varieties



15% off Regular Retail

Assorted Sizes

Nature Clean products are made with naturally
derived ingredients. Healthier for you, your
family and the environment we all live in. Our
products are gentle, mild and safe for all people
with sensitive skin.

A.Vogel Echinaforce

Cold and Flu

Assorted Varieties



15% off Regular Retail

Assorted Sizes

Echinacea purpurea is known
for its antiviral, antibacterial and
anti-inflammatory properties

Mineral Fusion Mineral
Based Make-up
Assorted
Varieties



20% off Regular Retail

Assorted Sizes

A smarter makeup that instantly improves
your complexion while nourishing the skin,
all while being appropriate for even the most
sensitive skin types.

All Natural Epsom Salts

Assorted Varieties



15% off Regular Retail

Assorted Size

The only natural Epsom salt from an ancient
geological deposit.

Boiron Arnica



13⁹⁹

Gel or Cream 70-75g

Arnica Gel relieves muscle
and joint pain, and eases
resorption of bruises and
inflammatory edema.



I have weight gain, period problems, PMS, breast lumps and skin challenges. Why?

Our hormones have to be in balance. Estrogen dominance occurs when estrogen becomes too high in relation to our other hormones, resulting in endometriosis, heavy periods, uterine fibroids, ovarian cysts, breast lumps, PCOS, raging PMS, acne and more. Additionally, women who take birth control pills and/or hormone replacement therapy can also become estrogen overloaded increasing the risk of cancers and weight gain. Not only does the body produce estrogen, but we are also bombarded by estrogens in our environment.

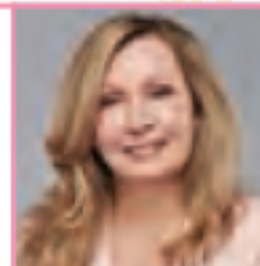
ESTROsmart works beautifully to restore hormone balance.

ESTROsmart is for every woman every day to quickly normalize periods, halt PMS, clear skin, and make hormone problems a thing of the past.

27.99 60 vcaps

49.49 120 vcaps

hormonehelp.com



LORNA'S CORNER

Canada's leading women's natural health expert

New Chapter Supplements

Assorted Varieties



20% off
Regular Retail

Assorted Sizes

Multis, Omega-3 Fish Oils, Herbals, and More

New Chapter delivers the wisdom of nature with supplements that are Non-GMO Project Verified and Certified Made with Organic Ingredients. New Chapter aims to deliver Nature's whole wisdom in our supplements from Herbal Extracts to Fish Oil to Multivitamins.

M&P Ki Immune Defense and Energy Formula

Assorted Varieties



34.99 30 Caps

63.99 60 Caps

Ki Immune Defence & Energy Formula is high potency herbal medicine to help protect against viral infections, boost immunity and increase energy when recovering from illness.



Flora Organic Udo's Oil 3-6-9 Blend

Assorted Varieties

14.99 250ml

38.99 941ml

24.99

500ml

A source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils, including organically grown flax, sesame, sunflower and evening primrose.

Joy of the Mountains Oil of Oregano

Assorted Varieties



Help fight off cold and flu while alleviating their symptoms.

20% off
Regular Retail

Assorted Sizes

Enerex Serrapeptase

Assorted Varieties



15% off
Regular Retail

Assorted Sizes

Reduces pain and inflammation. Benefits arthritis, joint pain, muscle pain and sport injuries.

Botanica Organic Sprouted Fermented Perfect Protein

Unflavoured or Vanilla



43.99

760-820g

A certified organic plant based protein blend of coconut, fermented brown rice, and nutritionally dense quinoa.

New Roots Forsight

Assorted Varieties



34.99

30 Caps

63.99

60 Caps

Lowers risk of developing macular degeneration and cataracts.

wellness centre **monthly specials**



Organika Bone Broth Protein Powder

Assorted Varieties

20% off Regular Retail

A traditional favourite in an easy to mix and convenient form! Bone Broth, packed with 16 grams of protein, essential minerals such as calcium, magnesium, sodium, potassium and phosphorus is a gut friendly protein source. Rich in collagen, glucosamine, hyaluronic acid and chondroitin, bone broth proves to be effective in not only digestive health but in joint and cartilage health as well. More key benefits of consuming bone broth are supporting a healthy detoxification and immune system in the body as well promoting more lean muscle mass, stable blood sugars and even weight loss.

Natural Factors Sleep and Stress Supplements



Assorted Varieties

15% off Regular Retail

Assorted Sizes

Helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed.

Natural Factors Vitamin C Supplements



Assorted Varieties

15% off Regular Retail

Assorted Sizes

A superior antioxidant formulation for the normal development and maintenance of bones.

Living Alchemy Turmeric



28⁹⁹

60 caps

Delivers the whole of organic, Non GMO turmeric in a fermented and highly bio-available form.

Natural Factors CoQ10 Supplements



Assorted Varieties

15% off Regular Retail

Assorted Sizes

Known to support cardiovascular health and cellular vigour.

Natural Factors Mineral Supplements



Assorted Varieties

15% off Regular Retail

Assorted Sizes

Magnesium is required for the formation of bones and teeth, and for nerve and muscle function.

Purica Effervescent Magnesium Bisglycinate



Assorted Varieties

18⁹⁹

150g

33⁹⁹

300g

A delicious raspberry-flavoured drink that will ensure you obtain the optimum daily dose of this vital mineral.



Amazing Grass Green Superfood Powders

Assorted Varieties

20% off Regular Retail

Assorted Sizes

Every serving is chock full of all the necessary vitamins and minerals you and your family need.

MegaFood Blood Builder



39⁹⁹

72 Tabs

This easy to digest whole food formula helps maintain healthy iron levels.

See In-Store for More Sizes

the Dish on Cranberries



With October comes cooler weather and the final fall harvests. One fruit I'm always excited for is cranberries.

Traditionally farmed in bogs, cranberries, contrary to popular belief, do not actually grow in swampy water. Cranberry fields are flooded at harvest time. The floating cranberries rise to the water surface after being shaken off the shrub. As they float they can then be corralled, scooped and vacuumed up for simple and effective processing. The Fraser Valley produces approximately 70 million kilos of fresh cranberries every year. That's a lot of berries!



Cranberries can last up to a month in your fridge, and stand up well to freezing for future use. Cranberries are quite popular for their high antioxidant value and other nutritional values, and are staples around the holidays. Cranberries are synonymous with Christmas and Thanksgiving dinner as a side dish to turkey and ham. They were also used by First Nations people in making pemmican, a nutritious dried meat and berry mixture that provided tons of energy over long journeys.

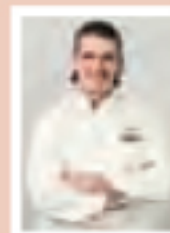
Cranberry use has become very widespread, and nowadays we find it in far more than Thanksgiving sauces. The frozen berries are just as good as fresh, and their tartness compliments well with sweeter fruits. Apples, apricots, or even fresh pineapple and

mango flavours combine well with cranberries to make delicious jams or chutneys. Like other berries, cranberries match well to many savoury dishes as well. Try a cranberry glaze or marinade on your next chicken, barbeque pork or even fish. Add a few dried cranberries to your grain or fruit salad, or sprinkle some on top of your breakfast cereal or granola parfait.



Don't forget about the juice! Pure cranberry juice is extremely good for you, but do not confuse it for cranberry cocktail (which has added sugar and more). Pure cranberry juice can be added to sparkling water or tonic to create a tart splash of red colour in your favourite alcoholic or non-alcoholic beverages. You can even experiment with using a pure cranberry juice reduction in recipes that call for vinegar. This tart reduction will look amazing on your plate as a colorful taste contrast to meat or tofu dishes, or use it with olive oil as a salad dressing.

No matter how you like them, the bright festive colour and taste of cranberries will be sure to bring a zing to your plate and taste buds.




Chef Antonio is hard at work preparing hundreds of turkey dinners for you to enjoy from our deli departments. When he's done with that, he'll head home and cook an amazing meal for his family. A chef's work is never done, but the smiles caused by delicious food are always worth it!



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Choices Markets Locations

Kitsilano

2627 W 16th Ave, Vancouver
604.736.0009

Cambie

3493 Cambie St, Vancouver
604.875.0099

Kerrisdale

1888 W 57th Ave, Vancouver
604.263.4600

Yaletown

1202 Richards St, Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr, Vancouver
604.678.9665

Kelowna

1937 Harvey Ave, Kelowna
250.862.4864

South Surrey

3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest

8683 10th Ave, Burnaby
604.522.0936

Burnaby Marine Way

8620 Glenlyon Pkwy, South Burnaby
778.379.5757

Abbotsford

3033 Immel St, Abbotsford
604.744.3567

North Vancouver

801 Marine Dr, North Vancouver
604.770.2868

Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



Choices Markets Presents

THE VAMPIRE'S CASTLE!

Tuesday October 31st

6:00 to 8:00pm

**Choices Burnaby Crest and
Choices Kerrisdale**

Every year on October 31st, the ghosts, ghouls and goblins emerge from our Choices Kerrisdale and Burnaby Crest locations for a Haunted House! These two stores will close down early on Halloween night to transform into something new and frightening. Suitable for kids of all ages, this creepy haunted house is a great way to bring the whole family out for a bit of holiday fear!

Our Haunted houses are super popular yearly events that bring the whole community together for a night filled with tricks, treats and scares. Look for pumpkin carvings, live performances, hot chocolate and more!

