



CHOICES'

Monthly Newsletter | November 2018

Sustainable Seafoods

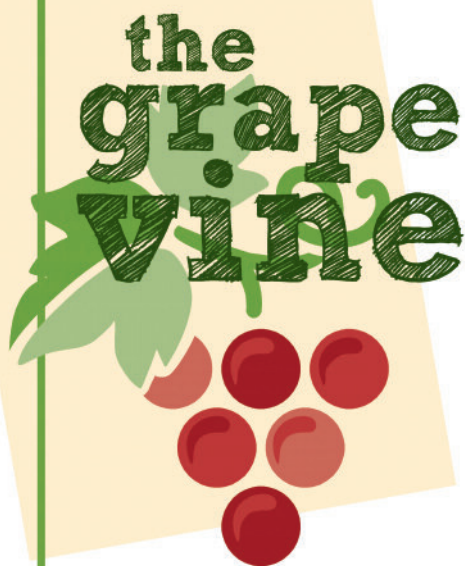
The Dish on Prawns

Holistic Eye **Health**

Star of the Season



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



Remembrance Day

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.

Star of the Season

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. From November 15th to December 24th, the cashiers at your local Choices Markets will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we were able to donate over \$45,000 towards this campaign, smashing our previous record. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season. To learn more, visit www.choicesmarkets.com

Movember

It's time to grow your mo'! Through the Movember campaign, light is being shed upon seldom-discussed mental and physical men's health topics. The Movember foundation is working to generate funds that support men affected by prostate and testicular cancer as well as mental health initiatives. Choices supports Movember every year by selling delicious mustache cookies during the month of November. \$1 from each sale goes directly to the Movember Foundation. Visit ca.movember.com for more fundraising information.



ENTER TO WIN

Win a Year's Supply of Cleaning Products

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

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

Five lucky Choices customers will win an amazing prize pack from V.I.P. Soap Products and EchoClean. The prize is one year of laundry detergent. Approximate value of each pack is \$675.

Skill Testing Question:

$(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2018.



COOK IT UP



Maple Pumpkin Cake with Spiced Rum Frosting

Courtesy of Pamela's Products

Cake

- 2 1/4 cups Pamela's Baking & Pancake Mix**
- 1 cup Farmer's Market canned pumpkin (not pie filling)**
- 1 large egg**
- 1/2 cup vegetable or canola oil**
- 2 Tbsp butter, melted**
- 1/4 tsp salt**
- 2/3 cup Wholesome Sweeteners brown sugar**
- 1/3 cup pure maple syrup (or 1/4 cup molasses)**
- 1 1/2 tsp ground cinnamon**
- 1 tsp ground nutmeg**
- 1/2 tsp ground allspice**

Preheat oven to 350°. Butter or spray a 9" round spring form pan, or parchment lined 9" square pan. Combine pumpkin, egg, butter, oil, salt, sugar, syrup, and extract in a large bowl until very smooth. Whisk together spices and Baking & Pancake Mix, add to wet ingredients, and mix until just combined (do not over mix). Bake for 35 to 40 minutes or until inserted toothpick comes out clean. Allow to cool almost completely before removing to wire rack or serving plate. Allow the cake to thoroughly cool before frosting generously.

Frosting

- 8 ounces cream cheese, room temperature (soft)**
- 2 Tbsp butter**
- 1/2 cup Wholesome Sweeteners powdered sugar**
- 1/2 cup Wholesome Sweeteners brown sugar***
- 1 tsp pure vanilla extract**
- 2 Tbsp spiced rum or brandy**
- 1 1/2 tsp ground nutmeg**
- 1/2 tsp ground cinnamon**
- 1/2 tsp ground allspice (optional)**

Combine softened cream cheese, butter, and brown sugar and mix until smooth. Add powdered sugar, spices, vanilla, and rum or brandy, mix until very smooth.

Chef's Note: Warm the rum or brandy in a small sauce pan until alcohol burns off, and allow to cool before making the frosting, or the frosting will be a wee bit boozy, and a little softer in consistency.



Upcoming Events

MARK YOUR CALENDAR

Release Yourself from Chronic Pain

with Dr David Wang, ND, Pranin Organic

Tuesday, November 20 | 6:30-8pm
Abbotsford

Thursday, November 22 | 6:30-8pm
Kitsilano

Tuesday, November 27 | 6:30-8pm
South Surrey

Join Dr. David Wang as he discusses the underlying causes of chronic pain, and natural, non-invasive strategies to help address the root cause that can help provide you with relief.

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

Sunday, November 4
12:30-2:30pm

Brunch Across India

with Bharti Saincher

South Surrey

Celebrate Diwali by learning to cook brunch dishes from different regions of India! This cooking demo features Bharti's own recipes and is appropriate for both novice and experienced cooks.

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

Thursday, November 15
7-8pm

Let's Talk Female Hormones!

with Dr Rena Saini, ND, Active Care Health

Kelowna

Join Dr. Rena Saini and learn how female hormones affect women, and how we can better manage our natural rhythms and balance our hormones.

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

SOS Sleep or Stress

with VITALITY

Monday, November 5 | 6:30-8pm
Kitsilano

Tuesday, November 6 | 6:30-8pm
Abbotsford

Wednesday, November 21 | 6:30-8pm
Burnaby Crest

Join VITALITY's Health Educator, and learn how to nourish and protect your body and mind in times of stress, while promoting relaxation and consistent sleep. Learn how to achieve lasting results by using food, supplements and lifestyle tips that work!

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

Wednesday, November 21
7-8pm

Diet and Autism/ASD/ADHD Symptoms

with Lisa Aschenbrenner, RHN, Real Food for Thought

Kelowna

If your child struggles with mood and focus issues foods often are key to improve these and many other symptoms.

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

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, November 6
7-8pm**

How to Raise Outrageously Healthy Kids

with Dr James Whillans, DC, Lifeworks Chiropractic

Kelowna

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

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

**Tuesday, November 13
6:30-8pm**

Look Younger & Feel Your Best, Ever!

with Dr.Allison Patton, ND, Moutainview Wellness Centre

South Surrey

Learn about the exciting field of regenerative medicine; harnessing the body's ability to heal itself and focusing in on specific areas such as facial and hair rejuvenation as well as orthopedic regenerative medicine.

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

**Tuesday, November 20
6:30-8pm**

The Gut-Brain Connection & Mental Health

with Dr Jennifer Dyck, ND, Natural Factors

Kitsilano

The gut is often referred to as our body's second brain. Join Dr. Jennifer Dyck as she discusses ways to keep both of these important areas of the body healthy and happy.

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

**Tuesday, November 20
11am-2pm**

Body Composition Analysis

with Dr.Allison Patton, ND, Moutainview Wellness Centre

South Surrey

Drop in for this simple, in-store test to learn about the health of your cells, and your body composition such as lean muscle mass and hydration level. Your results, along with a short consultation, will help you stay healthy all winter!

In-store drop in, no registration required

Complementary Skin Lift Mini Facials

with Maria, Esthetician & Co-founder of Pure Creations

Thursday, November 1 | 3-7pm
South Surrey

Saturday, November 3 | 10:30am-2:30pm
Kitsilano

Friday, November 2 | 3-7pm
Yaletown

Sunday, November 4 | 11:30am-3:30pm
Kelowna

Just in time for the holidays, get pampered and give the gift of me time. Join Maria, co-founder of Pure Creations and professional esthetician for a complementary skin lifting facial.

Free event. Register in-store to book your time.

preferred shopper club specials



Glutenall Breads

Assorted Varieties



**6⁴⁹
to
6⁹⁹**

625-737g

Tasty baking suitable for celiac, gluten intolerant, vegan, and diabetic foodies.

La Tortilla Wraps and Tortillas

Assorted Varieties



**3⁴⁹ to
6⁴⁹**

288g - 496g

So deliciously authentic you'd swear they came straight from abuelita's kitchen.

Choices

Sprouted Vegan Cookies

Assorted Varieties



5⁴⁹

312g

Our new sprouted grain cookies are healthier than your average treat!

Santa Cruz

Organic Apple Juice



12⁹⁹

2.84L
+deposit +eco fee

Organic apple juice made from the ripest whole fruit.

Blue Diamond Nut Thins

Select Varieties



2⁹⁹

120g

A deliciously crispy cracker for snacking and more.

Nuts to You Almond Butter

Smooth or Crunchy



9⁹⁹

Conventional

14⁹⁹

Organic • 365g

Smooth, creamy and the perfect companion to hot toast.

Liberte Greek Yogurt or Greek Crunch Yogurt

Assorted Varieties



3⁴⁹

4 Pack Greek • 2 Pack Greek Crunch

The perfect grab-and-go breakfast option.

Stahlbush Island Farm Sustainable Frozen Fruit

Assorted Varieties



5⁷⁹

227g - 300g

Picked at the peak of freshness.

Choices' Own Organic Rice Cakes

Assorted Varieties



3⁴⁹

185g

Our own organic rice cakes are healthy and ready for tasty toppings.



Greek Gods Greek Style Yogurt

Assorted Varieties

4⁹⁹

500g

Once you've had The Greek Gods® Greek-Style Yogurt – known for its smoother body and creamier mouth appeal – you won't go back to the old standard.

Choices Own Fruit and Nut Granola

Assorted Varieties



6⁹⁹

400g

13⁹⁹

908g

Freshly made by our own team of bakers.

Chosen Foods Avocado Oil Salad Dressing



Assorted Varieties

9⁹⁹

355ml

Toss with mixed greens, dip your favourite vegetables, or marinate meat and tofu.

Chosen Foods Avocado or Coconut Mayo

Assorted Varieties



11⁹⁹

355ml

These alternative mayonnaise choices are refreshing takes on boring old mayo.



Chosen Foods 100% Pure Avocado Oil

Assorted Varieties

15⁹⁹

500ml

19⁹⁹

750ml

Drizzle over salads, meats and vegetables and you're sure to taste the difference.

Imagine Organic Broth



Assorted Varieties

3⁹⁹

946ml / 1L

Organic, non-GMO, and nutrient-packed - making a difference you can taste in every spoonful.

Imagine Organic Soup or Bone Broth



Assorted Varieties

5⁴⁹

946ml / 1L

Is there anything more comforting than warm soup on a cold day?

Amy's Organic Soup

Assorted Varieties



3⁹⁹ to 4⁹⁹

398ml

Amazingly organic, Amy's vegetarian soups are worth falling in love with.

Choices Own Organic Canned Beans



Assorted Varieties

1⁹⁹

398ml

Organic, non-gmo beans, perfect for stews, soups or tacos.

Lucky Frozen Spring Rolls

Assorted Varieties



4⁹⁹

Regular

5⁹⁹

Gluten Free
241g

Vegan and vegetarian spring rolls filled with wholesome flavour.

Yves Veggie Cuisine Meat Alternatives

Select Varieties



2⁹⁹ to 5⁷⁹

Assorted Sizes

Delicious meat-free options for your favourite recipes.

Choices' Own Gourmet Small Batch Pasta Sauce



Assorted Varieties

8⁴⁹

750ml

Locally cooked in small batches, you'll only find these at your local Choices.

Organic Traditions Cacao Superfoods

Assorted Varieties



5⁴⁹ to 16⁹⁹

227g-454g

A nutrient booster for your favourite recipes.

Wholesome Sweeteners Fair Trade Sweeteners



Assorted Varieties

5⁹⁹ to 19⁹⁹

Assorted Sizes

Delicious sweeteners you can feel less guilty about enjoying.

HOLISTIC EYE CARE TIPS

We all know that eyesight is one of our most precious possessions. In fact, our sense of sight is responsible for 80% of what we perceive. So, just like our body, our eyes need regular care and as always prevention is better than cure.

The lens and retina are continuously exposed to oxygen and light radiation creating free radicals that damage the retina leading to macula degeneration, and cloud over the lens causing cataracts.

Numerous studies have proven that vision can be protected by optimising diet and lifestyle along with thorough examinations.

Eat Right

Remember that saying 'never eat with your eyes'? Well how about eating for your eyes? An eye-healthy diet includes foods rich in vitamins A, C & E; anti-oxidants such as lutein and zeaxanthin; and bioflavonoids. Many of these nutrients are found in different coloured fruits and veggies including leafy greens. Omega-3 fatty acids are also essential for a healthy macula and tear production.

Eye vitamins have been proven to not only maintain good eye health but also slow down the progression of some eye diseases. They typically contain the above nutrients, and some formulations also include zinc, selenium, resveratrol, bilberry and grape seed extract. Astaxanthin is also beneficial in protecting the macula, with vegan options sourced from marine microalgae.

Protect your Eyes

from the harmful effects of UV rays with quality sunglasses. Be careful of counterfeit versions, as the tint without UV protection dilates the pupils, allowing more harmful rays in. Accumulation of blue light from screens and LED lights can also cause long term oxidative damage. So if you wear prescription glasses, you could choose to have anti-reflective and blue-protect coatings.

Dry air in the home or work can lead to eye dryness and irritation. Using a humidifier, lid hygiene and non-preserved eye drops can alleviate dry eye syndrome.

Get Fit

Exercise improves blood circulation, leading to increase in oxygen levels to the eyes.

Take a Break

from repetitive functions. From starting the day looking at our phone, to working on a computer, then crashing in front of the telly, followed by reading on the kindle before bedtime - the blue screen is ruling our lives.. Staring for long periods of time causes eye strain, headaches and blurred vision. So reduce screen time and follow the 20-20-20 rule. Every 20 minutes, take a 20 second break, and focus on an object 20 feet away.

In addition to correct monitor positioning and lighting, remember to blink regularly to keep the eyes moisturised.

Detect Sooner, Protect More

Other than taking the right precautions, it's equally important for have an annual eye health exam for early identification of any potential issues. Undiagnosed general health problems such as diabetes, hypertension, heart disease, thyroid disease, tumours, MS and neurological disorders can be detected in an eye exam. Advanced testing such as 3D OCT imaging is helpful in spotting signs earlier than traditional tests. This is a non-invasive test that uses light waves [no radiation] to give cross-sectional pictures of the retinal layers, like ultrasound of the eye.



Gurjeet K. Bains, BSc, MSc, OD, MCOptom is a British Optometrist who has been practicing for over 20 years. Royal London Optometry Boutique is an award-winning practice next door to Choices in South Surrey, with a focus on preventative and Holistic Eye Care integrating nutrition, healthy lifestyle and nutraceuticals to ensure optimal vision. As a proud supporter of Eco-friendly frame suppliers who use natural, recycled and animal-free products, Dr. Bains is also committed to giving back to the community she serves, both locally and globally. For more information visit www.royallondonoptometry or call 778-2942236.

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.

Prioritizing Posture

By Dr. Joshua Korten

Q

My mom always told me to stand up straight and have good posture. What does that even mean and why is it so important?

A

If you have a decreased curve, straight, or even reversed curve in your neck you could be stretching your spinal cord and the nerves passing through your neck by 3-5 centimetres! Nerves don't like to be stretched---things like neck pain, headaches, stiffness, and limited range of motion could result. Bad posture in this area (abnormal spinal curves) can also lead to early degeneration, disc problems, and unwanted health issues.

When you have a hyperkyphosis (hunchback) in your upper back, you have 64% increased likelihood of developing heart problems. There is also evidence demonstrating decreased lung function and breathing capacity among people with hyperkyphosis.

What are some simple exercises and tips which can help prevent you from looking like a turtle or a hunchback?

1) The Happy Hummingbird. Arms out to the side, elbows bent at 90 degrees. Slowly roll your shoulder backwards- try to just focus the movement on pinching an imaginary penny between

your shoulder blades rather than just doing big arm circles. Your chest should open up and tension between shoulders and base of neck decreases.

2) The Beautiful Butterfly. Hands behind your head. Push your head back against your hands with 10-20% of your effort while resisting with your hands.

3) Get your posture analysed by a chiropractor to find out exactly where you're at!



Dr Joshua Korten is a structural correction chiropractor based in Kelowna, British Columbia. His purpose is to empower patients to live up to their fullest potential through postural correction and lifestyle enhancement. In his spare time, Dr Korten loves hiking, camping, Crossfit, wine, and travelling around the world with his beautiful South African bride, Hannah.

Sustainable Seacuterie

By Choices Nutritionist Emily Boese

As the holiday season approaches, you may be looking for something fun for guests or to bring to a potluck. Something a bit healthier that isn't a plate of veggies and hummus!

Enter – Seacuterie. Tapas with a twist. Preserving fish by smoking or curing it helps it to keep longer, gives it a stronger flavour (meaning your guests will probably eat less), and connects us to the ways our forebears or First Peoples would have consumed seafood.

Best of all, with the Oceanwise label, you can be sure that your fish is sustainably caught. Here are 3 delish ways to add some seacuterie to your next tapas night – all available at your local Choices Markets.

1

Wild Sockeye Salmon Lox or Maple Nuggets

These deliciously salty/sweet salmon are from wild sockeye, caught off the Pacific Northwest coast. Enjoy on slices of cucumber with a bit of cream cheese and a caper or two.

2

Tuna Tataki

Slice tuna very thin and coat with a mix of lime juice, freshly grated ginger and soy sauce and fry with avocado oil on high heat for 1 minute each side. Serve with sprouts or baby greens and sliced red onion to garnish.

3

Wild Keta Bacon-Style Salmon

Bacon at a tapas party? Yes please! Try salmon-bacon wrapped dates for your platter: Take out the pit and stuff a Medjool date with 1-2 almonds. Wrap each date with ½ piece of bacon and secure with a toothpick. Bake at 425°F for 10-15 minutes, turning halfway.

Feeling more adventurous? Try smoked mussels or oysters, make a dip using sustainable sardines, or serve up pickled herring on your next seacuterie platter!



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.

Meet Your Meat



Mackerel:

Holy mackerel – this fish is high in anti-inflammatory omega-3 fatty acids and a great source of protein and vitamin D! Mackerel is also one of the least expensive fish on the market, so no need to break the bank in order to eat at least two servings of fish per week.

Naturally Yours



Nordic Naturals:

Looking for an amazing omega-3 supplement? Look no further! This award winning fish oil is one of a kind with its sustainability practices and superior absorption ability. Nordic Naturals is 70% more absorbable than other fish oil brands who use ethyl esters – ask your wellness consultant for more information!

Produce Picks: BC Garlic

Susan Delafield:

One of the hottest and most flavourful porcelain varietal. This hard-neck variety also stores well.

Organic, Premium Jumbo Red Russian

A rich, musky, and full flavoured Purple Stripe variety. This hard-neck is very hot when eaten raw.

Yugoslavian:

One of the hottest of the porcelain varieties. Great for storing and with an earthy flavour this garlic is perfect for everyday use.

Inchellium Red:

This artichoke softneck varietal has a medium depth of flavour and finish. Our best long-storage variety.



Grocery Gossip



Wedderspoon

Manuka Honey KFactor:

Founded in 2005 by a Canadian husband and wife team with a passion to bring Manuka honey to the North American market. Today they are the first non-GMO verified Manuka honey in the world! Manuka honey is a special kind of honey that comes from the Manuka flower nectar gathered by the bees in New Zealand. Wedderspoon's KFactor trademark guarantees a specific percentage of the pollen grains are Manuka pollen grains.



Kartheim's

Organic Sauerkraut:

Owned by an organic farmer in Quebec who produces sauerkraut through the natural process of fermentation that creates beneficial probiotic bacteria with no vinegar, preservatives, and no destructive heat processing. A staple in any diet to optimize gut bacteria, improve digestion, boost immunity and increase nutrient absorption. Try on a sandwich, in soup or for a tangy bite to top off any salad.



Raincoast Trading Co. Seafood:

Raincoast Trading Co. adheres to the highest sustainability standards when catching, processing and packaging seafood. Talk about sustainability! Try their canned salmon in our Tasty Top Choice recipe for a dose of omega-3 fatty acids. Plus their cans are BPA free!



TASTY TOP CHOICES RECIPE

Salmon & Corn Cakes

3 cans salmon, drained
1 large russet potato
1/2 cup frozen corn
5 Tbsp chopped chives
2 large eggs

1/2 cup red onion, diced
3 Tbsp lemon juice
1 Tbsp hot sauce
1/4 tsp salt
3 Tbsp extra virgin olive oil

Cook and mash potato. In pre-heated 410 degree oven, roast corn for 30 minutes on a cookie sheet and set aside. In a large bowl mash the canned salmon and mix all remaining cold ingredients except for olive oil. When well mixed form approximately 24 small patties. Place patties on a baking sheet. Brush top side with the 3 tbsps of olive oil. Bake in preheated 375 degree oven until firm to the touch. Or freeze them uncooked between sheets of wax paper. Take them out and bake from frozen.

wellness centre monthly specials

Natural Factors Oil of Oregano Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Oil of Oregano is a potent herbal antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections.

Natural Factors Echinamide Anti-Cold



Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Natural Factors ECHINAMIDE Anti-Cold Fresh Herb Tincture has been shown to help relieve symptoms and shorten the duration of infections.

Natural Factors Echinamide Cough Syrup

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

A fast-acting, healing herbal formula in a base of honey.



Sisu Ester C Bonus Bottles

27⁹⁹ 600mg - 150 Tabs
33⁹⁹ 1000mg - 150 Tabs
36⁹⁹ Supreme - 150 Caps

Only Ester-C provides 24-hour immune support and potent antioxidant protection. It's clinically proven to be absorbed faster and remain in the immune system for up to 24 hrs. Ester-C is gentle on the stomach and tooth enamel and is the only form that contains active vitamin C metabolites for superior absorption.

Quantum Lysine

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

ColdStick lip balm nourishes lips with the power of lysine.



Cannanda2 Essential Oil and CB2 Hemp Oil

Assorted Varieties

28⁹⁹ Assorted Sizes

Health enthusiasts love using Cannanda's advanced terpene blends on their own, while medical cannabis patients also use these to enhance their cannabis experience. These blends provide a targeted response that help reduce pain & inflammation, ease anxiety, boost attention and focus, improve the immune response, or lower cannabis tolerance.

Kaha New Zealand Whey Protein



Assorted Varieties

37⁹⁹ Whey
49⁹⁹ Whey Isolate

Designed for active individuals, seniors, and lacto-vegetarians of all ages looking to increase their protein intake.

Thinksport Sunscreen



Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Free of biologically harmful chemicals. No Avobenzone, Oxybenzone, or UV Chemical absorbers.

Thinksport Bottles



Assorted Varieties

29⁹⁹ 500mL
31⁹⁹ 750mL

- Insulated stainless steel construction
- Durable powder coated finish
- Hot or cold for hours

3 Brains Restful Sleep



18⁴⁹

90 caps

Restful sleep for those with nervousness and or insomnia.

Strong Hair, Skin and Nails with COLLAGEN PLUS



20% Off
Regular Retail

Assorted Sizes

- For thicker and shinier hair
- Stronger, faster-growing nails
- Helps to reduce fine lines and wrinkles



BEAUTYsmart with ACTIVE COLLAGEN

20% Off
Regular Retail

Assorted Sizes

- Reduces deep wrinkles by 20%
- Improves sagging and crepey skin
- Hydrolyzed wild fish collagen and elastin polypeptides
- Hormone and gluten-free whey protein isolate

Natural Factors Vitamin A, D and K

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Natural Factors K & D provides two major fat-soluble vitamins for bone and vascular health.

Bio-K Plus Probiotics

Assorted Varieties



15% Off
Regular Retail

12 packs

Our products are available in two different forms; Bio K+ Fermented Drinkable Probiotic and Bio K+ Probiotic Capsules. The choice of product is a question of taste and convenience. You can take the product you prefer since their effectiveness is the same. Indeed, both formulations have shown the same efficacy in our clinical studies. They are composed of the same unique bacterial strains which are L. acidophilus CL1285, L. casei LBC80R and L. rhamnosus CLR2.

Amazing Grass Superfood Greens and Superfood Proteins



Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

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



Hyland's Homeopathic Supplements

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Hyland's has been trusted for generations to provide safe, effective, homeopathic medicines for all members of the family since 1903. At Hyland's, we truly believe that having a deeply rooted history tells a great deal about the value of our company, and how that value directly impacts the health and well-being of you and your family.

Nelson Natural Toothpaste

Assorted Varieties



Our ultra clean formula is extremely effective and will leave your teeth and mouth feeling better than any other toothpaste out there.

15% Off
Regular Retail

Assorted Sizes

Flora Omega Sport+



18.99

250ml

31.99

500ml

Boost your energy, enhance your endurance and improve your health, naturally, with Omega Sport+™.

Alaffia Shea Hair Care and Body Care

Assorted Varieties



14.99

950 ml

Our body lotion is prepared with Ethically Traded unrefined shea butter, calming lemongrass, antioxidant-rich shea leaf.

wellness centre monthly specials



Boiron Homeopathic

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

At Boiron, our homeopathic medicines are available in several formulations to relieve a wide range of ailments:

- Children's Medicines
- Arnicare Medicines (Pain-relieving topicals and oral medicines)
- Cough, Cold & Flu Medicines
- Other Medicines (Stress, allergies, first aid & motion sickness)



New Roots Mushrooms

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Sustainably grown, ISO 17025 laboratory tested, and standardized to 40% polysaccharides, New Roots line of mushroom based supplements are quality tested to support your body and mind.

Divine Essence Essential Oils and Body Care

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Relax mind and muscles, soothe colds, and breathe better with Divine Essence 100% Genuine, Lab-Tested, Certified Organic essential oils.

Nature's Way Optima Probiotics NutraSea Omega - 3 Fish Oils

Assorted Varieties



#1 best selling shelf stable probiotics with clinically studied strains. 50 billion. Gluten free and dairy free.

20% Off
Regular Retail

Assorted Sizes



Assorted Varieties

Ultra pure, great tasting, sustainably sourced omega 3.

15% Off
Regular Retail

Assorted Sizes

Weleda Body Care

Assorted Varieties



Relax and moisturize with our wide range of rejuvenating oils.

15% Off
Regular Retail

Assorted Sizes

A.Vogel Prostate



26.99
30 Tabs

41.99
60 Tabs

Herbal medicine to relieve urologic symptoms associated with mild to moderate benign prostatic hyperplasia.

A.Vogel Menopause



22.99
30 Tabs

53.99
90 Tabs

Used in herbal medicine as a natural remedy to help relieve menopausal symptoms including hot flashes.

Avalon Organics Hair Care and Body Care

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes



Formulated with organic botanicals and essential oils.



the Dish

On Sustainable Prawns

Over the last few decades, the focus on seafood sustainability has become mainstream. It is very important to me as a chef to try and use and promote sustainable seafood choices, to help increase awareness among consumers. There are various organizations that help monitor and direct shoppers to ocean respecting products, such as Oceanwise. I'm proud that I can say that all of the fresh seafood options in our stores are Oceanwise. That means that you'll always know that you're making the right choices for the long term health of our fisheries when you purchase your seafood at our stores.



Prawns are a big player in the sustainable market. While there are a number of sustainable crustacean fisheries all over the world, we're very fortunate to have spot prawns and other prawn species available to us fresh from the deep waters of our BC coastline. If you've ever enjoyed a fresh BC spot prawn while they're in season, you know just how lucky we are.

Prawns are suitable for a whole menu. Most prawns are 6-8 inches in length, and have slightly different textures depending on the water they are harvested from. Most of them have a very sweet flavour.

I always think that when you're cooking prawns, the simplest options are often the most delicious. Sautéed with butter and garlic is one of the most popular ways people cook prawns. Cooking them can also be as simple as a quick boil in water with a bay leaf, a sprig of parsley and some peppercorns. The prawn adventure is limitless.



Prawn kebabs for your bbq are easy and tasty. Fully cooked and chilled is a great topping for a spicy Caesar. Try incorporating them into a grain salad. Instead of using chicken or pork, try using prawns in tacos, pastas, rice and noodle stir fries, risottos and more. While it's quite labour intense, prawn bisque is a classic of international cuisine. If you've got the time and dedication for it, you will be well rewarded.



As most of you probably remember, in a very famous Tom Hanks movie, there was a secondary character who used to list infinite applications for prawns (well, shrimp). I assure you, he wasn't exaggerating, and there are truly limitless ways to enjoy them. No matter what though, remember to keep it sustainable!



Chef Antonio loves cooking with the bounty of the seas, but always makes sure that he sources his seafood from fresh, sustainable sources in order to have the best meal possible.



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604.633.2392

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604.522.0936

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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 CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

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- Gordon Neighbourhood House
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- Downtown Eastside Neighbourhood House
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- North Shore Neighbourhood House

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