



CHOICES'

Monthly Newsletter | May 2019

Fairtrade Cocoa

Exploring Gut Health

Joint Pain **Remedies**

Weight Loss

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

CANADA POSTES
POST CANADA



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Mail

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Courrier
personnalisé
1499490

the grape vine

Mother's Day

May 12th 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 day off. Need a quick dessert? Try our selection of amazing cakes and cupcakes from our bakery. We've got some amazing alternative flour recipes that make it easy for everyone to enjoy a treat. No matter what your Mother's Day traditions are, Choices is here to help.



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, June 16th in Stanley Park. See more details at choicesmarkets.com.

Veg Expo

May 5th is Veg Expo, Western Canada's premier sustainable vegan and vegetarian expo. This fun day for the whole family features dozens of informative speakers, tasty new products and recipes, and all sorts of unexpected delights. With over 200 vendors, you'll be sure to find something great to support your veggie based lifestyle. We'll have a huge booth, central to all the action, where we'll feature tasty samples and have our nutrition team on hand to answer any questions you may have. This event is always a highlight of our year, so don't miss out!

Fairtrade Month

May is Choices' celebration of everything Fairtrade! Choices is one of the most dedicated Fairtrade retailers in the country. We're constantly recognized as a Fairtrade retailer of distinction, and we are proud to say that we were Fairtrade retailer of the year in 2018! We've won this award more times than any other retailer in Canada since the award was created. We believe in the power of Fairtrade as a way to promote developing industries and promoting sustainable growing practices.

COOK IT UP



Whole Earth & Sea Immune Boosting Smoothie

1 tbsp matcha powder

1 tsp spirulina powder

**1 scoop Whole Earth & Sea 100% Fermented
Organic Greens (unflavoured)**

1 1/4 cups almond milk

1 tbsp almond butter

1 frozen banana

1/2 cup frozen strawberry slices

1 stem kale (about a handful)

Blend all the ingredients above and garnish with
crunchy smoothie toppings like bee pollen, cacao nibs,
pomegranate etc.



ENTER TO WIN

Win 1 of 6 Herschel Backpacks

Courtesy of Made Good

Skill Testing Question:

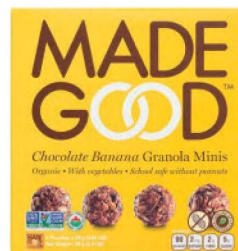
(56 - 18) x (25 - 13) = _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from May 1-31, 2019. 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 Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2019.



Upcoming Events

MARK YOUR CALENDAR

Improve your Sleep, Energy and Immunity

with Susan Gianevsky, Martin & Pleasance

Tuesday, May 7 | 6:30-8pm

Choices Kitsilano

Wednesday, May 8 | 7-8:30 pm

Choices South Surrey

Tuesday, May 14 | 7-8pm

Choices Kelowna

With over 25 years in the health industry, Susan specializes in mineral therapy and loves sharing her wealth of knowledge about new ways to boost health.

Free event. Register online

**Wednesday, May 8
7-8pm**

The Truth About Polycystic Ovary Syndrome

with Dr. Susan Frame, Blue Stone Health

Choices Kelowna

Join Dr. Susan as she explains the proper diagnosis and treatment of PCOS long-term and why the answer isn't always birth control pills.

Free event. Register online

**Thursday, May 16
7-8 pm**

Coping with Anxiety

with Dr. Rena Saini, ND, Active Care Health

Choices Kelowna

Join Dr. Rena for a free talk and learn what causes anxiety and how to balance your mood.

Free event. Register online

Supercharge Your Brain and Develop Stress Resilience with Herbal Medicine

with Mason Bresett, St Francis Herb Farm

Tuesday, May 14 | 6:30-8pm

Choices Kitsilano

Wednesday, May 15 | 7-8:30pm

Choices South Surrey

Thursday May 16 | 6:30-8pm

Choices Abbotsford

A straight forward approach to developing a healthy brain and stress resilience in a modern world using herbal medicine as a catalyst.

Free event. Register online



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.

Saturday, May 11
2-3pm

Move More, Live Better: Breaking the Barriers to Getting Active

with Dr.'s Gibson & Amarshi & Kovacevic-Cikes, Tall Tree
Physiotherapy & Health Clinic

**Offsite Event: Tall Tree Physiotherapy & Health Centre –
956 Commercial Drive**

Learn the best ways to increase activity in your routine and how to
overcome barriers such as fatigue, limited mobility, pain, or a busy
schedule.

Free event. Register online



Wednesday, May 15
7-8pm

Leaky Gut: What is it and what does it mean for you?

with Dr. Brittany Jeffries, Helix Integrative Health

Choices Kelowna

Learn about leaky gut, what the symptoms are, how to test for it and
most importantly how to heal your gut and restore your health!

Free event. Register online

Wednesday, May 29
6:30-8pm

Boosting Your Fertility Through Nutrition

****Includes Cooking Demo****

with Anna McRae, Peak Fertility

Choices Kitsilano

Increase your chances of conceiving by changing what you eat. Dietitian
Anna McRae will demonstrate how to incorporate fertility boosting
foods into your diet.

Free event. Register online



Monday, May 27
6:30-8pm

Could it be SIBO, not IBS?

with Dr. Arjuna Veeravagu, Sage Clinic

Choices Kitsilano

Small intestinal bacterial overgrowth (SIBO) is a major and often
overlooked underlying cause of chronic digestive symptoms, including
those labeled as irritable bowel syndrome (IBS).

Free event. Register online

MAY 1-15 ONLY

club specials



Nature's Path Organic Eco Pac Cereal

Assorted Varieties



7⁹⁹

675g - 907g

Nature's Path believes organic food and farming is the best way to care for our bodies and for the planet.

Happy Planet Smoothies

Assorted Varieties



2²⁹

325ml
+deposit +eco fee

Happy Planet is Canada's leading all natural juice company.

Wedderspoon

Manuka Honey

Assorted Varieties



21⁹⁹

K Factor 12 - 250g

23⁹⁹

K Factor 16 - 250g

Raw, unpasteurized and Non-GMO project verified honeys.

Glutino Gluten Free Products



Assorted Varieties

2⁴⁹ to 5⁹⁹

assorted sizes

Never go without a treat again with all the great products Glutino offers.

Angies Boomchickapop Popcorn

Assorted Varieties



3⁷⁹

125g - 142g

The healthy snack made with simple ingredients for an amazingly great taste.

Kind Pressed Fruit & Veggie Bars & Breakfast Bars

Assorted Varieties



1⁴⁹

Pressed 35g

3⁴⁹

Breaky Bar 200g

A convenient and tasty way to add some fruit to your daily routines.



Walters Caesar Mix & Rimmer

Assorted Varieties

3⁹⁹

Caesar Rim 140g

5⁹⁹

Caesar Mix 946ml

+deposit +eco fee

Get your caesar fix without the artificial ingredients.

Lara Bar Fruit & Nut Bar

Assorted Varieties



1⁴⁹

45g - 48g

Rich in fibre and protein for the perfect healthy snack.

Ritter Sport Chocolate Bars

Assorted Varieties



2⁴⁹

to 2⁹⁹

100g

Only a nut would refuse these fun chocolates that come in dozens of flavours.

La Tortilla Factory Wraps

Assorted Varieties



2⁹⁹ to 4⁹⁹

240g - 496g

Never go without tacos again with these innovative shells and wraps.

Annie's Homegrown Pasta Side Dishes

Assorted Varieties



Select Varieties

1⁹⁹

170g

Made with only the good stuff, Annie's pasta is deliciously creamy.

Prairie Harvest Organic Semolina & Whole Wheat Pasta



Select Varieties

2⁴⁹

Semolina

2⁷⁹

Whole Wheat

454g

Canadian pasta made with old-world techniques for fantastic flavour.

MAY 16-31 ONLY

club specials

NEW!
Lower Prices

Blue Diamond Almond Breeze Beverages



Assorted Varieties

2⁴⁹

946ml Tetra

Almond Breeze only uses Blue Diamond® almonds, cared for by our family of almond growers in California.

Amande Dairy-Free Almond Yogurt

Assorted Varieties



5⁴⁹

680g

The dairy-free all-vegan almond yogurt is luscious and creamy.

Danone Activia Yogurt Assorted Varieties



3⁴⁹

650g

4⁴⁹

8 Pack

Nutritious probiotic yogurts for a healthy gut flora.

Level Ground Fair Trade Coffee & Loose Tea



Assorted Varieties

4⁹⁹

Tea 70g

9⁹⁹

Coffee 454g

Level Ground trades fairly and directly with small-scale farmers in developing countries.

Glutenfreeda Gluten Free Instant Oatmeal or Frozen Burritos



Assorted Varieties

3⁴⁹

Burritos 113g

4⁹⁹

Oatmeal 300g

The best tasting, innovative gluten-free foods for you.

Little Northern Bakehouse Sprouted Bread



Assorted Varieties

5⁴⁹

482 g

Fluffy and chewy gluten-free loaves made with healthy sprouted grains.

Late July Cantina Dippers & Organic Tortilla Chips



Assorted Varieties

4⁹⁹

227g - 312g

Our Cantina Dippers are the best shape for that perfect chip-to-dip ratio, so pile high!

Alter Eco Fair Trade Chocolate Bars



Assorted Varieties

3⁴⁹

80g

Our Swiss-made chocolate is crafted from organic cacao by farmers who are replanting South American rainforests.

Taste of Nature Bars Assorted Varieties



1⁴⁹

40g

Since 1989, Taste of Nature has given outdoor adventurers a healthy, tastier way to snack.

Simply Natural Organic Dressing, Salsa & Pasta Sauce



Assorted Varieties

3⁹⁹

Dressing 354ml

3⁹⁹

Salsa 470ml

4⁹⁹

Pasta Sauce 739ml

Only made from premium quality ingredients.

Jovial Organic Einkorn Pasta, Cookies, or Flour

Assorted Varieties



3⁴⁹

Pasta 340g

4⁴⁹

Cookie 250g

6⁹⁹

Flour 907g

Einkorn ancient wheat offers a healthy and convenient foundation to any meal.

Alexia Frozen Fries, Wedges & Onion Rings

Assorted Varieties



2⁹⁹ to

3⁹⁹

340g - 567g

Alexia helps turn any meal into something extraordinary with our gourmet frozen foods.

IS IT SIBO, NOT IBS?

How Small Intestinal Bacterial Overgrowth Contributes to Chronic Digestive Symptoms

Small intestinal bacterial overgrowth (SIBO) is a major and often overlooked underlying cause of chronic digestive symptoms, including those labeled as irritable bowel syndrome (IBS). The small intestine is meant to be a nearly sterile environment where optimal nutrient absorption can occur. Bacterial overgrowth in this area of the digestive tract may be highly disruptive to normal intestinal function and cause many negative consequences.



Major Causes Of SIBO

There can be many different reasons that SIBO occurs in an individual, but some of the major ones are listed below:

- a single episode of an acute intestinal infection (stomach flu, traveller's diarrhea)
- use of antibiotic or acid blocking medications
- chronic stress
- intestinal blockages
- high carbohydrate/sugar diet
- insufficient bile production from gallbladder
- grazing diet (frequent eating inhibits cleansing waves in small intestine)

Clues That SIBO Is Present

There are also some other major clues that point towards SIBO. Some SIBO patients will report dramatic improvement in their digestive symptoms after taking antibiotics to treat an infection elsewhere in the body. Prebiotic supplements such as fructo-oligo-saccharides (FOS) often found in probiotic supplements can also make patients feel worse by directly feeding bacteria in

the small intestine. Celiac or gluten sensitive patients who don't improve on a gluten-free diet often have SIBO present. Also patients with chronic digestive symptoms and unexplained iron deficiency also are likely to have SIBO.

Lab Testing For SIBO

When bacteria overgrow in the small intestine, they produce abnormal amounts of hydrogen and/or methane gases. These two gases will be present in the breath, which can then be measured. The Lactulose Breath Test is the most accurate method to objectively assess if SIBO is present. A patient drinks a solution containing a type of sugar called lactulose and then collects several breath samples over the next few hours. This is a specialized test that can be ordered by gastroenterologists and some naturopathic doctors.

SIBO Treatment

The goal of SIBO treatment is to eradicate bacteria in the small intestine. This process can be easy for some patients and very challenging for others. Once bacteria are cleared from the small intestine by pharmaceutical and/or herbal antibiotics, it typically takes ongoing effort from the patient to prevent recurrence. A few different diets have been found to be helpful including Paleo, Specific Carbohydrate and Low FODMAPS, all of which limit starches and sugars to prevent feeding bacteria and helping it regrow. Naturopathic doctors experienced in recognizing and treating SIBO can help with managing this very common underlying cause of chronic digestive issues.

References:

2017 SIBO Symposium, Portland, Oregon.

Siebecer, Allison ND. SIBO: The Finer Points of Diagnosis, Test Interpretation and Treatment, NDNR, Jan 2014.



Dr. Arjuna Veeravagu is a naturopathic physician, registered acupuncturist and founder of Sage Clinic and the Sage Clinic SIBO Lab in Yaletown. More information about Sage Clinic can be found at www.sageclinic.com. To schedule a consultation with Dr. Veeravagu please email info@sageclinic.com or call (604) 697-0397.

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.

Effectively Planning Weight Loss

By Dr. Annie Gibson, BSc, ND

Q
A

What is my weight loss plan missing?

We're usually well-aware of common weight loss blockers: a poor diet or a lack of exercise. But there are other lesser-known barriers, ones that will prevent you from losing weight even if you're eating nutrient-rich foods and exercising regularly.

Prolonged stress increases hormones (including cortisol) that promote cravings for sugary and fatty foods, and disrupt hormone signalling to increase fat accumulation, especially in the abdomen. Higher cortisol levels also increase your risk of metabolic disorders and cardiovascular issues. Lowering and managing your stress is one of the best things you can do to improve your overall health and support weight loss!

Similarly, lack of sleep can throw a wrench into your plans. Even just one week of shorter sleeps can increase fat mass; and long-term lack of sleep makes losing weight more difficult. Too little sleep promotes increased hunger, disrupts blood sugar regulation, and promotes loss of muscle-mass rather than fat-mass. So what's the magic number? This can vary, but 7 hours nightly is a good rule of thumb.

And finally, when you eat is as important as what you eat. Our bodies rely heavily on insulin to regulate blood sugar levels and fat storage. Eating too frequently – snacking consistently or eating late into the evening – leads to chronically elevated insulin which promotes weight gain and impairs weight loss. Your body needs breaks between meals. Although, certain conditions (eg. diabetes and hypoglycemia) can require more frequent nutrient intake, so discuss this with your doctor.

If you've been working hard to lose weight with little success, take a look at your stress, sleep, and meal timing. And seek out additional support from your naturopathic doctor to optimize these areas!



Dr. Annie Gibson is a naturopathic doctor at Tall Tree Physiotherapy & Health Centre on The Drive. Her treatment plans are research-based and individualized to fit your goals and lifestyle. For more information visit: www.talltreephysio.ca or www.dranniegibson.com.

Reducing Joint Pain and Inflammation

By Dr. J.S. Sandhu

Q
A

Can cold laser therapy help with my joint pain?

Light therapy is not a new concept. It has been and continues to be used by doctors to treat a wide variety of conditions. For example, light has shown to be effective for treating many skin conditions including psoriasis and acne, depression and even tuberculosis before there were medications. Most people who suffer from arthritis can attest to the fact that their pain usually reduces or even completely subsides during the summer or on a vacation to a sunny destination. Cold Laser Therapy utilizes modern technology to provide our cells with similar energy that we obtain from the sun.

Scientific research conducted over the last few decades has shown that human cells heal better and faster when the right wavelengths of light energy get delivered to them.

Cold Laser Therapy is a breakthrough solution for musculoskeletal pain because it shines a concentrated amount of only helpful wavelengths of light vital for healing (which are in the red and infrared parts of the spectrum) directly on targeted areas. This allows the bones, ligaments, and tissues deep inside

our bodies to be exposed to the healthy light that otherwise cannot reach these areas. By delivering just the helpful parts of the light spectrum, the overall laser light power can be kept at very low and therefore very safe levels, which will not burn or otherwise harm the skin or any other tissues.

Cold Laser Therapy targets injured cells, resulting in elimination and prevention of pain, reduction of inflammation and swelling, and improved range of motion. Laser therapy does not just mask the pain, it actively stimulates healing to resolve musculoskeletal conditions for the long term.



Dr. J.S. Sandhu has over 18 years of experience as a Doctor of Chiropractic and focuses on triggering the body's natural ability to heal itself. Dr. Sandhu has undergone training including Master certification in Bioflex Cold Laser Therapy. He uses this innovative technology to treat a variety of acute and chronic – often painful – conditions at Solaj Laser & Wellness Clinic, located next to Choices in South Surrey. Visit his clinic website at www.solaj.ca



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

Papaya:

This is the season to seriously consider adding this superfruit to your menu. Papayas are rich in vitamins C and A and are loaded with the enzyme papain which helps digest protein and can have an anti-inflammatory effect in our bodies. Don't forget the seeds – these also pack a nutritional punch, try blending them in a smoothie! Papayas can be one of the more commonly genetically modified foods but there are several GMO-free varieties available. Look for the GMO-free label next time you are shopping and add this summer superfruit to your cart.



TASTY TOP CHOICES RECIPE

Recipe for Papaya Marinade courtesy of thespruceeats.com

1 small papaya (peeled, halved, and seeded)

1/3 cup/80 ml soy sauce

2 tablespoons/30 ml brown sugar

Optional: 1 teaspoon/5 ml salt

1 teaspoon/5 ml pepper

Chop papaya into small chunks. Place into a food processor with remaining ingredients. Pulse until mixture is pureed, about 10 to 12 pulses. Add a few tablespoons of water if the mixture is too thick.

Place into a resealable container and refrigerate for 12 to 24 hours before using. Marinate beef for 6 hours, poultry for about 2 hours. The mixture will keep in the fridge for 4 to 5 days after initial preparation.

Because of the natural enzyme papain in papayas, this marinade is great for particularly tough cuts of meat.

Grocery Gossip



Cape Herb Spices:

Seasoning can make all the difference to the taste of a dish and may even add health benefits so consider revamping your spice cupboards with some of the tasty offerings from Cape Herb Spices. This South African based company are proud to offer a wide selection of non-irradiated herbs and spices that contain no artificial colorings, flavourings, preservatives or added MSG.



Karthein's Sauerkraut:

Including a source of enzyme rich fermented food in our diet helps maintain a healthy balance of bacteria in our gut system, which in turn supports overall health. Karthein's Organic Sauerkraut is produced using a natural fermentation process, local Canadian organic vegetables and no heat to help preserve as many of these enzymes and probiotics as possible. With several different flavour varieties available, adding valuable enzymes to your diet just got a lot easier, try a spoonful on hot dogs or as a side dish to liven up a sandwich.



Choices Organic Beans:

Beans are nature's superfood, naturally low fat, a great source of fibre and rich sources of important minerals like iron. They are also packed with protein which when eaten as part of a meal will help fill you up and keep hunger away. One of the most versatile foods out there, beans can be added to soups and stews or eaten cold and added to salads. Choices Organic Beans are produced with organically grown beans and sold in BPA free cans.

ENTER TO WIN

Win a Year's Supply of Collagen

Courtesy of Sproos



Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from May 1-31, 2019. 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 Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2019.

MAY 1-15 ONLY

wellness centre

NEW!
Lower Prices



Sproos Enhanced Collagen Supplements
Assorted Varieties

2/6⁰⁰ 35⁹⁹ 20% Off
bars 12 bars Assorted Sizes

Sproos is about keeping health simple in a complex world. Our lifestyle-focused supplements and functional beverages are easy for busy individuals to incorporate into their daily lives and provide them with purposeful, clean and sustainable nutrition.

Lorna Vanderhaeghe
ESTROsmart



26⁹⁹
60 caps
46⁹⁹
120 caps

Maintains healthy estrogen-to-progesterone balance.

MegaFood Vitamins & Supplements
Assorted Varieties



20% Off
Assorted Sizes

MegaFood goes out of their way to source fresh and local foods, crafting these into wholesome supplements that deliver authentic nourishment — far more than vitamins and minerals alone.

Natural Factors
Vitamins A, D and K
Assorted Varieties



20% Off
Assorted Sizes

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

Le comptoir Aroma Diffusers & Diffuser Necklace
Assorted Varieties



25% Off
Assorted Sizes

A line of various eco-inspired diffusers. The perfect gift for Mother's Day.

Now Essential Oils
Assorted Varieties



20% Off
Assorted Sizes

Enjoy our outstanding selection of premium quality essential oils and blends.

Manitoba Harvest
Hemp Yeah! Proteins



Assorted Varieties
25% Off
Assorted Sizes

Looking for a great balance of protein and fibre in a whole-food powder? Look no further than our Hemp Yeah!

Nordora Natural Skincare
Assorted Varieties



20% Off
Assorted Sizes

Nordora, natural anti-aging face care made with rejuvenative molecules from Canadian trees.

Mineral Fusion Natural Cosmetics, Hair Care and Nail Polish
Assorted Varieties



25% Off
Assorted Sizes

Mineral Fusion makes beauty healthy.

AOR Ortho Adapt



Assorted Varieties
32⁹⁹
90 caps - Ortho Adapt Vegan
39⁹⁹
120 caps - Ortho Adapt

Mobilizes internal energy stores and reduces the impact of stressful conditions.

New Chapter Vitamins and Supplements

Assorted Varieties



Buy One Get One 50% OFF!

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.

*Offer valid with the purchase of any New Chapter products of equal or lesser value.

Innovite Vitamins and Supplements

Assorted Varieties



20% Off

Assorted Sizes

Sourced from yeast fermentation for the highest purity. Backed by over 30 years of clinical research.

Bio-K+ Probiotics

Assorted Varieties



19.99

6 pack - Dairy

21.99

6 pack - Non Dairy

20% Off

12.99 to 13.99

Kids

All Capsules

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.

Organika Organic Spirulina Powder



24.99

300 grams

37.99

500 grams

Helps to alleviate symptoms of allergic rhinitis. Source of iron for better blood health.

Jason Body Wash

Assorted Varieties



20% Off

Assorted Sizes

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5 for a gentle, healthful cleanse. Soothing Aloe Vera and Sunflower Seed Oil provide lipid relief to hydrate and give you an overall sense of well-being.

Jason Shampoo & Conditioner

Assorted Varieties



7.99

480ml

Give your hard-to-grow locks the essential support to grow to their longest and strongest.

Flora Magnesium



Magnesium is lacking in the average diet, but if you're looking for a boost of this essential mineral, Salus Magnesium Liquid may be able to help.

21.99

250ml

Lorna Vitamins and Supplements

Assorted Varieties



20% Off

Assorted Sizes

Supports optimal thyroid health.

More savings in store

Organic Traditions Full Spectrum Superfood Powders

Assorted Varieties



20% Off

Assorted Sizes

Concentrated and therapeutic. Full-spectrum herbal extracts to support your well-being and vitality.

Weleda Body Care

Assorted Varieties



Relax and moisturize with our wide range of rejuvenating oils.

20% Off

Assorted Sizes

wellness centre month long specials



Sukin Facial Care

Assorted Varieties

15% Off

Assorted Sizes

Sukin is an environmentally conscious, natural personal care company from Australia. Our products are carefully crafted using ingredients that are the best nature has to offer. Our aim is to offer luxurious, natural products that are not only effective but are affordable allowing even the budget conscious consumer the opportunity to purchase high quality, natural skin, hair and body care products.



Progressive VegeGreens

24⁹⁹ **38⁹⁹** **62⁹⁹**

180caps 265 grams 530 grams

With 8 distinctive blends of green foods and plant extracts, VegeGreens supplies an extraordinary spectrum of nutrients ranging from the rare trace minerals found in sea vegetables to the health-enhancing compounds exclusive to cruciferous vegetables.

Nature's Way Probiotics

Assorted Varieties



15% Off

Assorted Sizes

Reduces the duration of upper respiratory tract illness. Helps support intestinal/gastrointestinal health.



Nordic Natural Cod Liver Oil

Assorted Varieties

20% Off

Assorted Sizes

Nordic Naturals Arctic Cod Liver Oil™ is made from 100% wild Arctic cod. No fish body oils or synthetic vitamins or additives are ever used. All Nordic Naturals formulas are produced in true triglyceride form to ensure optimal absorption and results.

Newco Sulforaphane Supplements and Body Care

Assorted Varieties



15% Off

Assorted Sizes

BroccoGen 100® contains Sulforaphane, a naturally occurring compound in vegetables.

New Roots Sleep 8

Assorted Varieties



21⁹⁹

60 caps

To help you get to sleep naturally, we combined the most effective natural sleep aids.

Bio-Strath



26⁹⁹

100mL, 250mL, 100 tabs

44⁹⁹

500mL

Improve your physical and mental efficiency at work or at home.

Acure Facial Care

Assorted Varieties

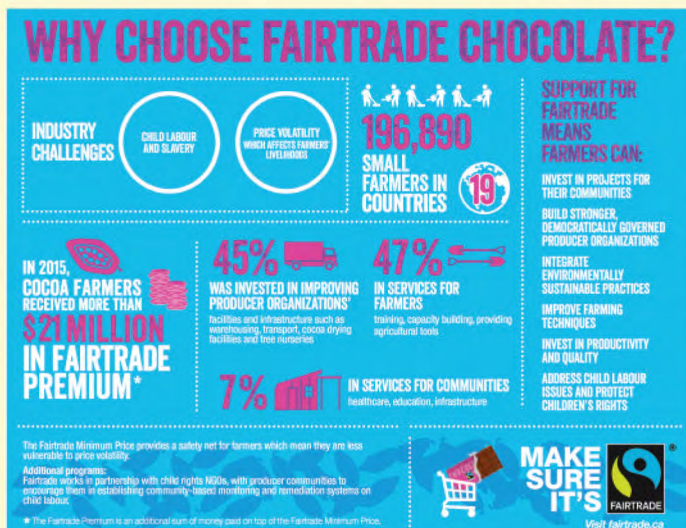


20% Off

Assorted Sizes

Sea kelp super-nutrients soften and detox while lemon peel and French green clay cleanse.

the Dish On Cocoa Powder

It didn't take long for the pre-Columbian inhabitants of South and Central America to first learn how to turn to the pods of beans that grew from the cocoa tree into cocoa powder. Whether it was for the delicious energy boost or for more spiritual reasons, this wild evergreen tree from the Amazon was domesticated over 5000 years ago. By the late 1800's the cocoa tree was planted in many sub-tropical countries, where it thrived. Today, over sixty percent of the world's three million tonnes of yearly cocoa production now comes from Ghana and the Ivory Coast.

There are three main varieties of cocoa plant, but most of the cocoa beans we consume are from one varietal, the Forastero. Criollo and Trinitario are the other varieties and are specialty niche production, considered to be a delicacy by many. The trees produce pods inside which are cocoa beans. The first step is to ferment and dry the beans. After further process, cocoa butter (75%) and chocolate liqueur are obtained. Processing the liqueur will finally yield cocoa powder.

On the market, you will find two kinds of powder; Dutch process cocoa powder (aka alkalized cocoa), and natural cocoa powder. The second is acidic and bitter compared to the processed. It is important to note that depending on your recipe, they are not always interchangeable. Sauces, drinks, ice cream, brownies and more can use either of the two, but any recipe involving leavening (like cookies or cakes) will

require using the correct type of cocoa powder specified on the recipe. Cocoa is definitely a staple of the dessert menu. Just let your imagination float among the infinite variations of chocolate cookies, cakes, brownies, ice creams, soufflés, and so much more.

Since cocoa has such a rich nutrition profile, and wonderful taste, it's great to use it to add variation to your morning routines to start your day. Sprinkle a little in your yogurt, on top of your muesli or mix it in to your morning smoothie.

Remember that cocoa also contains two stimulants, caffeine and theobromine. It's a great morning pick me up if you're not in the mood for coffee.

If now you are ready for lunch and dinner ideas, I suggest starting with chicken mole. This rice and spicy sauce is a unique treasure. Chili con carne with some savory cocoa powder added in could be your new secret ingredient for a rich and delicious meal. Pork and beef marinades and rubs with cocoa powder might be your newest tool for your upcoming summer barbecue roasts and ribs. Don't stop there. Keep exploring with the magic of this delicious and versatile powder and you won't be disappointed.

However you choose to use your cocoa powder, remember to always buy Fairtrade. That little mark of distinction not only shows that you are getting a premium product, but also guarantees that some of the love that we have for this divine ingredient gets passed on to the hard working farmers. They really deserve it.



Head to the Choices Deli to try one of Chef Antonio's globally inspired creations. Perfect for lunch or a quick dinner for the entire family.



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Choices Markets Locations

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