



# CHOICES'

Monthly Newsletter | December 2019

Happy  
Holidays



**Vegan** Appetizers

Finding Balance **in the Holidays**

**The Dish on Maple Syrup**

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







## Happy Holidays



On behalf of the staff, management and ownership of Choices Markets, we'd like to wish all of customers and community members a happy holidays. No matter what holiday you celebrate at this most wonderful time of year, we hope that it is filled with the people you love and the joy of a fantastic meal.

## Donate to Star of the Season

Each holiday season, Choices' holiday charity campaign kicks into high gear. From November 15th to December 24th, the cashiers at each Choices Markets location will be selling stars to raise funds for eleven local neighbourhood houses. These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back. Last year, with your help, we were able to raise over \$40,000! We can't wait to do even better this holiday season. To learn more, visit [www.choicesmarkets.com](http://www.choicesmarkets.com).

## Community Engagement

It has always been part of Choices Markets philosophy that we are a part of each community we are found in. That's why we always try to do our best when it comes to supporting our communities as they support us. Each year, Choices donates over \$150,000 a year to a variety of programs such as local schools, environmental organizations, youth sports teams, neighbourhood house family services and fundraising events across BC. When you visit your local Choices Markets, you'll feel a real sense of community pride in everything we do.

Would you like Choices to consider supporting your community charity or organization? Contact us through our website at [chociesmarkets.com/contact-us](http://chociesmarkets.com/contact-us).

## Depression and Anxiety

with With Rena Saini, BSc ND from Active Health Care

**Wednesday, December 11th | 7-8pm**  
Choices Kelowna

How does mood affect your body and hormones? Why do you get anxiety and depression, yet your blood work comes back normal? Join Dr. Rena and learn how anxiety and depression can be balanced in the body and what you can do about it. Learn what herbs, diet and supplements can support the body and how to heal to ensure long term success!

*Free to attend, register on our website.*

# stocking stuffers



## Ganesha's Garden Assorted Scents



**9<sup>99</sup>** each

Luxurious solid perfume in exotic carved soapstone boxes.



## Kelowna Candle Company Soy Wax Candles



Assorted Scents  
**5<sup>49</sup>** each

Ignite your inner glow! Hand made by The Kelowna Candle Factory a proud Canadian and local BC company!

## Every Man Jack's Body Care



Assorted Varieties

**25% Off**

Assorted Sizes

We'll make you clean. And we'll keep you feeling comfortable.



## Radius Toothbrushes & Toothpastes



Assorted Varieties

**8<sup>99</sup>** Toothpaste 89g

**15% Off**

Toothbrushes

For that fresh-from-the-dentist clean feeling!

## Aura Cacia Aromatherapy Bath Soaks & Foam Baths

Assorted Varieties



**2/6<sup>00</sup>**

70 grams

Everyone loves a hot bath! Enjoy a warm tub of aromatic, relaxing bath water with Aura Cacia.



## Pacifica Perfumes

Assorted Varieties



**13<sup>99</sup>** Roll-on's

**25<sup>99</sup>** Spray

All Pacifica products are gluten-free, 100% vegan, and cruelty-free.



## ENTER TO WIN

# Win 1 of 10 Alaffia Bodycare Gift Baskets

Courtesy of Alaffia

Our mini market baskets are used traditionally in Togo, West Africa to carry produce to and from markets or farms. Members of Alaffia basket cooperatives receive fair wages and health care for their families in return for indigenous skills and knowledge. This exchange empowers West African communities and preserves cultural heritage.

### Skill Testing Question:

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

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_



Contest open from December 1 to 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. There can be no repeat winners for throughout 2018.



# Vegan Appies for Your Holiday Party

Your guests will love these vegan recipes from the Choices Nutrition team. Plant-based and created with health conscious ingredients in mind, you'll be happy to serve them for more reasons than one!

## Vegan Stuffed Mushroom Caps

**20 button mushrooms**  
**1/2 cup finely chopped onion**  
**3 large garlic cloves (crushed and minced)**  
**1/2 Tbsp extra virgin olive oil**  
**1 1/2 Tbsp avocado oil**  
**1 tsp Italian seasoning**  
**1/4 tsp sea salt**  
**1/2 cup raw walnuts, crushed**  
**1/2 cup Tofutti Cream Cheese (Plain or Garlic & Herb)**  
**2 Tbsp Home-made vegan parmesan cheese (recipe below)**

Preheat the oven to 350 F

On a baking sheet, toast walnuts for 5 minutes

Wash mushrooms, remove and chop the stems finely, and set aside to use for the filling

Lightly brush mushrooms with olive oil

In a pan on medium heat, add avocado oil and sauté onion until translucent

Add mushroom stems, garlic, sea salt, and Italian seasoning, and sauté until stems and garlic are lightly browned

Remove pan from heat

Add Tofutti cream cheese, vegan parmesan (recipe below), and toasted walnuts

Bake the mushrooms on a baking sheet WITHOUT any filling for ten minutes to soften

Remove from the oven and use a spoon to stuff each mushroom cap with the mixture

Sprinkle additional vegan parmesan on each mushroom and bake for 30 minutes

## Vegan Parmesan

**1/2 cup raw cashews**  
**2 Tbsp nutritional yeast**  
**1/2 tsp salt**  
**1/2 tsp garlic powder**

Place all ingredients in a food processor and blend until mixed well



## Walnut Kale Pesto



**2 garlic cloves**

**3 cups fresh kale with spine removed**

**1 cup fresh basil**

**3/4 cup toasted walnuts**

**Juice from one small lemon (2 tablespoons)**

**1/2 teaspoon sea salt (or more, to taste)**

**1/2 teaspoon ground pepper**

**1/4 cup extra-virgin olive oil**

Toast the walnuts: Preheat the oven to 350 F. Line a baking sheet with the walnuts and toast for 5 minutes. Once toasted, pulse them in the food processor 1-2 times.

Add the garlic cloves to the food processor and process until they are minced.

Add the kale, toasted walnuts, lemon juice, salt, pepper, and olive oil.

Add more lemon juice, salt, or pepper to taste.

Serve with crostini, crackers, or fresh veggies.

## Holiday Vegan Cheese Ball

**1 cup raw cashews soaked overnight or for 30 minutes in hot water**

**2 tablespoons fresh lemon juice**

**2 tablespoons nutritional yeast**

**2 tablespoons refined coconut oil, melted**

**2 teaspoons white miso paste**

**1 clove garlic, crushed**

**1/4 teaspoon sea salt**

**1/2 tablespoon fresh thyme leaves**

**1/2 cup dried unsweetened cranberries**

**1/4 cup crushed walnuts, toasted**

### **To soak the cashews:**

In a small bowl, cover the cashews with water and soak overnight.

### **To toast the walnuts:**

Preheat oven to 350 F. Line a baking sheet with the walnuts and toast for 5 minutes. Once toasted, pulse them in the food processor 1-2 times.

### **To make the Cheese Balls:**

Drain the cashews and add them to a food processor along with the lemon juice, nutritional yeast, melted coconut oil, miso paste, garlic, and salt. Blend until the mixture is very smooth, making sure to stop and scrape down the sides of the processor as needed. Add the thyme leaves and blend.

Line a small bowl with plastic wrap and add the mixture in. Manipulate the plastic wrap to form a ball, twisting the top once it is formed to your liking.

Refrigerate the cheese ball for 2-3 hours.

Remove the cheese ball from the plastic wrap. On a baking sheet, roll the ball in crushed walnuts to cover. Next, press the cranberries onto the outside of the ball.

Can be served immediately or kept covered in the fridge until ready to serve.

Serve with crackers, fruit, or fresh or pickled veggies.



DECEMBER 1-15 ONLY

# club specials

## Silly Cow Premium Hot Chocolate



Assorted Varieties

**5<sup>79</sup>**

480g

The perfect way to warm up after a cold day in the snow.

## Zazubean Organic Fair Trade Chocolate Bars



Assorted Varieties

**3<sup>49</sup>**

85g

Fairtrade chocolate in fun and funky flavours.

## GH Cretors Popped Corn



Assorted Varieties

**3<sup>49</sup>**

125g - 255g

All natural flavours made with wonderful and authentic ingredients.

## Twinings Tea



Assorted Varieties

**3<sup>99</sup>**

20 Tea Bags

Classic tea varieties inspired by global tea traditions.

## Earth's Own Fresh Oat & Almond Beverages



Assorted Varieties

**3<sup>99</sup>**

1.75L - 1.89L

Get the best in creamy beverages without the dairy.

## Liberte Organic Yogurt & Organic Kefir



Assorted Varieties

**3<sup>79</sup>**

Yogurt 650g - 750g

**3<sup>99</sup>**

Kefir 1L

Velvety smooth, deliciously creamy and rich enough to eat on its own.

## Earth's Choice Organic Canned Beans

Assorted Varieties



**2<sup>29</sup>**

398ml

Full of fibre and protein, beans are always a healthy start to any recipe.

## Earth's Choice Organic Lemon Juice or Lime Juice

Assorted Varieties



**3<sup>29</sup>**

250ml

**7<sup>99</sup>**

1L • +deposit +eco fee

Add a little zing to your meals and beverages.

## Bremner's Organic Juice

Assorted Varieties



**5<sup>99</sup> to 10<sup>99</sup>**

946ml  
+deposit +eco fee

Made from pure fruit juice without any additives.

## Chosen Foods Avocado Oil Dressings

Assorted Varieties



**8<sup>99</sup>**

355ml

Avocado oil dressings for healthy and nutritious salads.

## Simply Organic Baking Extracts

Assorted Varieties



**4<sup>99</sup>**

59ml Select Varieties

**17<sup>99</sup>**

Vanilla 118ml

Fill your home with amazing aromas when you bake with these extracts.

## Faith Farms Cheese

Assorted Varieties



**4<sup>99</sup>**

360g - 380g

Melt it, shred it, or enjoy it sliced straight from the block.



DECEMBER 16-31 ONLY

# club specials

## Kettle Brand Potato Chips



Assorted Varieties

**2<sup>49</sup>**

170g - 220g

Crunchy, crispy and savoury, these chips come in dozens of amazing flavours.

## Barbara's Bakery Cheez Puffs



Assorted Varieties

**2<sup>49</sup>**

155g - 198g

Made from real aged-cheddar for a flavourful snack.

## Theo Organic Fair Trade Chocolate Bars



Assorted Varieties

**3<sup>49</sup>**

85g

Premium chocolates made by passionate chocolatiers leads to an amazing flavour experience.

## Lundberg Organic Thin Stackers



Assorted Varieties

**2<sup>99</sup>**

Thin Stackers 167g

**4<sup>99</sup>**

Sprouted Rice 454g

**6<sup>99</sup>**

Quinoa 454g

Perfect for toppings and dips for your holiday appetizers.

## RJ's Licorice

Assorted Varieties



**.99**

Logs 40g

**2<sup>49</sup>**

Bags 165g - 180g

They know how to make great licorice in Australia, and RJ's proves it!

## Happy Planet Smoothies



Assorted Varieties

**3<sup>99</sup>**

900ml  
+deposit +eco fee

Freshly squeezed to put a smile on your face.

## Elias Honey



Assorted Varieties

**9<sup>99</sup>**

Clover, 1kg

**12<sup>99</sup>**

Raw Creamed, 1kg

**15<sup>99</sup>**

Premium, 1kg

A great way to sweeten your morning coffee.

## Tree Island Grass Fed Cream Top Yogurt

Plain or Vanilla



**8<sup>99</sup>**

1.5KG

Enjoy this classic style yogurt made on Vancouver Island.

## Mighty Leaf Artisanal Tea

Assorted Varieties



**6<sup>99</sup>**

15 Tea Bags

Whole leaf teas lead to wholly unique flavours.

## Stahlbush Island Farms Sustainable Frozen Vegetables

Assorted Varieties



**2<sup>79</sup>**

284g - 400g

Frozen at the peak of freshness.

## Nutiva

## Organic Virgin Coconut Oil



Assorted Varieties

**8<sup>99</sup>**

444ml

**14<sup>99</sup>**

860ml

**24<sup>99</sup>**

1.6L

Coconut oil is great for hundreds of applications, from frying to homemade beauty products.



## 7th Generation All Purpose Cleaner

Assorted Varieties

**6<sup>99</sup>**

710 ml

Natural cleaners you can feel good about using in your home.



# WINTER EUPHORIA



**A**s a naturopathic physician, I see more cases of anxiety and depression than ever before. A large number of the patients I see complaining of chronic pain, digestive upset, hormone disruption and/or fatigue, have mood disorders associated with or as part of the underlying cause of their physical complaints. There are numerous theories on what causes undesirable mood, such as depression and anxiety. Let's explore a few of them and then discuss options for intervention.

Neurotransmitters are brain chemicals that are responsible for making us feel calm and happy. One theory on mood disorders is that certain individuals are unable to produce or utilize mood-related neurotransmitters sufficiently. This can be due to genetically-linked enzyme deficiencies, environmental exposure to toxins that affect brain chemicals, or psychological trauma that can change the way the brain functions and communicates.

Another theory points to an association between depressed mood and stress. Studies have found a link between the overproduction of cortisol and depression. Elevated cortisol, caused by prolonged stress, can cause a significant reduction in neurotransmitters.

Other factors include lack of sleep, not enough exercise, thyroid imbalance, nutrient deficiencies, lack of sunlight and imbalances in the gut flora and/or hormones.

A more recent theory of what might be underlying mood disorders is inflammation. Research suggests that major depressive disorder is associated with higher levels of inflammatory markers. These markers can be measured in the blood and are often used to track the progression or regression of inflammation.

Genetic testing to pinpoint enzyme deficiencies is on the top of my list as far as investigation goes. Once affected pathways are identified, they can be supported and bypassed with strategic supplementation and diet to restore optimal neurotransmitter levels.

Next on my list, is to restore proper gut ecology. When our gut bugs are out of balance, they often produce chemicals that interact negatively with brain chemistry. I always include food sensitivity testing as part of this investigation due to its role in inflammation.

Exercise is critical in maintaining proper serotonin levels. I encourage patients to make exercise a priority 5-6 times a week. Even short bursts of 15-20 minutes of moderately intense exercise can be very helpful. In the winter time, it is difficult to get outside, so having a favourite workout video is helpful. I happen to enjoy V-shred for a quick and effective sweat.

Supplements I find helpful for mood disorders include GABA for brain chatter/looping, L-theanine, ashwagandha, and magnesium when there is anxiety. For depression, I recommend 5-HTP, inositol, taurine and Vitamin D. When stress is involved, I find rhodiola to be a useful herb to lower cortisol and elevate mood.

Like any naturopathic approach, the treatment is always as individual as the person. I love watching the power of thorough investigation and natural medicine work in tandem to bring the puzzle pieces together for the patient. Everyone deserves to have their brain feel happy and calm.



**Dr. Dahl loves practicing natural medicine! Her personal health journey, ignited a passion for healing. She believes in practicing what she preaches and is always learning and experimenting with new therapies. She recently relocated her practice to 1281 Johnston Rd in White Rock. [www.drnicole Dahl.com](http://www.drnicole Dahl.com)**

The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only.



# Finding Balance in the Holidays

By Amneet Virk, Physiotherapist at Solaj Laser and Wellness Clinic

Q

**How can seeing a physiotherapist help me stay on top of things and find balance during the busy holiday season?**

A

The holiday season is a busy time. In order to help you stay on top of things this winter, consider seeing a physiotherapist that can help you find balance in more than one way. Here are some tips to help get you started:

## Staying on your Feet

200,000 people over the age of 65 in BC will fall and injure themselves this year. The government of BC recommends increasing your physical activity and improving your balance to prevent falls. When it becomes cold out, use caution when walking and try to stay on cleared paths, avoiding potentially slippery unused paths. Do not carry heavy objects as they may throw off your balance, and have your hands out of your pockets to hold onto handrails or in case you need to brace for a fall.

## Activity

It is common to “shop ‘til you drop” when it is the holiday season. A major strain can be put on your body with the combination of excessive walking and carrying heavy bags. Be aware that staying hydrated, maintaining proper posture and wearing comfortable shoes are important if you're going out. Try to go to your car to drop off bags, especially heavy ones, and take breaks to sit down and relax.

## Breathing

Allow yourself to breathe! Take deep, slow breaths through your nose that fill up your belly, then slowly exhale through your mouth and feel your body decompress. Repeat this until you feel yourself relax, usually taking at least ten breaths.

If you have been struggling with balance and coordination issues, are lacking confidence in your ability to remain independent, or are feeling extra stress, reach out to your doctor and seek help from a physiotherapist!



**Amneet Virk is a physiotherapist at Solaj Laser and Wellness Clinic. She has extensive experience with composing realistic exercise programs that are done at home to strengthen muscles in the body as well as neuromuscular connections, leading to improved balance and coordination.**

# The Gift of Thanks

By Zara Neukom, Choices Nutrition Team

December is about hot drinks, warming recipes, and thanks. It's the season of family, gathering, and gratitude. The field of positive psychology has understood the benefits of thankfulness for a long time. Research is continually showing that there is a direct link between gratitude practices and increased well-being<sup>1</sup>. As in, gratitude = happiness. So how does this apply to nutrition? Well, we also know from psychology research that gratitude helps increase sense of belonging, positive emotion and build resilience<sup>2</sup>. The interesting part is that the above factors are essential in reducing chronic stress. Therefore, gratitude = happiness and stress reduction. When we are in a state of stress, the body has a difficult time digesting and breaking down food which can manifest as conditions like IBS, bloating, and general gastrointestinal discomfort<sup>3</sup>. These issues are often blamed on food not necessarily stress.

So this holiday season, think of really bringing gratitude to the table. How you process food and absorb nutrients is intimately linked to your emotional climate. Because thankfulness isn't just a holiday tradition, it's truly something that is health promoting for individual and community.

How about adding a daily dose of gratitude to your balanced diet? Because you might just end up happier and healthier.

## Resources

1. Watkins, P.C., Woodward, K., Stone, T., & Kolts, R.L. (2003). Gratitude and happiness: Development of a measure of gratitude and relationships with subjective well-being. *Social Behavior and Personality: An international journal*, 31, 431-452.
2. Adler, M.G., Fagley, N.S. (2005). Appreciation: Individual Differences in Finding Value and Meaning as a Unique Predictor of Subjective Well-Being. *Journal of Personality*, 10, 1111-1131. doi:10.1111/j.1467-6494.2004.00305.
3. Qin, H.Y., Cheng, C.W., Tang, X.D., & Bian, Z. X. (2014). Impact of psychological stress on irritable bowel syndrome. *World journal of gastroenterology*, 20(39), 14126-14131. doi:10.3748/wjg.v20.i39.14126





## Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

### Grocery Gossip



#### Tradition Medicinals Tea – Organic Cup of Calm :

Established in 1974, Tradition Medicinals Tea was created by a team of herbalists. To this day, the company operates on the values of environmental stewardship, ingredient purity, and social equity. Their teas are naturally caffeine-free, certified organic, non-GMO Project Verified, and made with Fair Trade Certified Ingredients. The Cup of Calm blend delivers herbs that soothe and support the nervous system, including passionflower, chamomile, lavender and catnip. In addition to its calming properties, every sip will take you on an herbal journey around the world, from tranquil farming villages in Italy to oasis villages in Egypt. Whoever thought sipping tea could be so meditative?



#### Choices Organic Cheese:

The Choices Markets Dairy Department does its best to provide you with the highest quality products available while supporting local BC producers and giving preference to Canadian products over imported goods. Our selection of Choices Organic Cheese is no exception. Organic cheese is free of antibiotics and added hormones, locally sourced, and supports the reduction of synthetic pesticides on pastures and cropland. Additionally, organic dairy farming takes animal welfare and environmental sustainability into account. Let Choices Markets take the guesswork for your next holiday party! Choose from a wide selection of delicious organic cheese, including Medium Cheddar Cheese, Old Cheddar Cheese, Extra Old Cheese, Mozzarella Cheese, and Swiss Cheese. From DIY cheeseboards to fondue, we've got your covered!







### Beets:

The portion of the beet plant most commonly consumed is the beetroot, which come in a variety of colours and sizes. Besides being the perfect way to add flavour and heartiness to your holiday dishes, beetroots are nutrient-packed rock stars! They are low in calories and rich in several vitamins, minerals, and phytonutrients, such as vitamins B6 and C, iron, potassium, manganese, copper, and folate. The red and yellow pigments that give beets their rich colours are called betalains. Experiment with various beet recipes this holiday season- these versatile veggies can be roasted, spiralized, pickled, or simply cooked and added to your favourite salad.



### Mandarin Oranges:

Mandarin oranges are fruits of an evergreen shrub that is native to Asia. They are the ideal 'fast food', being wrapped in Mother Nature's perfect packaging. Mandarin oranges are a rich source of vitamins A and C, and minerals like potassium, calcium, and manganese. They are also packed with antioxidants that support skin, hair, and immune health. There are several varieties of mandarin oranges available, including Clementine, Tangor, and Satsuma. Those with red-orange skin are properly known as tangerines. Mandarin oranges are harvested mainly during the winter season. Studies have shown that mandarin oranges may be protective against liver and breast cancer while helping to lower bad cholesterol.



### Brussels Sprouts:

Brussels Sprouts are a type of cabbage. They grow on long stalks and are harvested multiple times a year. As you may have guessed, their name stems from the fact that they were grown in and around the region of Brussels, Belgium, for centuries. They are native to the Mediterranean and European region and are mainly grown in the Netherlands and Germany. Brussels sprouts are also incredibly healthy, being rich in fibre, vitamins A, B6, and C, as well as manganese, copper, and potassium. They are also a source of the phytonutrients flavonoids and phenolic compounds, which help to combat inflammation and support the liver's detoxifying abilities.



### TASTY TOP CHOICES RECIPE

#### Hanna's Mom's Beet & Apple Salad

5-7 medium (red) beets  
1 large Spartan or McIntosh apple  
1/2 red onion  
1 Tbsp extra virgin olive oil  
2 Tbsp white balsamic vinegar  
1/2 tsp sea salt  
1/4 tsp black pepper

Boil beets for one hour. Once cooked, cool and peel them.

Using a mandolin or food processor, slice beets into thin slices.

Peel and grate the apple.

Finely chop the red onion.

In a salad bowl, mix the beets, apple, and onion with the remaining ingredients.

Add salt and pepper to taste.



DECEMBER 1-15 ONLY

wellness centre



Nordora Face Care

Assorted Varieties

**20% Off**

Assorted Sizes

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

Bullet Proof Products

Collagen, Brain Octane, Coffee and More!

**20% Off**

Assorted Sizes

Boost metabolism, reduce fat storage, and maintain healthy cholesterol levels.



Flora Probiotics

Assorted Varieties

**15% Off**

Assorted Sizes

Increases healthy gut bacteria and supports a healthy digestive system.



Flora Digestive Enzymes

Assorted Varieties

**15% Off**

Assorted Sizes

Give your body's natural enzymes a boost with Flora's Immediate Relief Enzyme.



Organika Mylk Lattes

Assorted Varieties



**20.99**

110 grams

Organika Mylk Lattés are caffeine-free, convenient and delicious plant-based lattés that everyone can enjoy.

Lorna Vanderhaeghe  
BEAUTYsmart Protein,  
Collagen and Borage Oil

Assorted Varieties

**20% Off**

Assorted Sizes

Use Complete Collagen™ by Progressive® for stronger bones, cartilage, connective tissue.



Lorna Vanderhaeghe  
THYROsmart

**16.99**

60 caps

**32.99**

120 caps

Supports optimal thyroid health.



Basd Body Care

Assorted Varieties



**14.49**

Body Wash

**17.99**

Coffee Scrub

**22.49**

Body Lotion

Natural ingredients like organic aloe and organic green tea will leave you feeling soft, smooth and sexy, and like you can take on the world.

Gift Packs  
Available  
Instore!

Total Body Collagen

Assorted Varieties

**46.99**

500grams or 180tabs

- Supports formation of collagen and connective tissue for joint health.
- Helps nourish skin, hair, nails, bones, teeth, and gums.
- Helps reduce joint pain associated with osteoarthritis.
- Supports lean muscle growth and recovery after a workout.
- Helps increase skin elasticity and reduce fine lines and wrinkles.







### New Roots Plant Enzymes

**22<sup>99</sup>**

60 caps

**42<sup>99</sup>**

120 caps

Extract more nutrition and energy from every meal, while avoiding the unpleasant symptoms of poor digestion such as fatigue, bloating, and flatulence.



### New Roots Stress Support Supplements

Chill Pills

**19<sup>99</sup>**

30 caps

Joyful

**21<sup>49</sup>**

30caps

Sleep 8

**22<sup>99</sup>**

60 caps

**35<sup>99</sup>**

60 caps

- Natural treatment for day-to-day stress and chronic anxiety
- Synergistic combination of 25 herbs, adaptogens, and B-Vitamins.
- Non-addictive and non-drowsy

### Incrediwear

Assorted Varieties

**20% Off**

Assorted Sizes



The Incrediwear Circulation Socks relieve pain and discomfort for those suffering from poor circulatory conditions.



### Renew Life Ultimate Flora Probiotics

Assorted Varieties

**25% Off**

Assorted Sizes

Ultimate Flora probiotics are enteric coated to protect the probiotics from harsh stomach acid and deliver them directly to the intestines where they are needed and utilized by the body.

### Aura Cacia Essential Oils and Body Oils

Assorted Varieties



**25% Off**

Assorted Sizes

Each blend offers unique and pointed aromatherapy benefits.

### Le Comptoir Aroma Diffusers

Assorted Varieties



**20% Off**

Assorted Sizes

Adapted to a contemporary lifestyle, our eco-inspired diffusers will accompany you on a daily basis. Give the gift of wellness for the holiday season.

### Le Comptoir

### Aroma Pebble Diffuser Stones



Assorted Varieties

**11<sup>99</sup>**

Assorted Sizes

Practical, affordable and efficient. Enjoy essential oils daily with the Pebbles by Le Comptoir Aroma.

### Nena Skin Care

Assorted Varieties



**20% Off**

Assorted Sizes

Canadian skincare made with natural oceanic glacial clay and mineral water.

### Sundhed Himalayan Bath Salts

Assorted Varieties



**7<sup>99</sup>**

850g

Bathing with Himalayan bath salts cleanses and rejuvenates the skin.



### Sundhed Himalayan Salt Lamps

**5<sup>99</sup>**

1 Hole Tea Light

**28<sup>99</sup>**

Medium Lamp

**22<sup>99</sup>**

Small Lamp

**36<sup>99</sup>**

Large Lamp

Negative ions are best for cleaning the air of many allergens.



# wellness centre month long specials



## Bio-K Plus Probiotics

Dairy **33<sup>99</sup>** 12 pack  
Non-Dairy **36<sup>99</sup>** 12 pack

All other Bio-K Plus 6 packs and Capsules

**20% Off** Assorted Sizes

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.

## Party Smart



PartySmart is the most effective hangover prevention pill available, and it starts working right after consumption.

**2/5.00 24<sup>49</sup>**  
10 pack

## Natural Factors Digestive Enzymes

Assorted Varieties



**20% Off**

Assorted Sizes

High Potency Multi Enzyme from Natural Factors is a blend of vegetarian sourced enzymes to assist and enhance normal digestion.

## Natural Factors Stress & Sleep Support

Assorted Varieties



**20% Off**

Assorted Sizes

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed.

## Marseille's Remedy Thieves Oil & Balm



**9<sup>99</sup>**  
25 mL Balm

**21<sup>99</sup>**  
30mL Essential Oil

Ancient remedy that is all-natural, therapeutic and full-strength, for many antifungal, antibacterial and antiviral uses, personal and household

## Now Essential Oils

Assorted Varieties



**20% Off**

Assorted Sizes

Enjoy natural fragrances and unique aromas with our outstanding selection of premium quality essential oils and blends.

## Now Essential Oil Seasonal Diffuser Kits

Assorted Varieties



**20% Off**

Assorted Sizes

Perfect for the D-I-Y enthusiast that wants to make their own perfumes and essential oil-based cosmetics.

## Dr. Bronner's Fair Trade Organic Castile Bar Soaps

Assorted Varieties



**4<sup>99</sup>**  
140g Bar

Only the purest organic & Fair Trade ingredients. No synthetic preservatives, no detergents or foaming agents.

## Acure Facial Care & Hair Care

Assorted Varieties



**25% Off**

Assorted Sizes

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



## Jason Body Care

Assorted Varieties

**20% Off**

Assorted Sizes

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5.

## Pacha Whipped Soap and Scrub



Assorted Varieties

**14<sup>49</sup>**  
284g

Whipped Soap + Scrub combines creamy whipped soap and a blend of natural exfoliants to create the perfect addition to your daily routine.



# the Dish

## On Maple Syrup



don't think many people would argue with me if I said that Maple Syrup was probably Canada's most iconic food. The origins of this delicious nectar go back thousands of years, to well before European settlers first began to arrive on Canadian shores. Many First Nations cultures have fascinating stories and legends about how the sweet bounty of the maple tree was discovered. Called sweetwater or sugarwater by some, the process for harvesting it hasn't changed much over the centuries.



Maple trees are tapped with small spigots and over time the sap is collected. The harvest begins in February and lasts for four to six weeks. Each tree can produce 20 to 60 litres of sap in a season. After it is collected it is then boiled down and reduced into thick, sticky syrup. Sap harvested earlier in the season tends to have a milder taste and lighter colour, while late season maple syrup is darker and richer.

Canada dominates the maple syrup market. In 2016 we produced 73 million kg of the stuff! 90% of the harvest is produced in Quebec, but New Brunswick, Nova Scotia and Ontario also have established commercial production centres. Manitoba, Saskatchewan and Coastal BC even produce small amounts. It's truly a national commodity.

Pure maple syrup contains healthy vitamins and minerals like manganese, riboflavin/vitamin B2, zinc, calcium and potassium. Be sure to always purchase pure maple syrup though. The taste profile and nutrients simply cannot be replicated, like common 'breakfast syrups' or 'maple-flavoured syrups' claim to do. These are often just high-fructose corn syrup with added flavourings. Don't be fooled!

Pancakes, waffles, crepes and French toast are some of the classic ways that people enjoy maple syrup with breakfast, but don't stop there. The different harvests of maple syrup that lead to many shades of syrup I mentioned earlier all have unique flavour profiles that you should experiment with. Test them out on your morning parfaits, or perhaps add a drop to sweeten your morning hot beverage. Experiment with your own oat squares or granolas by using different shades of maple syrup for different batches and discover what kind you like best.

You can also create hundreds of different marinades and dressings with maple syrup. Whether for meat, fish, vegetables or other meat substitutes, maple syrup makes for great savory dishes. Grilling, frying, baking and even smoking with maple syrup can make for some truly memorable meals. Add some to your butternut squash soup recipe and watch how good it becomes. And let's not forget how good a maple cheesecake can be. Maple syrup is also a great health conscious sweetener for your favourite drinks. Add some to your hot chocolate or apple cider, or make up your own signature holiday cocktail.

From coast to coast, life in Canada is as sweet as maple syrup. Whether you're making a glaze for pan fried Pacific halibut or enjoying freshly made taffy from the cold snows of Quebec, do the patriotic thing and pick up a bottle today.



**Chef Antonio loves a sweet treat, and there isn't a much better time of year to indulge in your sweet tooth than the holidays. Head to the Choices Bakery to get delicious sweets and treats to bring to your holiday party, or simply enjoy them yourself!**





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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

### 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 CO<sub>2</sub>

**Smog:** 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

# Choices' Star of the Season Program

**November 15th – December 24th**

Your donation of only \$2 supports the growth of healthy communities. Now in its 16th year, Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley and the Okanagan. Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

**For more details on each neighbourhood house, please visit our website, [www.choicesmarkets.com](http://www.choicesmarkets.com).**

**All proceeds are donated to eleven different organizations:**

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraser Side Community Services
- Semiahmoo Family Place
- Burnaby Neighbourhood House
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House

I donated to  
**STAR of the SEASON**

