



CHOICES'

Monthly Newsletter | January 2020

The Dish on Turmeric

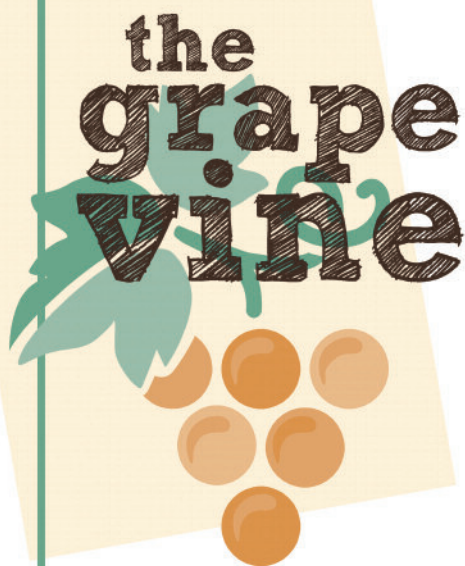
Setting New Year's Intentions

The Adrenal-Thyroid Connection

Turmeric Veggie Curry Recipe

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





Happy New Year

Another year has come and gone and we're happy to have shared it with you! A lot of things happened in the world, both big and small. Here at Choices, we were excited to see that 2019 was a big year for plant-based options. Choices has always been a leader on the cutting edge of new vegan and vegetarian foods, and we were really excited to see how much attention they got last year. Choice's sponsored Veg Expo had its best year ever, with over 20,000 attendees checking out the latest and greatest in plant-based everything over the one day event. 2019 was also big for Beyond Meat! Choices was one of the first retailers in Western Canada to sell Beyond Meat, and the proceeding explosion of popularity for the tasty burgers over the year was exciting to see. We're looking forward to seeing what 2020 has for plant-based eating, and you know you'll be able to find it at Choices.

A Year of Charity

Each Choices Markets location is proud to be a cornerstone of the community it's found in. From Kelowna to Kitsilano, we do our best to help organizations that are helping the community in turn. Last year, some of the bigger organizations we supported were Fair Trade Vancouver, Saige House Community Food Bank, the Heart and Stroke Foundation and Movember Canada and many other amazing organizations. On a smaller level, our favourite local campaign is our Star of the Season fundraising, where we support local neighbourhood houses provide a wonderful Christmas holiday for disadvantaged families. We just wrapped this one up at Christmas, and this year was one of our best. We're so proud of our customers and how they always go above and beyond when helping us raise money for these worthy causes. Thank you!



Thirty Years of Fresh, Local Choices

In December, 1990, Choices Markets opened its doors in Kitsilano for the first time. Nearly thirty years later, we now have ten stores that serve customers healthy, local and gourmet products. To celebrate our 30th anniversary in December 2020, we'll be doing some huge things to show you our appreciation. Stay tuned to this space to learn more as we get closer to the big day.



COOK IT UP

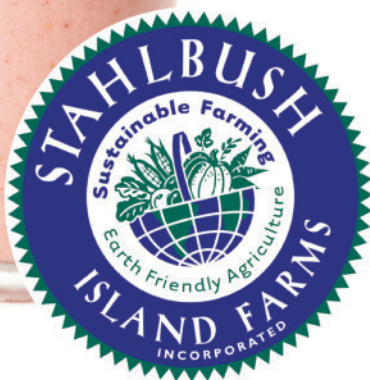


Straw-banana Protein Smoothie

Courtesy of
Stahlbush Island Farms

- 1 bag Stahlbush Farms Whole Strawberries**
- 1 1/2 cups milk or dairy alternative**
- 2 bananas**
- 1 Tbsp peanut butter**
- 1/2 tsp vanilla**

Combine all ingredients and blend until smooth.
Add more liquid if needed to reach desired consistency.



COOK IT UP



Turmeric Ginger Tea

by the Choices Nutrition Team

- 1 cup unsweetened almond milk**
- 1/2 tsp turmeric**
- 1/2 tsp cinnamon**
- 1/4 tsp dried ginger**
- Pinch of ground black pepper
(to enhance turmeric absorption)**
- Optional: natural sweetener (stevia)**

Combine all ingredients in a small pot and heat over
high heat—whisk until frothy.

Alternatively, boil fresh ginger root in water for 15
minutes. Add all above ingredients except dried ginger.
Add coconut milk or almond milk to taste.



Upcoming Events



Thursday, January 9, 2020
7-8:30pm

Prostate Cancer and Nutrition

with Dr. Jessica Moore

Choices South Surrey

Dr. Jessica Moore, ND will share evidence supported information on how diet and nutrition can impact risk or wellness with regard to prostate cancer.

Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

Note: Our seminar room is upstairs and does not have disabled access. We apologize for any inconvenience.

Wednesday, January 15, 2020
7:00-8:00pm

Design Psychology 101: Design a Life You Love

with Cher Duyzer, RPC, Design Psychology Coach

Choices Kelowna

We have the ability to design and create lives we love and it starts with our environments. Join Cher Duyzer as she covers the basics of Design Psychology and how we can start creating lives we love in spaces where we can thrive.

Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

Note: Our seminar room is upstairs and does not have disabled access. We apologize for any inconvenience.

Heal Your Digestion

with Cheryl Grant

Thursday, January 23, 2020 | 7-8:30pm
Choices South Surrey

Note: Our seminar room is upstairs and does not have disabled access. We apologize for any inconvenience.

Thursday, January 28, 2020 | 6:30-8pm
Choices Kitsilano

Thursday, January 29, 2020 | 6:30-8pm
Choices Kitsilano

Do you want to finally enjoy your meals without the bloating and gas, lose that extra weight and have a solid deep sleep every night? Join VITALITY's Cheryl Grant and learn how it's all connected and feel energized again! Cheryl will share tips to heal your gut for good with the best foods, supplements and detoxifying techniques.

To Register: Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

Tuesday, January 21, 2020
6:30-8pm

Gluten-Free: Fad, Fiction or Required?

with Val Vaartnou and Lizbeth Wall

Choices Kitsilano

Did you know that only 20 – 30% of those with Celiac Disease are diagnosed and it takes an average of 10 years! Join Val Vaartnou and Liz Wall to learn about Celiac Disease, non-celiac gluten sensitivity, and the gluten-free diet and FODMAPS. Bring your questions and learn from one another.

Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.

For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

Choices Markets Nutrition Department Disclaimer Statement: 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. Seminar schedules are subject to change. For the most current schedule, please visit www.choicesmarkets.com/events/

**Thursday, January 16, 2020
7-8:30pm**

Travel Smarter: Naturopathic Travel Tips

with Dr. NavNirat Nibber ND

Choices South Surrey

No one wants to get sick when they are far from home. Traveling to new places can make you susceptible by being exposed to new climates, sleep cycles, and foreign bugs. Naturopathic doctors can help identify and educate you about health risks related to travel, evaluate your behaviours, and recommend appropriate supplementation to help prepare your system for the toils of travel, regardless of short or long distances.

Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

Note: Our seminar room is upstairs and does not have disabled access. We apologize for any inconvenience.

**Thursday, January 16, 2020
6:30-8pm**

Heal Your Digestion

with Cheryl Grant

Choices Kerrisdale

Do you want to finally enjoy your meals without the bloating and gas, lose that extra weight and have a solid deep sleep every night? Join VITALITY's Cheryl Grant and learn how it's all connected and feel energized again! Cheryl will share tips to heal your gut for good with the best foods, supplements and detoxifying techniques.

Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

**Wednesday, January 22, 2020
7:00-8:00pm**

Living with Heart Consciousness

with Dagmara Staszak and Amora Joy

Choices Kelowna

Explore living in a heart-centered space while supporting your knowledge and understanding of conscious living so you can experience a new level of peace and harmony.

Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

**Wednesday, January 29, 2020
7:00-8:00pm**

Chronic Pain: The Secret Role of Unprocessed Emotions

with John Schlapbach

The #1 cause of chronic pain may not be what you think! How to help reduce your pain using a simple 7 step process. Learn about the role of unprocessed negative emotions in chronic pain.

Free event, registration required. Register online at choicesmarkets.com/events or call 604-952-2288

JANUARY 1-15 ONLY

club specials

Nature's Path Organic Eco Pacs



Assorted Varieties

5⁹⁹

650g - 907g

Ditch the cardboard with these bigger packs, perfect for busy families.



Joyya Ultra Filtered Milk

Assorted Varieties

2⁹⁹

1L

Ultra-filtered for increased protein and lower sugar.

Kicking Horse Organic Fair Trade Whole Bean Coffee



Assorted Varieties

12⁹⁹

454g

Organic beans roasted right in the Rocky Mountains.

Love Good Fats Bars



Assorted Varieties

1⁹⁹

39g

21⁹⁹

12 Pack

Full of healthy fats to keep you feeling full and satisfied.



GT's Organic Raw Kombucha

Assorted Varieties

2⁹⁹

480ml

+deposit +eco fee

The original kombucha brand that began the craze!



Lundberg Organic Rice Cakes

Assorted Varieties

3⁹⁹

241g - 269g

The perfect crispy cake for your favourite toppings.



Annie's Classic Mac & Cheese Side Dishes

Select Varieties

1⁹⁹

149g - 170g

Cheesy, creamy and oh so good, these pasta dishes are a favourite.

Gardein Meatless Products

Assorted Varieties



4⁴⁹

190g - 390g

4⁹⁹

241g Bowls

Perfect for getting your protein without needing the meat.

Spread'em Vegan Cashew Dips & Cheeze Spreads

Assorted Varieties



5⁹⁹

183g

7⁹⁹

183g

Cashew Dips

Cheeze Spreads

Vegan friendly dips made with tasty flavours in mind.

Earth's Choice Organic Tomatoes

Assorted Varieties



2⁹⁹

398ml

3⁹⁹

796ml

Ready for pizza, pasta sauce, curries, or whatever strikes your inspiration!

Nutiva Organic Virgin Coconut Oil



8⁹⁹

444ml

14⁹⁹

860ml

Versatile in the kitchen, use it for baking, frying and more.



Bragg Organic Apple Cider Vinegar

3⁹⁹

473ml

5⁹⁹

946ml

Excellent for adding some healthy flavour to salad dressings and more.

JANUARY 16-31 ONLY

club specials

Smart Sweets Low Sugar Candy



Assorted
Varieties

2⁹⁹

50g

Kick sugar,
not the
sweetness!

Good to Go Keto Snack Bars



Assorted Varieties

1⁷⁹

40g

A simple pick-me-up for
those on a Keto diet.

Liberte Greek Yogurt and Greek Yogurt Crunch

Assorted Varieties



2⁹⁹

4 Pack Greek
2 Pack Crunch

These yogurt packs come with their own
granola packs for easy breakfasts.

Made Good Bars Gluten Free Granola Bars, Minis, Squares, and Cookies



Assorted Varieties

3⁴⁹

Assorted Sizes

Free from the eight most common allergens.

Hippie Snacks Cauliflower or Avocado Crisps

Assorted Varieties



3⁹⁹

70g

Traditional snacks made
with a twist that any
hippie would love.

Crofter's Just Fruit Organic Jam

Assorted Varieties



2⁹⁹

235ml

These jams are nothing
but the good stuff.

Field Roast Katsu Cutlets, Fruffalo Wings and Mini Corn Dogs



6⁹⁹

283g - 297g

These meatless
products are super
flavourful so you'll
feel excited for
dinner.

Sol Cuisine Meatless Frozen Appetizers

Assorted Varieties



2⁹⁹

288g - 300g

Ready to eat
meals and more.

Glutino Gluten-free Products Crackers, Cookies, Bread, Pretzels



**2⁴⁹
to
5⁹⁹**

Assorted Sizes

Get all the goodness,
but skip the gluten!

Rao's Small Batch Gourmet Pasta & Pizza Sauce



Assorted Varieties

5⁴⁹

Pizza Sauce - 370ml

8⁹⁹

Pasta Sauce - 680ml

These premium pasta and pizza sauces will
make you feel Italian.

Simply Natural Organic Salad Dressing



Assorted Varieties

3⁹⁹

354ml

Organic dressings that
will make you fall in love
with salad again.

Bob's Red Mill Organic Coconut Flour or Almond Meal Flour



4⁴⁹

Coconut Flour

10⁹⁹

Almond Meal

453g

Gluten-free nut flours add a unique flavour to
baking and more.

The Adrenal-Thyroid Connection



The adrenal and thyroid glands are both very important to our overall health. The adrenal gland is responsible for producing our primary stress hormone cortisol, which has several major functions in addition to regulating our stress response. And the thyroid gland produces the thyroid hormones T4 and T3 that regulate our metabolism, which controls many important processes in our bodies. Some of the main functions of each gland are listed below:

ADRENAL

- Stress adaptation
- Energy production
- Immune system balance
- Blood sugar regulation
- Inflammation control
- Sleep maintenance

THYROID

- Metabolic regulation
- Energy production
- Weight management
- Brain function
- Growth of hair/skin/nails
- Bowel function

These two glands and their respective hormones impact each other in interesting and important ways. Either high or low cortisol can impact the activation of thyroid hormone, which leads to low thyroid symptoms even when the thyroid gland is functioning normally. This is due to the cortisol imbalance impairing the conversion of the inactive form of thyroid hormone

that our gland produces (T4) into the active form that all of the cells of our body require (T3). And being in a hypothyroid state of low metabolism can be a major stressor on the body over time, pushing adrenal function and cortisol levels further out of balance. This combined adrenal-thyroid pattern of imbalance can result in a vicious cycle of decreasing stress tolerance, diminishing metabolic function and worsening overall health.

Laboratory testing is important for accurate assessment of cortisol and thyroid levels. Adrenal function can be accurately and conveniently assessed by naturopathic physicians using a saliva cortisol test called the Adrenal Stress Index (ASI) and entails the collection of four saliva samples during a typical 24 hour period to assess a patient's daily adrenal rhythm. Determining the exact adrenal rhythm is important as adrenal excess and deficiency can mimic each other clinically and require different treatments. If low thyroid function is suspected, a full thyroid blood test panel should be ordered including TSH, Free T4, Free T3, reverse T3 and thyroid antibodies. Often patients only have the TSH test ordered for their thyroid assessment, which can miss early signs of low thyroid.

Once the exact nature of adrenal and thyroid imbalance is diagnosed, naturopathic physicians can offer individualized treatment protocols to rebalance the function of the two glands and stop them from negatively impacting each other.

References:
Wilson, J. Adrenal Fatigue: 21st Century Stress Syndrome, 2001.
Shames, R. Thyroid Power, 2009.



Dr. Arjuna Veeravagu ND RAc is a co-founder of Sage Clinics in Yaletown and downtown Victoria and has been practicing there for 17 years with a focus on adrenal and thyroid imbalances. You may schedule an appointment with him by emailing info@sageclinic.com.

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Setting New Year's Intentions

By Keyrsten McEwan, R.H.N. – Holistic Nutritionist

Q
A

Is making New Year's resolutions the best way to kick off the year?

While I don't love the idea of New Year's resolutions, I am a firm believer in using the coming of a new year as a way to reflect and set the intention to make our health a priority. However, we tend to overcomplicate things and take on more than we can actually commit to, which is a breeding ground for disappointment.

It's time to rethink how we do things in order to elicit a different outcome. What if we were to start small and treat ourselves with kindness and compassion? It's time to stop underestimating the power of changing one or two small things.

The best way to incorporate a new habit is to first get really clear about what you're setting out to do. Write it down and be specific. This way you know exactly what you are working towards. Next, create a ritual around this new habit by scheduling it into your day. Create an appointment with yourself and make it a priority each and every day.

If you're not sure where to start, what about creating a morning ritual that includes a morning tonic or a healthy breakfast? When you start your day by taking a few minutes to do something for yourself and get some nourishment in, you'll feel more empowered to make healthier choices throughout the rest of your day.

Keyrsten's Morning Tonic

Makes 1 serving

- Brewed rooibos tea (or black tea for a little caffeine boost)
- 1 scoop marine collagen powder
- 1 tsp maca powder
- 1 tsp coconut oil

Place all ingredients in a blender and process until smooth. Enjoy!

Happy New Year and good luck with setting your intentions, not resolutions, this year! Remember – be kind to yourself.



Keyrsten graduated from the Canadian School of Natural Nutrition (CSNN) in Vancouver, B.C. in 2009. With almost a decade of clinical experience at Integrative Naturopathic Medical Centre - one of Vancouver's first integrated medical clinics, established in 1984 - she's developed a breadth of traditional and innovative skills in a professional and groundbreaking setting.

Oats! They're What's for Breakfast

By Wendy Wells, Choices Nutrition Consultant

Oatmeal is one of the most popular breakfast cereals on the planet and has a host of well documented health benefits.

We see oats most often in one of these three forms:

Steel cut oats – these are the least processed type and contain the most fibre.

Rolled oats – also known as quick, rolled or instant, these oats cook very quickly.

Ground oats – most commonly found as oat flour that can be added to recipes.

Here are some of the top reasons to include this versatile and inexpensive cereal in your diet:

- Oats contain a special kind of fibre called beta-glucan which helps bind to and remove excess cholesterol from our body.
- Eating fibre rich oats can help support stable blood glucose levels by preventing sudden spikes and drops in levels after eating.
- Due to the lower amount of calories found in a serving of plain oatmeal when compared to other foods, studies have suggested that regular consumption of oats can be helpful for weight loss.

Try soaking some rolled oats overnight in your choice of milk or water, then stir well in the morning and top with your favourite fruit, seeds or cinnamon for a tasty, nutritious breakfast option.



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



Bluebird Bone Broth:

Bluebird Bone Broth is committed to sourcing the highest quality ingredients possible, and it shows! Their broth comes from local, organic, grass-fed cattle and organic chicken. The animals are able to graze and explore pasture year-round. For added flavour and nutrition, organic herbs and vegetables are added to the broth, along with a dash of Himalayan salt. All products are free from gluten, GMOs, heavy metals, hormones, and antibiotics. For people on a vegetarian or vegan diet, mushroom broth is available.



Ecoideas Konjac Noodles:

Meet konjac, the wonder root vegetable that lets you indulge in your favourite pasta dishes, guilt-free! Low in calories and high in fibre, konjac has been a staple in Japan for centuries, and is now changing the wonderful world of noodles in North America! Ecoideas' organic Konjac noodles take on the flavour of your favourite sauces and spices. They're naturally free from wheat, soy, carbohydrates, fat, sodium, and sugar, making them an excellent alternative to traditional noodles for every eating pattern!



Earth's Choice Turmeric Paste:

Grown for centuries in Sri Lanka on family farms, Earth's Choice Turmeric Paste allows your culinary creations to take on an aromatic and earthy flavour while providing you with health-supporting ingredients like black pepper, white pepper, and ginger. The addition of black and white pepper increases the absorption of turmeric by up to 2000%, while the various phytochemicals in turmeric help with reducing oxidative damage and inflammation. The paste can be added to soups, stews, curries, sauces, dips, dressings, marinades, smoothies, and beverages. The best part? It's made from fresh-cut, whole root, and is available in three delicious varieties.



Noble Jerky:

Plant-based eating is all the rage these days, and the options are endless. Now, plant-based eaters can even enjoy meatless jerky! Noble Jerky's Vegan Jerky is marinated, seasoned, and made entirely with non-GMO plant-based protein that mimics the seasonings and texture of meat-based jerky. Take them with you as a snack or impress your friends at your next big gathering. With four delicious varieties available, there is an option for everyone!

Choice Produce Picks



Lemons:

Commonly known to be rich sources of vitamin C, lemons also contain other vitamins, minerals, and plant compounds that studies have shown to be protective against common conditions. For example, vitamin C and lemon-based phytochemicals have been shown to help lower levels of total cholesterol, thereby helping to protect against heart disease. The vitamin C and citric acid content in lemons may also prevent against anemia by improving the absorption of iron from plant foods. Lemons may also improve digestive health by stimulating the production of gastric juices. Try starting your day with a cup of warm water mixed with the juice from half a lemon to help kick-start digestive function!

Tasty Top Choices Recipe



TASTY TOP CHOICES RECIPE

Easy Veggie Curry with Earth's Choice Turmeric Paste

- 1 Tbsp coconut oil
 - 1 small onion (diced)
 - 3 large cloves garlic (crushed and minced)
 - 1 Tbsp fresh grated ginger
 - 1/2 cup broccoli florets, diced
 - 1/2 cup diced red peppers
 - 1 Tbsp Earth's Choice Turmeric Paste (any variety)
 - 2 14-ounce cans coconut milk (full fat or light)
 - 1 cup veggie broth (homemade or low-sodium store-bought)
- Serve with base of choice: brown rice, basmati rice, quinoa, cauliflower rice

On medium heat, add coconut oil to a large saucepan or pot.

Add the onion, garlic, ginger, carrot, broccoli, and red peppers stirring frequently, until tender (about 5 minutes).

Add the Earth's Choice turmeric paste, veggie broth, and coconut milk. Bring to a low simmer, reduce heat slightly and cook for an additional ten minutes.

Taste and adjust seasonings. Add black pepper or sea salt to taste.

Serve over your base of choice (see in ingredients list above).



Organika Bone Broth

Beef or Chicken, Original and Ginger



31⁹⁹

300 g

Bone Broth is traditionally known to be rich in vitamins and minerals – a perfect supplement for those on a paleo, Keto, or low carb diets.

Organika Enhanced Collagen



19⁹⁹

250 g

34⁹⁹

500 g

Promotes relaxation without drowsiness. Supports cognitive health. Improves sleep quality. Revitalizes, firms, and smooths skin.

Bio-K Plus Probiotics



20% Off

Assorted Sizes
All Capsules

19⁹⁹

6pk Dairy

21⁹⁹

6pk Dairy Free

Our products are available in two different forms; drinkable and capsules.



Flora Flor-Essence Herbal Cleanse

29⁹⁹

500mL

39⁹⁹

63g

47⁹⁹

941mL

See instore
for more
Savings

Flor•Essence Herbal Cleanse offers a natural way to flush the body of toxins and waste. Combining tradition, history, and time-tested results, Flor•Essence Herbal Cleanse offers a natural way to flush the body of toxins and waste.



Avalon Organics

9⁹⁹

325mL Hair Care

20% Off

Assorted Sizes, All Face Care

Nurture and revitalize skin with Avalon Organics®. Thoughtfully created to respect unique skin care needs.

New Chapter Turmeric & Herbs

Assorted Varieties



20% Off

Assorted Sizes

Maintain your health with our 100% vegetarian herbal supplements.

Kaizen Protein

Assorted Varieties



34⁹⁹

840grams Whey

42⁹⁹

840grams Whey Isolate

39⁹⁹

840 g Vegan or 854g Complete Protein

A clean and natural protein.

NutraVege Omega-3 Plant



29⁹⁹

200mL

56⁹⁹

500mL

Omega-3 Plant
Extra Strength

41⁹⁹

200mL

It's the EPA/DHA that matter. Sustainably sourced.



Andalou Cannacell & Mens Face and Body Care

Assorted Varieties

30% Off

Assorted Sizes, All Face Care

This high performance, fortifying hair care is formulated for flexible strength and smooth manageability.



Natural Calm Magnesium

26⁹⁹

226 grams

44⁹⁹

454 grams

Natural Calm is the better-tasting, better-absorbing, best-loved magnesium drink. The proprietary magnesium citrate formula is fast-acting.

Joy of the Mountains Oil of Oregano



134⁹⁹

10mL

25⁹⁹

30mL

31⁹⁹

90 caps

Fights off colds, flus and their symptoms.

JANUARY 16-31 ONLY

wellness centre



MegaFood
Vitamins and 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.

Garden of Life
Organic Proteins,
MCT and Sports Supplements

Free Gift
with Purchase.
See in-store for
details.



Assorted Varieties

20% Off
Assorted Sizes

Organic Plant-Based Protein is the cleanest protein available.

Think Sport Stainless
Steel Water Bottles



Assorted Varieties

26⁹⁹ 500mL
28⁹⁹ 750mL

Stainless steel construction
and durable powder coat
finish.



Ultima
Replenisher

28⁹⁹ **1⁴⁹**

tub(96-102grams) or 20pack singles

Replace electrolytes and hydrate healthy
with Ultima Replenisher — made with all 6
balanced electrolytes and minerals.

AOR Advanced B Complex



37⁹⁹
90 caps

52⁹⁹
180 caps

Active forms of B-vitamins in a form your body
can utilize immediately.

SISU Bone & Joint Formulas
and Supplements



Assorted Varieties

25% Off

Assorted Sizes.

Reduces joint pain in as
little as 7 days.

Love Good Fats
Protein Shakes

Chocolate or Vanilla



25⁹⁹
400 grams

Love Good Fats keto-
friendly "fats shakes"
are rich, thick and
creamy.

Bulletproof Collagen, Brain
Octane, Coffee and more!

Assorted Varieties



20% Off

Assorted Sizes

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



Prairie Naturals Hair Care

10⁹⁹ **19⁹⁹**

Shampoos & Conditioners Hair Serum

No Animal testing, No Parabens, No Phthalates, No
Gluten, No GMO's, No Mineral oil, No Sulfate, No
MEA, DEA, TEA, No Propylene glycol, No Synthetic
colours or dyes, No Artificial fragrances, pH Balanced
Biodegradable, Environmentally friendly.

Weleda Facial Care

Assorted Varieties

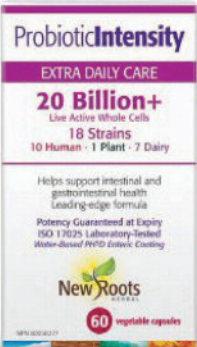


30% Off

Assorted Sizes

Formulated to revitalize,
and protect skin against
environmental stressors,

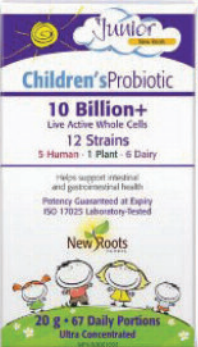
wellness centre month long specials



ProbioticIntensity
EXTRA DAILY CARE
20 Billion+
Live Active Whole Cells
18 Strains
10 Human · 1 Plant · 7 Dairy

Helps support intestinal and gastrointestinal health
Leading-edge formula
Potency Guaranteed at Expiry
ISO 17025 Laboratory-Tested
Water-Based PVPD Enteric Coating

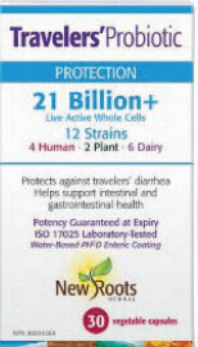
New Roots
60 vegetable capsules



Children's Probiotic
10 Billion+
Live Active Whole Cells
12 Strains
5 Human · 1 Plant · 6 Dairy

Helps support intestinal and gastrointestinal health
Potency Guaranteed at Expiry
ISO 17025 Laboratory-Tested

New Roots
20 g · 67 Daily Portions
Ultra Concentrated



Travelers' Probiotic
PROTECTION
21 Billion+
Live Active Whole Cells
12 Strains
4 Human · 2 Plant · 6 Dairy

Protects against travelers' diarrhea
Helps support intestinal and gastrointestinal health
Potency Guaranteed at Expiry
ISO 17025 Laboratory-Tested
Water-Based PVPD Enteric Coating

New Roots
30 vegetable capsules



FeminaFlora
10 billion probiotics
Special strength
Feminine support formula
4 strains
10 million de probiotiques
Feminine support
4 souches
10 millions de probiotiques
Feminine support

10 vegetable capsules



IBS Urgency
IRRITABLE BOWEL SYNDROME
10 Billion+
Live Active Whole Cells
5 Strains
3 Human · 1 Plant · 1 Dairy

Could help reduce the duration of diarrhea in those with irritable bowel syndrome
Potency Guaranteed at Expiry
ISO 17025 Laboratory-Tested
Water-Based PVPD Enteric Coating

New Roots
60 vegetable capsules

New Roots Probiotics
20% Off Assorted Sizes

New Roots offers advanced probiotic products for a wide variety of needs. All include a natural enteric coating for 100% delivery past stomach acids, resulting in higher intestinal colonization.



vega one
ALL-IN-ONE SHAKE
DIETARY PROTEIN COMPLETE
CHOCOLATE
CHOCOLATE
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Vega Organic All-in-One
Vanilla Crème or Chocolate Crème

48⁹⁹
574grams-625grams

20g plant-based protein, 500mg Omega-3, 50% DV of 8 vitamins, 1 billion CFU Bacillus coagulans. Non- GMO, Gluten free, Vegan, No added sugar, No artificial colors, flavours or preservatives.



Renew Life Cleanses
Assorted Varieties

20% Off
Assorted Sizes

CleanseMORE relies on gentle stimulating herbs that are non-habit forming.

Genuine Health Collagen
Assorted Varieties

31⁹⁹
228 - 301grams

We are all made from collagen. It's the most abundant protein in our bodies. But beginning in our 20s, our bodies naturally produce less of it.

Free Gift with Purchase.
See in-store for details.



Suro Organic Elderberry

14⁹⁹ 59mL Tincture
16⁹⁹ 236mL Kids
19⁹⁹ 236mL Adults

Elder Flower Tincture is traditionally used to help relieve symptoms of upper respiratory tract infections.



withinUs True Marine

59⁹⁹ 280grams Matcha Misto
22⁹⁹ 44grams Lemon or Tropical reHydrate + Collagen

Minimize fine lines and deep wrinkles.



Nourish Organic

Moisturizing FACE CLEANSER
WATERCRESS & CUCUMBER
All Skin Types
Non-ABF (Gentle Peptide) Hydration
Gentle Peptide Complex
6.7 fl oz (200 mL)
\$17.99

Nourish ORGANIC BEAUTY
CASHMERE FACE CREAM
Calm skin to soothe
1.7 fl oz (50 mL)
\$14.99

Nourish ORGANIC BEAUTY
CASHMERE FACE CREAM
Calm skin to soothe
1.7 fl oz (50 mL)
\$14.99

Nourish ORGANIC BEAUTY
FLAWLESS EYE CREAM
Calm skin to soothe
0.5 fl oz (15 mL)
\$14.99

Nourish ORGANIC BEAUTY
FLAWLESS EYE CREAM
Calm skin to soothe
0.5 fl oz (15 mL)
\$14.99

Nourish Facial Care and Body Care
Assorted Varieties

20% Off
Assorted Sizes

Clean skincare to nourish your natural beauty. Nourish Organic is certified organic.



Truehope EMP Advanced

54⁹⁹
120caps

Chelated minerals in a micronutrient formula relieving stress, anxiety, depression, overall mood disorders.

the Dish

On Turmeric



Looking in the produce aisle, you may have noticed some little skinny roots that look similar to ginger. These are turmeric roots, and you'd do well to know more about them. Turmeric only recently started to show up in western grocery stores, as a bit of a novelty or health focused item, but it has a much deeper history.



Turmeric grows wild in Southeast Asia, where it has been cultivated for centuries for its multitude of properties. Curcumin, the active medicinal ingredient, has long been revered for its properties. Ayurvedic and traditional Chinese medicines use it for its anti-inflammatory, anti-oxidant and gut health applications.

Turmeric is most often found dry in the spice aisle, and as stated above, fresh in the produce section. You've probably tried it without even knowing it, as it's a primary ingredient in a lot of curry powders. You may have even worn it before! Turmeric's amazing golden colour isn't just great for colouring foods, it makes for a beautiful dye that can be used to colour robes, saris and more.

Indian cuisine is truly where turmeric shines. Curry dishes are the obvious choice, but don't stop there. Another dish that is famed for turmeric is heartwarming dahl stew. You can also see turmeric in pakoras or other fritters.

Beyond Indian cuisine, the culinary uses for the golden root are quite extensive. Explore using turmeric in your marinades for proteins or veggies.

It's great for brightening up your side dishes, lending rice, couscous or even mashed potatoes its golden colour. Go even further with your experimenting, and make fresh golden noodles, breads, cakes or muffins. Maybe even add it to your desserts and show up to the table with bright gold ice cream. If you're looking to brighten up the gloom of winter, I can't recommend it enough.



Turmeric is also a great nourishing boost for many delicious beverages. A turmeric latte, foamed up with your favourite dairy or non-dairy milk, is energizing and healthy. Try it in tea to add a nice earthy flavour and of course that amazing colour. Blend some dry powder into your smoothie for an anti-oxidant boost.



No matter how you use it, turmeric is a great spice to add to your culinary repertoire. By adding unique flavour, powerful colour and health benefits to your kitchen, turmeric is truly a triple threat!



Chef Antonio is always hard at work creating new and exciting globally inspired dishes. Try his delicious and healthy meals in our deli, perfect for a quick lunch or dinner.



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604.633.2392

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1045 Commercial Dr, Vancouver
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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

Reusable Produce Bags

Because we believe in reducing our plastic output, we're offering them to our customers at cost.

Find them in the produce department and use them over and over again.

