



# CHOICES'

Monthly Newsletter | January 2020

## The Dish on Turmeric

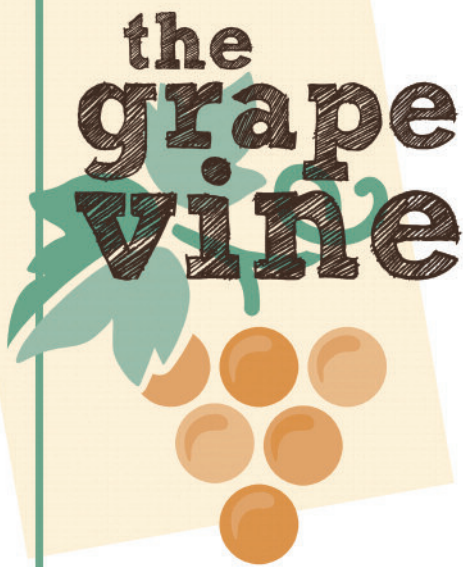
Setting New Year's Intentions

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

MARK YOUR CALENDAR

**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](http://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](http://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

**Wednesday, January 29, 2020 | 6:30-8pm**  
Choices Abbotsford

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](http://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](http://choicesmarkets.com/events) or call 604-952-2288

## REGISTRATION DETAILS

To register for events, visit [choicesmarkets.com/events](https://choicesmarkets.com/events).  
For inquiries, please call 604.952.2286 or email [eventregistration@choicesmarkets.com](mailto: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/](https://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](https://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 15, 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](https://choicesmarkets.com/events) or call 604-952-2288*

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

## Living with Heart Consciousness

with Dagmara Staszak and Amarah 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](https://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

### Choices Kelowna

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](https://choicesmarkets.com/events) or call 604-952-2288*

JANUARY 1-15 ONLY

# club specials

## Nature's Path Organic Eco Pacs



Assorted Varieties

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

650g - 907g

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



## Joyya Ultra Filtered Milk

Assorted Varieties

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

1L

Ultra-filtered for increased protein and lower sugar.

## Kicking Horse Organic Fair Trade Whole Bean Coffee



Assorted Varieties

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

454g

Organic beans roasted right in the Rocky Mountains.

## Love Good Fats Bars



Assorted Varieties

**1<sup>99</sup>**

39g

**21<sup>99</sup>**

12 Pack

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



## GT's Organic Raw Kombucha

Assorted Varieties

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

480ml

+deposit +eco fee

The original kombucha brand that began the craze!



## Lundberg Organic Rice Cakes

Assorted Varieties

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

241g - 269g

The perfect crispy cake for your favourite toppings.



## Annie's Classic Mac & Cheese Side Dishes

Select Varieties

**1<sup>99</sup>**

149g - 170g

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

## Gardein Meatless Products

Assorted Varieties



**4<sup>49</sup>**

190g - 390g

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

241g Bowls

Perfect for getting your protein without needing the meat.

## Spread'em Vegan Cashew Dips & Cheeze Spreads

Assorted Varieties



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

183g

Cashew Dips

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

183g

Cheeze Spreads

Vegan friendly dips made with tasty flavours in mind.

## Earth's Choice Organic Tomatoes

Assorted Varieties



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

398ml

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

796ml

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

## Nutiva Organic Virgin Coconut Oil



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

444ml

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

860ml

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



## Bragg Organic Apple Cider Vinegar

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

473ml

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

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  
**2<sup>99</sup>**  
50g  
Kick sugar, not the sweetness!



Good to Go  
Keto Snack Bars  
Assorted Varieties  
**1<sup>79</sup>**  
40g  
A simple pick-me-up for those on a Keto diet.

Liberte Greek Yogurt and  
Greek Yogurt Crunch  
Assorted Varieties



**2<sup>99</sup>**  
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  
**3<sup>49</sup>**  
Assorted Sizes

Free from the eight most common allergens.

Hippie Snacks Cauliflower or Avocado Crisps  
Assorted Varieties



**3<sup>99</sup>**  
70g  
Traditional snacks made with a twist that any hippie would love.

Crofter's Just Fruit Organic Jam  
Assorted Varieties



**2<sup>99</sup>**  
235ml  
These jams are nothing but the good stuff.

Field Roast Katsu Cutlets, Fruffalo Wings and Mini Corn Dogs



**6<sup>99</sup>**  
283g - 297g  
These meatless products are super flavourful so you'll feel excited for dinner.

Sol Cuisine Meatless Frozen Appetizers  
Assorted Varieties



**2<sup>99</sup>**  
288g- 300g  
Ready to eat meals and more.

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



**2<sup>49</sup>  
to  
5<sup>99</sup>**  
Assorted Sizes  
Get all the goodness, but skip the gluten!

Rao's Small Batch Gourmet Pasta & Pizza Sauce



Assorted Varieties  
**5<sup>49</sup>**  
Pizza Sauce - 370ml  
**8<sup>99</sup>**  
Pasta Sauce - 680ml

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



Simply Natural Organic Salad Dressing  
Assorted Varieties  
**3<sup>99</sup>**  
354ml

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

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



**4<sup>49</sup>** Coconut Flour  
**10<sup>99</sup>** Almond Meal  
453g

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

# The Adrenal-Thyroid Connection



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](mailto:info@sageclinic.com).**

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**T**he 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



# 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.



#### 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.



#### Ecoideas Konjac Noodles:

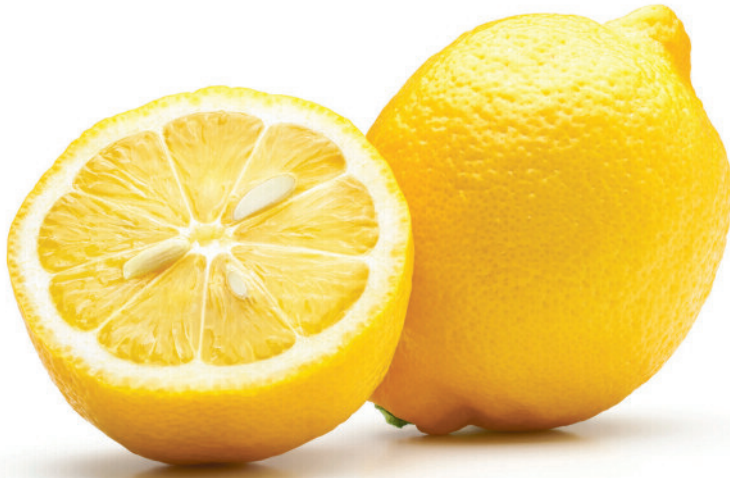
Meet konjac, the wonder root vegetable that lets you indulge in your favourite pasta dishes, guilt-free! Low in calories and high in fibre, konjac has been a staple in Japan for centuries, and is now changing the wonderful world of noodles in North America! Ecoideas' organic Konjac noodles take on the 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!



#### 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



**31<sup>99</sup>**  
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**



**19<sup>99</sup>** 250 g  
**34<sup>99</sup>** 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

**19<sup>99</sup>** 6pk Dairy  
**21<sup>99</sup>** 6pk Dairy Free

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



**Flora Flor-Essence Herbal Cleanse**

**29<sup>99</sup>** 500mL  
**39<sup>99</sup>** 63g  
**47<sup>99</sup>** 941mL



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



**Avalon Organics**

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



**34<sup>99</sup>** 840grams Whey  
**42<sup>99</sup>** 840grams Whey Isolate  
**39<sup>99</sup>** 840 g Vegan or 854g Complete Protein

A clean and natural protein.

**NutraVege Omega-3 Plant**



**29<sup>99</sup>** 200mL  
**56<sup>99</sup>** 500mL  
**41<sup>99</sup>** 200mL  
Omega-3 Plant Extra Strength

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**

**26<sup>99</sup>** 226 grams  
**44<sup>99</sup>** 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**



**134<sup>99</sup>** 10mL  
**25<sup>99</sup>** 30mL  
**31<sup>99</sup>** 90 caps

Fights off colds, flus and their symptoms.

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



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



Assorted Varieties

**20% Off**  
Assorted Sizes

Organic Plant-Based Protein is the cleanest protein available.

Think Sport Stainless  
Steel Water Bottles



Assorted Varieties

**26<sup>99</sup>** 500mL  
**28<sup>99</sup>** 750mL

Stainless steel construction and durable powder coat finish.



Ultima  
Replenisher

**28<sup>99</sup>** **1<sup>49</sup>**

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



**37<sup>99</sup>**  
90 caps

**52<sup>99</sup>**  
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



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

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

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

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

|   |   |  |  |  |
|---|---|--|--|--|
| <p><b>ProbioticIntensity</b><br/>EXTRA DAILY CARE</p> <p><b>20 Billion+</b><br/>Live Active Whole Cells<br/>18 Strains<br/>10 Human · 1 Plant · 7 Dairy</p> <p>Helps support intestinal and gastrointestinal health<br/>Leading-edge formula</p> <p>Potency Guaranteed at Expiry<br/>ISO 17025 Laboratory-Tested<br/>Water-Based PVPD Enteric Coating</p> <p><b>New Roots</b><br/>60 vegetable capsules</p> | <p><b>Junior</b><br/>Children's Probiotic</p> <p><b>10 Billion+</b><br/>Live Active Whole Cells<br/>12 Strains<br/>5 Human · 1 Plant · 6 Dairy</p> <p>Helps support intestinal and gastrointestinal health<br/>Potency Guaranteed at Expiry<br/>ISO 17025 Laboratory-Tested</p> <p><b>New Roots</b><br/>20 g · 67 Daily Portions<br/>Ultra Concentrated</p> | <p><b>Travelers' Probiotic</b><br/>PROTECTION</p> <p><b>21 Billion+</b><br/>Live Active Whole Cells<br/>12 Strains<br/>4 Human · 2 Plant · 6 Dairy</p> <p>Protects against travelers' diarrhea<br/>Helps support intestinal and gastrointestinal health</p> <p>Potency Guaranteed at Expiry<br/>ISO 17025 Laboratory-Tested<br/>Water-Based PVPD Enteric Coating</p> <p><b>New Roots</b><br/>30 vegetable capsules</p> | <p><b>New Roots</b><br/>FeminaFlora</p> <p>10 billion probiotics<br/>4 strains<br/>10 million live probiotics<br/>4 strains<br/>10 million live probiotics<br/>4 strains</p> | <p><b>IBS Urgency</b><br/>IRRITABLE BOWEL SYNDROME</p> <p><b>10 Billion+</b><br/>Live Active Whole Cells<br/>5 Strains<br/>3 Human · 1 Plant · 1 Dairy</p> <p>Could help reduce the duration of diarrhea in those with irritable bowel syndrome</p> <p>Potency Guaranteed at Expiry<br/>ISO 17025 Laboratory-Tested<br/>Water-Based PVPD Enteric Coating</p> <p><b>New Roots</b><br/>60 vegetable capsules</p> |
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**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.



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# 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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## Choices Markets Locations

### Kitsilano

2627 W 16th Ave, Vancouver  
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### Cambie

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## Eco Audit

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

**Tree(s):** 27

**Waste:** 1,199 kg

**Water:** 97,773 L

**Greenhouse Gas Emissions:** 3,932 kg CO<sub>2</sub>

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

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

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