



# CHOICES'

Monthly Newsletter | February 2020

## The Dish on Cinnamon

**Diet** and Cancer Prevention

Finding **Fibre**

**Salted Red-Velvet Hot Cocoa Recipe**

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





# the grape vine

## Star of the Season

Every year during the holiday season, Choices runs a fundraising campaign in support of local neighbourhood houses and food banks across Metro Vancouver, the Fraser Valley and the Okanagan. We'd like to thank our customers for donating to our annual Star of the Season Campaign and helping to make it an incredible success. In total, we were able to raise \$37,000, with 100% of donations going to our local community members who need a little help over the holidays. We hope you'll contribute again next year.

## Happy Valentine's Day

Some people consider February 14th the most romantic day of the year. Here at Choices, we've got everything you need to help make that a reality. From Fairtrade chocolates and body care products to artichoke hearts and strawberries, you'll find it all.



## Spring Break Cooking Camp



# Project CHEF

**March 16th to 20th**  
**Choices Markets Kitsilano**  
**Kids Aged 7 to 11**

Project Chef Cooking Camp is coming to Choices Kitsilano! This week long camp is all about teaching kids about food. From where it comes from to how to prepare it in the kitchen, it's a wonderful learning experience that connects kids with food. Register online at [choicesmarkets.com/events](http://choicesmarkets.com/events). Space is limited so don't delay!

## COOK IT UP



### Salted Red Velvet Hot Cocoa Recipe

Courtesy of Flora



Plant-based, gluten-free, antioxidant-rich

**2 cups milk of choice (we used cashew milk)**

**40 g 100% cacao  
(or about 6 pieces 100% chocolate)\***

**2 tsp Salus Red Beet Crystals**

**3-4 soft Medjool dates, pitted  
(depending on how sweet you like\*)**

**1 tsp vanilla extract**

**1/4 tsp sea salt (or to taste)**

In a saucepan over medium heat, add milk and chocolate. Stir until chocolate has melted, then add beet crystals and vanilla. Once this mixture is hot, transfer to a heat-safe blender and add dates. Blend until smooth, then taste and add sea salt.

Serve in a mug.

Optional: top with coconut whipped cream, more sea salt, and beet crystals.

### Golden Milk Chai

Courtesy of Earth's Choice



**2 Tablespoons of Earth's Choice  
Turmeric paste (use 1 Tablespoon if  
you like a more subtle version)**

**1/2 cup water**

**1 tsp cinnamon**

**1 tsp ground ginger**

**1 cup hot water**

**1 cup Earth's Choice coconut milk  
(blend in case solids have separated)**

**1 Tbsp coconut palm sugar**

Place spices in a pot with hot water just brought to the boil.

Steep for 3 minutes.

Add turmeric, coconut milk and coconut palm sugar and bring to a simmer.

Remove from heat. Stir well.

Strain turmeric mixture while pouring the tea into mugs.

Sprinkle with cinnamon or grated fresh nutmeg on top.  
Garnish with a cinnamon stick.



# Upcoming Events

MARK YOUR CALENDAR

## Keto Workshop

with Keyrsten McEwan, RHN

**Tuesday, Feb 11 | 6:30-8pm**

Choices Kitsilano

**Thursday, Feb 20 | 7-8:30pm**

Choices South Surrey

Keyrsten McEwan, RHN and Organika Brand Ambassador, offers guided tips and tricks for beginners eager to incorporate a keto diet into their ongoing health journey.

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events) or call 604-952-2288*

**Wednesday, Feb 5**

**7-8pm**

## Boundaries and Attachment: How to Improve Every Relationship You Have

with Kim Fraser-Harrison, MA RCC

**Choices Kelowna**

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

Join a marriage and family therapist, Kim Fraser, and learn about her work with parents and partners decoding relationship dynamics and deepening bonds - bringing awareness to the hidden elements underpinning connection.

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events) or call 604-952-2288*

**Wednesday, Feb 19**

**7-8pm**

## Highway to Health: The Gut-Brain Connection

with Brigitta Beer, RHN

**Choices Kelowna**

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

Join Brigitta Beer for an evening to learn about the intricate gut-brain connection and how food and lifestyle choices impact both.

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events) or call 604-952-2288*

**Tuesday, Feb 25**

**6:30-8:00 pm**

## The Anti-Cancer Diet: Unlocking the Power of Prevention

with Hanna Rakowska

**Choices Kitsilano**

Join Registered Holistic Nutritionist and Certified Holistic Cancer Practitioner Hanna Rakowska to learn about the link between diet and cancer prevention and suppression.

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://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 604.952.2266 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/)

**Wednesday, Feb 12**  
**7-8pm**

## Lower Your Biological Age: Get Younger This Year!

with Jennifer Brix, ND

### Choices Kelowna

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

Join Dr. Jennifer Brix, as she reveals how you can live longer in good health starting at any age!

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events) or call 604-952-2288*

**Thursday, Feb 13**  
**7-8:30pm**

## Foundations for Healthy Aging

with Janette Mason, CNP

### Choices South Surrey

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

Join us for a 1 hour informative talk where we learn about the foundations for healthy aging. Presented by Janette Mason CNP, an expert in the field of nutrition.

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events) or call 604-952-2288*

**Wednesday, Feb 26**  
**7-8pm**

## Moms: Reset Your Physical Body

with Rochelle McFarlane

### Choices Kelowna

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

Come learn 8 secret body reset buttons that help release physical stress so that you can feel your best and show up for your children.

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events) or call 604-952-2288*

**Thursday, Feb 27**  
**7-8:30pm**

## Good, Better, Best. The Food Challenge We All Face

with Raymond Mah

### Choices South Surrey

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

Raymond Mah, the food guardian for local brand Earth's Choice shares his experience and knowledge to help us make the best choices for ourselves and our families. Delicious samples will be available!

*To Register: Free event, registration required. Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events) or call 604-952-2288*



FEBRUARY 1-15 ONLY

# club specials

## Que Pasa Organic Tortilla Chips and Organic Salsa



Assorted Varieties

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

Chips, 156g - 350g

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

Salsa, 420ml

The flavours of Mexico shine through in all of Que Pasa's chips and salsas.

## Kettle Brand Potato Chips



Select Varieties

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

170g - 220g

With tons of unique flavours and amazing crunch, there's a chip for everyone.

## Green & Black's Organic Fair Trade Chocolate Bars



Assorted Varieties

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

90g

Rich tasting and incredibly smooth chocolates, perfect for the chocolate lover in your life.

## Faith Farms Cheese

Assorted Varieties



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

360g - 380g

Slice it, shred it, melt it and more, nothing is more delicious than fresh cheese.

## Liberte Skyr & Greek Yogurt

Assorted Varieties



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

500g

Thick, creamy and loaded with protein.

## Nature's Path Organic Boxed Cereals



Assorted Varieties

**4<sup>49</sup> to 4<sup>99</sup>**

283g - 400g

Go organic and help care for your body and the planet!

## Earth's Choice Organic Rainforest Alliance



Certified Coffee

Assorted Varieties

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

340g

Featuring bio-degradable packaging and roasted in BC for a sustainable choice.

## Wedderspoon K Factor 16 Manuka Honey



Assorted Varieties

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

250g

**32<sup>99</sup>**

500g

Sweet honey with immunity boosting properties.

## Lakanto Monk Fruit Sweeteners



Assorted Varieties

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

Golden or Classic, 235g, Liquid

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

Liquid 53g

Monk Fruit is 300 times sweeter than sugar but has a 0 glycemic index.

## Bragg Organic Apple Cider Vinegar



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

473ml

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

946ml

Apple cider vinegar's history goes all the way back to ancient Greece!

## Eden Organic Canned Beans



Select Varieties

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

398ml

Add more beans to your diet to get more fibre and protein.

## Native Forest Organic Canned Fruit & Vegetables



Assorted Varieties

**2<sup>99</sup> to 5<sup>49</sup>**

Assorted Sizes

Organic specialty fruits and vegetables for any manner of recipe.



# FEBRUARY 16-29 ONLY **club specials**

## Love Good Fats Bars

Assorted Varieties



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

39g

Case of 12 Bars

Good fats are healthy fats, and these bars are chock full of them.

## Kind Fruit & Nut Bars

Select Varieties



**1<sup>49</sup>**

40g

With only ingredients you can see, you know these are healthy bars.

## Ritter Sport Chocolate Bars

Assorted Varieties



**2<sup>49</sup>**  
**to**  
**2<sup>99</sup>**

100g

Imported German chocolates available in dozens of fun and classic flavours.



## GT's Organic Raw Kombucha

Assorted Varieties

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

1.4L

+deposit +eco fee

The original brand that brought kombucha to store shelves everywhere.

## Annie's Homegrown Cookies, Crackers and Fruit Snacks

Assorted Varieties



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

Cookies/Crackers, 213g

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

GF Cookies, 191g

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

Fruit Snacks, 115g

## Lundberg Organic Thin Stackers, Sprouted Rice, & Organic Quinoa

Assorted Varieties



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

Thin Stackers, 167g

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

Sprouted Rice, 454g

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

Quinoa, 454g



## Dairyland Organic Milk

Assorted Varieties

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

2L

Fresh milk from Canadian cows, you'll be proud to have this in your fridge.

## Manitoba Harvest Hemp Yeah Bars & Granola

Assorted Varieties



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

Bars, 45g

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

Granola, 283g

Healthy hemp is featured in these crunchy and healthy granolas.

## Blue Diamond Almond Breeze and Nut Thins

Assorted Varieties



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

Nut Thins, 120g

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

Almond Breeze, 1.89L

Healthy almonds make for tasty snacks and creamy beverages.

## Stahlbush Island Farms Sustainable Frozen Vegetables

Assorted Varieties



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

284g - 400g

Picked, packed and frozen at the peak of freshness.

## Gardein Plant Based Vegan Meat Alternatives

Assorted Varieties



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

Bags, 190g - 390g

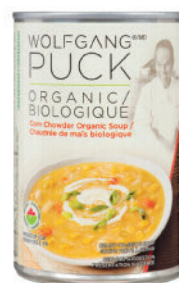
**4<sup>99</sup>**

Bowl, 241g

Switching to a plant-based diet is a little easier with these meatless dishes.

## Wolfgang Puck Organic Soup

Assorted Varieties



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

398ml

Delicious soups crafted by a world renowned master chef.



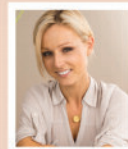
# Diet and Cancer

**R**esearch shows that cancer is more preventable than treatable. We can largely control our cancer risk through diet and lifestyle, yet most of us are still in the dark about what we can do to protect ourselves. We see cancer as a disease triggered by uncontrollable factors, which leads to a fatalistic attitude about the likelihood of preventing it in the first place. Our perceptions are completely at odds with science. It turns out, risk factors that are largely out of our control (genetics, environment, viruses), only account for 30% of all cancers (a minority). Malfunctioning genes are responsible for 2.5-10% of all cancers, while 30-35% of all cancers are directly related to diet. Together, diet and lifestyle account for the onset of 70-90% of all cancers.



Scientists found that diet may be linked to 70% of cases of colorectal and prostate cancer, and 50% of breast, endometrial, pancreatic, and gallbladder cancers. They also found that diets rich in plant foods decrease the risk of many cancers, and that certain plant compounds can suppress cancer development. Moreover, scientists concluded that red and processed meats may increase the risk of several types of cancer. Substantial evidence suggests that a plant-powered diet can be a useful strategy for cancer prevention and scientists have established a close link between lack of fruit and vegetable intake and increased rate of certain cancers.

In the initial stage of cancer, the promotion stage (which is reversible), diet has the most impact. Cancer cells respond to nutritional factors, which can either promote or suppress cancer growth. This is due to substances in food that have biochemical abilities to suppress tumour development. This is our window of opportunity to intervene with prevention. Whether you eat a vegetarian diet or include animal foods, you should get the majority of your calories from plant foods. It is the VOLUME of plant foods that provides the greatest protection against developing disease. A plant-powered diet maximizes the intake of fruits, vegetables, whole grains, legumes, nuts and seeds. These foods contain cancer fighting, immune boosting, and protective substances, such as phytochemicals, fibre, antioxidants, micronutrients, and prebiotics and probiotics. Phytochemicals, which are biologically active substances, are arguably the most critical when it comes to cancer prevention. They work by suppressing tumour development on various levels, including: (1) deactivating carcinogens, (2) inhibiting tumour growth, (3) inducing tumour cell death, (4) inhibiting angiogenesis, and (5) supporting the immune system. Phytochemicals could be the greatest weapon at our disposal in fighting the spread of cancer, and should always be used as a complement to current cancer therapies. To obtain a variety of phytochemicals, choose a variety of plant-powered foods throughout the day. For example, oatmeal with blueberries and ground flaxseed for breakfast, black bean soup with a big salad for lunch, or a vegetable-packed pasta for dinner. Sip on green tea throughout the day, snack on fruit, and don't be shy with using cancer-fighting spices like turmeric and ginger.



**Hanna is a Registered Holistic Nutritionist and Certified Holistic Cancer Practitioner. In addition to maintaining her private practice, Hanna is the Nutrition Operations Manager for Choices Markets, where she manages the company's nutrition department. After overcoming cancer as a young woman and realizing the impact of nutrition on healing and recovery, Hanna became interested in the field of nutrition.**

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# Variance in Polycystic Ovary Syndrome Symptoms

By Dr. Emily Munn, ND

**Q** So I have polycystic ovarian syndrome (PCOS) and my friend does too, but we look and feel very different, why is this?

**A** First, you should make sure you actually have PCOS. It's really PCOS when you have symptoms of high androgens (male hormones) either showing in blood work or by symptoms such as facial hair growth. You also have irregular menstrual cycles and other causes of these two things have been ruled out. Second, there are actually a few subtypes of PCOS leading to slightly different clinical presentations. Insulin-resistant or metabolic PCOS is the most common type of PCOS. It is when your blood sugar and insulin are the main factors driving your PCOS. Post-birth control pill PCOS is temporary as a surge of androgens (male hormones) occur after stopping high doses of synthetic estrogen and progesterone. Timing of symptoms such as acne is key in this subtype. Inflammatory PCOS causes the ovaries to overproduce testosterone leading to PCOS symptoms. There are also other symptoms of chronic inflammation. Lastly, adrenal PCOS is the least common but

easily identified when only the hormone DHEAS is elevated. It is caused by an abnormal or heightened response to stress. You may fall under more than one subtype of PCOS, yet treatment changes depending on which one is your primary cause.

Resource: Briden, Lara, ND. (2015). Period Repair Manual. San Bernardino, CA.



**Dr. Emily Munn, BSc., ND** is a licensed Naturopathic Doctor who has been practicing in South Surrey at Living Wellness Centre for over half a decade. Her practice focus is women's health: PCOS, PMS, endometriosis, fertility, acne, menopause, thyroid and adrenal function. She wants you to know PCOS responds extremely well to personalized natural treatments.

## Find More Fibre in February

By Dionne Legge, CNP and Nutrition Consultant at Choices Markets Abbotsford

Fibre is the structural component of the plants we eat. It is classified as either soluble fibre or insoluble fibre and most plant foods contain both in different amounts. Both are beneficial to the body. A whole food diet consisting of a large variety of plant foods is an excellent way to increase your daily intake, along with the many other health-promoting benefits. This includes whole grains, legumes, vegetables, fruits, nuts, and seeds.

### 1 Guidelines for a Healthy Individual are as follows:

- Canadian Women 19-50 years should aim for 25 grams/day
- Canadian Women 51 and older should aim for 21 grams/day
- Canadian Men 19-50 years should aim for 38 grams/day
- Canadian Men 51 and older should aim for 30 grams/day

### 2 Healthful Hints:

- Add a variety of vegetables to your morning eggs.
- Top your morning oats or yogurt with berries and fibre rich seeds like chia or ground flax.
- Consider snacking on a small handful of nuts or seeds.
- Opt for whole fruit instead of fruit juice.
- Add avocado, cooked artichoke or lentils to your salads.
- Be sure to choose whole grains over refined grains.
- Remember to make half your plate vegetables and fruits!

Resources:

<https://www.healthlinkbc.ca/healthlinkbc-files/fibre>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/>,  
<https://www.dietitians.ca/Downloads/Factsheets/Food-Sources-of-Soluble-Fibre.aspx>



## 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



#### Wasa Crispbread:

The ideal complement to your favourite appetizers, breakfast, or snacks! Made with four perfectly blended whole grains, (rye, wheat, oats, and barley), this is a multi-grain bread that walks the walk! The complexity of flavour will make your taste buds rejoice while the fibre will keep your healthy gut bacteria alive and happy! The crunchy texture makes the perfect base for spreads like hummus, pesto, cream cheese, jam, yogurt, and nut butters. Jazz things up by adding veggies, fruit, meat, or seafood, or make mini pizzas by baking them!



#### Olympic Organic Kefir:

Kefir is a fermented milk product and has a thinner consistency than yogurt. Fermented foods contain live cultures of bacteria and help to repopulate our intestines with good bacteria, which have a multitude of health benefits when consumed. These include improved digestion, immunity, and mental health. Kefir contains approximately three times the amount of probiotics as yogurt, as it is made from 10-20 different types of probiotic bacteria. Enjoy kefir on its own or add fresh fruit, muesli, oats, vanilla extract, natural sweeteners, or nuts and seeds.



#### Naked Coconut Sauces:

These flavour-packed seasoning sauces are the ultimate crowd-pleaser and one of the healthiest sauce options on the market. Naked Coconut products are raw (made from fermented coconut sap), soy-free, non-GMO, and gluten-free. They contain 65% less sodium than traditional soy sauces and do not have a coconut taste. You can use them to boost the flavour of your favourite stir fries, sauces, and soups, or as a substitute for soy sauce with sushi! There are several delicious varieties to choose from.



#### Cinnamon:

Cinnamon is a highly prized spice, its use dating back to Ancient Egypt when it was regarded as a gift fit for kings. It is derived from the inner bark of trees that are scientifically known as Cinnamomum. Its unique smell and flavour are due to the compound cinnamaldehyde, which is thought to be responsible for its touted health benefits. Being high in antioxidants, cinnamon helps to ward off free radicals and support healthy aging and overall health. It also has anti-inflammatory, anti-fungal, and anti-bacterial properties. Studies have also shown its ability to lower blood sugar levels and support nervous system function. An easy way to use cinnamon on a daily basis is to add half a teaspoon to your morning oatmeal, coffee, or smoothie.



## Tasty Top Choice Recipe



### Veggie Stir-Fry with Naked Coconut Sauce

1/4 cup Naked Coconuts Soyless Sauce

1/4 cup red onion

1 tbsp chili garlic sauce

1 tsp rice vinegar

2 tsp sesame oil

1 small head broccoli chopped

1 cup cremini mushrooms sliced

2 carrots, sliced

1/2 zucchini, diced

3 cloves garlic crushed and minced

Base of choice: Brown rice, quinoa, or brown rice noodles

*Optional:* add protein of choice (chicken, salmon, tofu, tempeh)

*Optional topping:* toasted peanuts or almonds, fresh chopped green onion

Add the sesame oil to a large pan over medium heat. Once hot, add the red onion and sauté until translucent (about 5 minutes). Next, add the mushrooms, carrots, broccoli, and zucchini and sauté for 7 minutes.

Add the garlic and stir, cooking for another minute. Turn down heat to low.

Stir in the sauce with the veggies in the pan and mix well to combine.

Serve the veggies on a bed of rice, quinoa, or brown rice noodles.

Garnish with toasted peanuts or almonds and chopped green onion.



## Wellness



### Organic Traditions Sprouted Chia Powder, Sprouted Flax Seed Powder, and Sprouted Quinoa:

The Organic Traditions Sprouted line includes chia seed powder, flax seed powder, and sprouted quinoa. Sprouting increases nutrient levels, yielding higher levels of vitamins, minerals, and antioxidants when compared to raw, non-sprouted foods. It also improves digestibility and absorption of nutrients by eliminating enzyme inhibitors and anti-nutrients. Chia seeds are a good source of calcium and iron and provide 3 grams of omega-3 fats per tablespoon. Flax seeds are a good source of calcium and iron, fibre and provide 3 grams of omega-3 fats in one tablespoon. Quinoa is a protein powerhouse, providing 15 grams of protein per half a cup. Adding Organic Traditions Sprouted Chia and Flax powder to foods can help reduce the glycemic load of food and prevent blood sugar spikes.



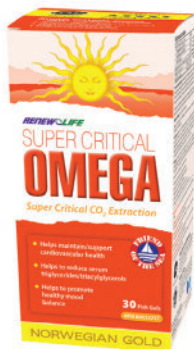
### You In Focus My Green Supreme:

This nutritious blend of rich green superfoods is high in antioxidants and other phytochemicals and designed to help rebalance health and alkalize the system. It is formulated to increase energy, support digestion, skin and hair health, and to help with healing the gut lining. The best part is that it's easy to include in your daily diet by dissolving it in water, juice, or smoothies.



FEBRUARY 1-15 ONLY

# wellness centre



## Renew Life Vitamins and Supplements

Assorted Varieties

**20% Off**

Assorted Sizes

At Renew Life, we believe a healthy gut is essential for a healthy you. Digestive care has been our focus for over 2 decades and we are considered a leader in cleansing, probiotics and fish oils. Renew Life offers a full line of Health Canada approved natural health supplements for the entire family.



## Garden of Life mykind Organic Vitamins and Supplements

Assorted Varieties

**20% Off**

Assorted Sizes

A unique brand of vitamins that stands apart because it is made exclusively with organic

## Platinum Naturals Vitamins and Supplements

Assorted Varieties



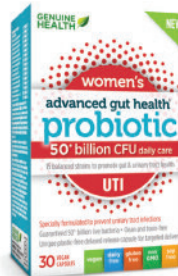
**20% Off**

Assorted Sizes

Nourish your body with the nutrients it needs, thanks to Superior Nutrient Absorption from Platinum Naturals. Healthy oils protect nutrient value so that your body can absorb more of what it needs throughout the day.

## Genuine Health Advanced Gut Health Probiotics

Assorted Varieties



**20% Off**

Assorted Sizes

Multi-strain, triple-purified, shelf-stable probiotics.

## Divine Essence Organic Essential Oils & Oil Blends

Assorted Varieties



**20% Off**

Assorted Sizes

Remedies that you can use every day. Our certified essential oils have incredible therapeutic benefits.



## Herbatint Natural Hair Colour

Assorted Varieties

**16.99**

per kit

Herbatint is the permanent ammonia-free colouring, containing 8 organic herbal extracts.



## Nordic Naturals Omegas

Assorted Varieties

**20% Off**

Assorted Sizes

Nordic Naturals Arctic Cod Liver Oil™ is made from 100% wild Arctic cod.

## Andalou Naturals Face Care, Body Care and Hair Care

Assorted Varieties



**30% Off**

Assorted Sizes

A synergistic, super-powered antioxidant blend that energizes skin's own defense system.

## Mineral Fusion Natural Cosmetics and Hair Care

Assorted Varieties



**25% Off**

Assorted Sizes

Our goal is to leave skin and hair in better condition than we found it using effective natural ingredients.

## Green Beaver Body & Oral Care

Assorted Varieties



**20% Off**

Assorted Sizes

All our hair care products are Certified Ecocert, vegan, not tested on animals, biodegradable, GMO free and gluten free.



### Organika Organic Maca



**14<sup>99</sup>** 200g  
**15<sup>99</sup>** 200g Maca & Cocoa Powder  
**26<sup>99</sup>** 180caps

Rich source of antioxidants and alkaloids that help reduce damage done to skin, brain, and heart cells.

### Organika Organic Spirulina



**26<sup>99</sup>** 300g  
**38<sup>99</sup>** 500g  
 Source of iron for better blood health.

### New Roots Herbal Vitamin C8



**18<sup>99</sup>** 90caps  
**34<sup>99</sup>** 180caps  
**2/2 49** Single Sachets

Formulated with additional nutraceuticals for better absorption.

### Botanica Organic Herbal and Nutritional Supplements Assorted Varieties



**20% Off**  
Assorted Sizes

Botanica Liquid Capsules are crafted through a soaking and extraction process to maximize therapeutic value. Every step of the process is tested for both purity and potency from harvest to encapsulation. A fermented and sprouted complete plant protein blend packed with 20g of protein.

### Natural Factors Big Friends Children's Vitamins

Assorted Varieties



**20% Off**  
Assorted Sizes

A great-tasting, natural source of the "sunshine vitamin".

### One With Nature Dead Sea Minerals Soap

Assorted Varieties



**5<sup>49</sup>** 200grams

One With Nature Soap combines genuine Dead Sea Minerals with moisturizing shea butter and argan oil.



### Pure Creations Facial Care

Assorted Varieties

**20% Off**  
Assorted Sizes

Our professional aesthetician formulates our products using ingredients sourced directly from BC & Alberta Farmers.

### NutraSea+D Omega-3 and Omega-3

Assorted Varieties



**20% Off**  
Assorted Sizes

Proudly Canadian. We've built our reputation through sustainable sourcing and a commitment to purity and taste.

### Jason Body & Oral Care

Assorted Varieties



**4<sup>99</sup>** 20% Off  
Toothpaste (122-170g)  
Hair Care & Body Care Assorted Sizes

Perk up your smile with a brightening blend of gentle whiteners: Bamboo Powder, Calcium Carbonate and Baking Soda.

### Incrediwear Socks & Braces

Assorted Varieties

**20% Off**  
Assorted Sizes

We design innovative products that help people live incredibly...to be their best selves—to strive for, do and be more than ever before.



### withinUs TruMarine Collagen



**41<sup>99</sup>** 20pack **64<sup>99</sup>** 250grams

Premium-select grade of wild, sustainably-sourced marine collagen. Promotes healthy skin, hair, nails, and joints.



# wellness centre month long specials

## Hemp Yeah! Plant Protein Blend & Hemp Protein Powder

Assorted Varieties



### 25% Off

Assorted Sizes

A delicious blend of hemp and pea protein that's packed with 20 grams of plant-based protein.

## Manitoba Harvest Hemp Oil



9<sup>99</sup>

355mL

19<sup>49</sup>

949mL

14<sup>99</sup>

Organic Hemp Oil 500mL

Hemp oil, one of our very first products, is a raw, cold-pressed oil that is packed with omegas.

## Manitoba Harvest Hemp Hearts

Assorted Varieties



### 20% Off

Assorted Sizes

Every serving will add 10 grams protein and a rich nutty taste to any meal!



## Innovite Inno-Q-Nol Vitamins & Supplements

Assorted Varieties

### 20% Off

Assorted Sizes

Not all CoQ10 is created equally. INNO-Q-NOL® starts with the scientifically validated Kaneka QH CoQ10 Ubiquinol®. Exceptionally stable. Sourced from yeast fermentation for the highest purity. Backed by over 30 years of clinical research. INNO-Q-NOL® is further enhanced with our exclusive Q-Gel Technology featuring Triple Protected Stability.

## SISU Ester-C Energy Boost

Assorted Varieties



3/1 7<sup>99</sup>

singles

14<sup>99</sup>

30pack

Enjoy 24-hour immune support in an energizing, all-natural and non-carbonated drink mix.

## Ecoideas Organic Super Foods

Assorted Varieties



### 20% Off

Assorted Sizes

Moringa, Maca & Baobab Powder

Ecoideas' natural health products are made from premium natural ingredients sourced from all over the world.

## Ecoideas Organic Chia Seeds

Black Or White



7<sup>49</sup>

227 grams

11<sup>99</sup>

454 grams

Chia Seeds are a very high source of fibre and a vegetarian source of omega-3.

## Natural Factors Astaxanthin & Lutein

Assorted Varieties



15<sup>99</sup>

60softgels

Astaxanthin

24<sup>99</sup>

120 softgel (20mg)

Lutein

Protects the skin from premature aging and other health risks associated with UV exposure.



## Alba Botanica

7<sup>49</sup>

Hair Care, 355mL

### 20% Off

Body and Facial Care Assorted Sizes

Pump up your style with this volumizing shampoo featuring gentle, botanical cleansers that lift away heavy grime.



## NOW Solutions

Body Oils and Massage Oils

Assorted Varieties

### 15% Off

Assorted Sizes

A rejuvenating natural oil that's ideal for softening fine lines and restoring a healthy glow to skin.



## Emerald Health Bioceticals

Assorted Varieties

### 20% Off

Assorted Sizes

Naturally address your body's response to stress and anxiety by supporting your endocannabinoid system and optimal health and vitality.



# the Dish On Cinnamon

Once used in love potions by the Romans, cinnamon still has an association with love to this day. So before you eat a handful of cinnamon hearts this Valentine's Day, why not learn a little more about the warming spice?

The spice we are familiar with today mainly comes from the bark of one tree, though other varieties can be found. In early human history, cinnamon held an important place as a trade commodity. This fragrant bark moved from Asia, into Africa, and eventually to Europe. It was such an important spice that some European powers attempted to create trade monopolies over the industry. Nowadays, cinnamon is far more every day. Just take a walk through the Choices spice aisle and you can see all sorts of cinnamon varieties.



Cinnamon is purchased in stick, or powder form. What you should get here depends largely on what you want to use it for. Cinnamon sticks are great for granting an aroma, where the flavour is able to come across differently. Putting a stick of cinnamon into the cook pot really adds a nice complexity of flavour. Think of many African or Asian dishes where the cinnamon flavour is present, but not the brown grains. You still get the flavour and aroma in your fluffy rice, even though you can't see it visually. This method is great for soups, sauces, curries, stews, puddings, jams, compotes, and especially hot beverages. Think about the warming cinnamon taste in mulled wines, apple cider, or spicy chai tea.

When it comes to cinnamon powder, the uses are even more numerous. Cinnamon and sweet baking is a match made in heaven. Just thinking about a gooey cinnamon bun makes my mouth water. You can also learn how to use cinnamon powder to make a complex cocktail, or add a nice warm note to your grilling rub. It's great as a flavour component when seasoning fish, meat, beans or even tofu.



And what goes better with cinnamon than hot chocolate or coffee? Sprinkling a little cinnamon on top of whipped cream or latte foam takes the everyday and elevates it.



Whether just using a pinch, or a whole table spoon, you'd do well to fully explore this amazing spice. The aroma is truly unsurpassed. Cinnamon may not be used for love potions anymore, but that's not a reason not to see it as anything other than magical.



**Chef Antonio loves to enjoy a hot, cinnamon flavoured drink after hitting the slopes. Bring his recipes wherever you go by stopping by the Choices Deli and trying one of his tasty and healthy recipes.**





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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



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