



CHOICES'

Monthly Newsletter | March 2020

The dish on BROCCOLI

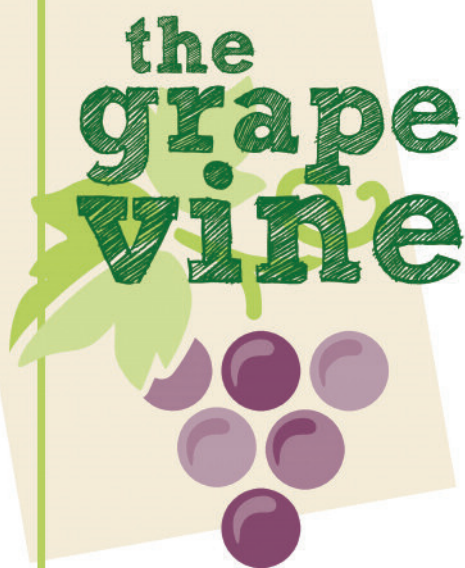
NEW Artisan Breads

Mushrooms and Liver Support

Win a Year's Supply of Cleaning Supplies

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





Got a Green Thumb?

The sun is staying out longer and longer each day, and you know what that means: time to plant some seeds! Start first with Choices Full Circle Topsoil. Full Circle is made from food scraps collected from our stores and processed in to nutritious top soil at a facility in Delta, BC. It's a great product that gets made thanks to Choices' commitment to sustainability.



March is Nutrition Month!

Every year, the Dietitians of Canada celebrate nutrition month in March. This campaign is meant to help spread awareness and education to up and coming nutrition trends to help build healthy communities. This year's theme is More than Food. Dietitians help do more than just make meal plans. They also help us be mindful about our eating habits and teach us how to be better cooks! Stop by your local Choices to speak to our dietitians and learn more.

New Artisan Breads



The Choices Bakery team is at it again, creating some new and exciting breads for you to take home to the dinner table. First try our Rosemary Sea Salt Spring Sourdough, made with freshly stone ground organic Red Spring Wheat from our friends at Flourist! You haven't truly had bread until you've experienced it made with flour that's been milled a short drive from where it was baked! It's amazing with cheese or cold cuts.

Next time, take home the Cheese and Mixed Olive Fougasse. If you can resist eating it all before you get it home, this decadent pull-apart loaf is great as a side with tapas or enjoyed with a bit of olive oil and balsamic vinegar.

Finally, and maybe the most exciting of all is our new Beer Bread! This aromatic loaf is made with the award winning Dark Lager from our friends at Steel & Oak in New Westminster, just down the road from our bakery. Enjoy it with strong cheese, pickles and artisan sausage for a delicious brewers lunch! Cold beer optional, but recommended.

COOK IT UP



Balsamic Glazed Broccoli Stir fry

Choices Chef Antonio Cerullo

1 leek

1 red pepper

3 crowns broccoli

5 cloves garlic, cut in 1/2 length wise

**5 tbsp avocado oil,
or other high smoke point oil**

1 tbsp chopped fresh rosemary

3 tbsp balsamic vinegar (to taste)

Cut and wash leek: cut length wise and slice into rounds. Soak in cold water to remove dirt. Remove from water and place in strainer.

Cut up broccoli, including stem.

Seed and cut pepper into large strips

Heat oil in large frying pan or wok on high heat. Add garlic, peppers, broccoli and leek, maintaining constant temperature between ingredients.

Stir fry until vegetables start to brown, season and splash with balsamic vinegar, small amounts at a time, stirring constantly until vegetables are well coated in balsamic glaze.

Serve with a steamed whole grain or by itself.



ENTER TO WIN

Win a Year's Supply of Cleaning Products

Courtesy of V.I.P Soap Products Ltd. and EchoClean

One lucky Choices customer will win an amazing prize pack from V.I.P. Soap Products and EchoClean of a year's supply of cleaning supplies. Approximate value of each pack is \$695.

EchoClean is the next generation in all-natural cleaning solutions developed especially for the discerning customer. Made in BC since 1951, V.I.P. Soap produces biodegradable, non-toxic, plant-based cleaning products. A healthier choice for you, your family and the environment.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from March 1 to 31, 2020. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2020.



Upcoming Events

MARK YOUR CALENDAR

Viva Skincare Analysis

Register in-store

with Victoria Wong

Friday March 6 | 11am-4pm
Choices Yaletown,

Saturday March 7 | 11am-4pm
Choices South Surrey

Wednesday March 11 | 11am-4pm
Choices Cambie,

Saturday March 14 | 11am-4pm
Choices Kitsilano

Saturday March /21/2020 | 11am-4pm
Choices Abbotsford

Saturday March 28 | 11am-4pm
St. Faith's Anglican Church 7284 Cypress St. Vancouver
(Across from Choices Kerrisdale)

Want to get to know your skin from the inside out? Viva Organic Skincare's Analysis machine can measure dark spots, pores, wrinkles, skin texture, and UV photography that measures UV Damage. See where your skin's moisture level naturally sits, and if the skincare you are using is really aiding in nourishing and repairing any damaged skin.

Free event, in-store registration required. Call 604-952-2288 for more information.



Wednesday, March 4
7pm-8pm

StressSmart - How Mindfulness Reduces Chronic Stress

with Iwona Sienko RN, BScN, MBA

Choices Kelowna

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

The StressSmart workshop introduces participants to the impact chronic stress has on our lives and how to tap into the power of the mind with scientifically proven techniques to relieve stress and build resiliency.

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

Wednesday, March 18
7pm-8pm

Simple Tips for Living Your Happiest Life

with Barri Harris

Choices Kelowna

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

Struggling to feel truly happy and alive? Learn 3 Simple & Proven Tips that are guaranteed to get you living your most fabulous life!

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/

Wednesday, March 11

7pm-8pm

Trust Your Gut

with Dr. Emily Burton and Dr. Kent Rempel

Choices Kelowna

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

There may be more to your "gut feeling" than you think. Join Drs. Kent and Emily as they dive into the profound connection between your nervous system and your gut.

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

Wednesday, March 25

7pm-8pm

Intuitive Eating

with Zara Neukom BSc FNH

Choices Kelowna

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

Join nutrition consultant Zara Neukom as she explains intuitive eating, how to practice body trust and how to find peace and freedom with food.

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



FREE nutrition tours!

With Choices' team of Registered Dietitians and Holistic Nutritionists

Our 60 minute one-on-one or 90 minute group tours are customizable to your interests or health concerns.

**Book online: choicesmarkets.com
or email us: nutrition@choicesmarkets.com**



MARCH 1-15 ONLY

club specials



**Blue Diamond
Almond Breeze
Fresh Beverages**
Assorted Varieties
3⁹⁹ 1.89L
Fresh and creamy, this non-dairy beverage is a worldwide favourite.

Liberte Méditerranée Yogurts
Assorted Varieties



The smooth creaminess of Liberte yogurt combined with fantastic flavours.

2⁹⁹
500g

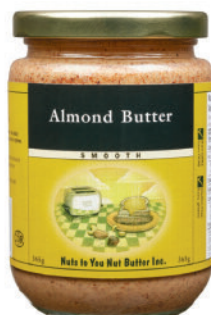


**Food For Life
Gluten-Free Bread**
Assorted Varieties
4⁴⁹ to 8⁹⁹
454g - 680g
Sprouted grains give this gluten-free bread a great taste and health profile.



St Dalfour Jam
Assorted Varieties
4⁴⁹ 225ml
Time tested French inspired recipes make for decadent and delicious spreads.

Nuts to You Almond Butter



Smooth or Crunchy
1^{4⁹⁹} 735g
Made with nothing but the good stuff for a tasty nut butter you can enjoy daily.



**Little Northern
Bakehouse
Glute-Free Buns**
Assorted Varieties
5⁴⁹ assorted sizes
Fresh and creamy, this non-dairy beverage is a worldwide favourite.

Pukka Organic Tea
Assorted Varieties



5⁴⁹ 20 Tea Bags
Delicious organic herbal teas to help you on your journey to a healthier life.

**Lily Stevia Sweetened
Chocolate Bars**



Assorted Varieties
3⁹⁹ 85g
Break up with sugar without sacrificing sweetness with these premium chocolate bars.



**Glutenull
Coconut
Ciabatta**
7⁹⁹ 600g
New keto-friendly and gluten-free buns made with coconut flour

**Sunrise Soyganic Medium
Firm or Extra Firm Tofu**



1⁶⁹ Medium Firm 350g
2⁴⁹ Extra Firm 350g
The local tofu! Crafted for generations in Vancouver.

**Field Roast Meatless Sausage
Alternatives & Chao Cheese
Slice Alternatives**
Assorted Varieties



Meatless doesn't have to mean tasteless with these tasty veggie alternatives.

5⁴⁹ Sausages, 340g - 368g
5⁹⁹ Chao Slices, 200g

**Boulder Clean Natural
Dish Liquid & Laundry Liquid**



Assorted Varieties
3⁹⁹ Dish Liquid, 828ml
9⁹⁹ Laundry Liquid, 2.96L
15⁹⁹ Laundry Liquid, 5.91L

Impressively powerful natural cleaners for a cleaner home and safe from harmful chemicals.

MARCH 16-31 ONLY

club specials

Liberte Greek Yogurt Assorted Varieties



4⁹⁹

750g

Creamy, rich
and loaded
with protein.

Bonne Maman Jam Assorted Varieties



4⁹⁹

250ml

Without using
anything artificial,
these jams are just
like grandma makes.

Uncle Luke's Organic Maple Syrup Assorted Varieties



20⁹⁹

1L

Harvested with
traditional techniques,
these syrups are the true
taste of Canada.



Wendel's True Foods

Assorted Varieties

6⁹⁹

78-160g

Wendel's True Foods is a family owned bakery in Langley creating amazing gluten-free treats of all kinds. They're all made with the highest quality natural and organic ingredients, but you'll know they're the best once you try them and come back for more!

Rico & Lalo Frozen Bars



Assorted Varieties

3⁹⁹

4 pk

Traditional handcrafted
Mexican style frozen
fruit bars.

Panda Licorice Assorted Varieties



2⁷⁹

170g

Soft, mouth
watering and tasty
licorice.



Whitakers Chocolates

Assorted Varieties

4⁷⁹

200g

Giant chocolate
bars from dedicated
chocolatiers in New
Zealand.

Rocky Mountain Frozen Flatbread Pizza

Select Varieties



8⁹⁹

405g - 430g

Vancouver's own
flatbread company,
frozen for you to
bring the flavour
home.

Traditional Medicinals



Organic Tea

Select Varieties

4⁴⁹

20 Tea Bags

Tea has been used
to heal for centuries.
Bring these remedies
home and keep
yourself feeling great.

Nature Clean Natural Dish Liquid and Laundry Liquid



Assorted Varieties

3⁴⁹

Dish Liquid, 740ml

8⁹⁹

Laundry Liquid, 3L

Naturally derived and
hypo allergenic cleaners
for a spotless home.

NAFLD Awareness:

What All Canadians Should Know

A healthy liver has about 1-3% fat. When the fat content rises to 5% or more, liver injury or disease can occur. Non-alcoholic fatty liver disease (NAFLD) is the accumulation of fat in the liver, in the absence of excessive alcohol consumption. NAFLD is highly linked to diabetes, insulin resistance, obesity and metabolic syndrome. It is a sign that the body is not burning the right kind of fuel and is most commonly attributed to diets with excess calories, cholesterol, sugar and saturated fat*.

While most Canadians may be unfamiliar with the disease, NAFLD is the most common liver disease in Canada. Affecting over 7 million Canadians (1 in 5 people), it is quickly becoming the most common diagnosis prior to liver transplant. It can progress to more advanced diseases such as steatohepatitis, fibrosis, cirrhosis and even liver cancer. NAFLD is also an independent risk factor for cardiovascular disease.

Unlike other major diseases, there is no current public health strategy in place to respond to the rise in incidence of NAFLD in Canada. If you have risk factors, such as poor diet, low activity, obesity, high cholesterol, high triglycerides, diabetes, smoking or high blood pressure you should talk with your health care provider about your risk for liver disease. I also recommend incorporating a blood test called an "ALT" into all annual screening lab work. ALT is an inexpensive biomarker for inflammation in the liver.

New liver fat is made in response to excessive carbohydrate (sugar) metabolism. One of the best things you can do to reduce your risk for NAFLD is to eliminate high fructose corn syrup and simple or processed sugars from your diet. In one study, drinking one can of soda per day appeared to increase the risk for fatty liver disease by 45%. Limiting refined grains, alcohol, animal fats, trans fat and processed food and avoiding over-eating may also be helpful.

A wide variety of vegetables, fibers and plant-based fats such as olive oil are shown to be beneficial for liver health. A few animal studies have shown that compounds found in broccoli may reduce the risk for NAFLD and even protect against liver cancer. Other studies have also suggested a protective or therapeutic role for the

dietary intake of medium chain triglycerides (MCT oil), oatmeal, cranberries and coffee. However, more studies are needed.

In the setting of an active diagnosis of NAFLD, weight loss, diet, and exercise remain the cornerstone of management. Patients should avoid alcohol and Tylenol use. I generally implement a strategic and individualized naturopathic care plan which may include a personalized diet plan, targeted supplementation, exercise therapy, intravenous therapy, botanical medicine or even acupuncture support.

***Note:** Other non-dietary causes of NAFLD may include pregnancy, corticosteroid medication, Tamoxifen medication or others.

References:

1. Elina M. Petäjä and Hannele Yki-Järvinen Definitions of Normal Liver Fat and the Association of Insulin Sensitivity with Acquired and Genetic NAFLD—A Systematic Review. *Int J Mol Sci*. 2016 May; 17(5): 633.
2. Marialena Mouzaki, MD, MSc, Stavra A Xanthakos, MD, MS. Nonalcoholic fatty liver disease in children and adolescents. *UpToDate* 2019
3. Adjoa Anyane-Yeboah MD, Charmaine A. Stewart MD, FACP, AGAF. Review of Non-Alcoholic Fatty Liver Disease: From Obesity to Liver Transplant. *Canadian Journal of General Internal Medicine* 10(3) 2015
4. Sherman et al. Liver Disease in Canada: A Crisis in the Making. The Canadian Liver Foundation. https://www.liver.ca/wp-content/uploads/2017/09/CLF_LiverDiseaseInCanada_Synopsis_E.pdf. Accessed Dec 16, 2019
5. Azzam H, Malnick S. Non-alcoholic fatty liver disease—the heart of the matter. *World Journal of Hepatology*. 2015;7(10):1369–1376.
6. Zelber-Sagi SI, Nitzan-Kaluski D et al Long term nutritional intake and the risk for non-alcoholic fatty liver disease (NAFLD): a population based study. *J Hepatol*. 2007 Nov;47(5):711-7.
7. Chen YJ1, Wallig MA et al. Dietary Broccoli Lessens Development of Fatty Liver and Liver Cancer in Mice Given Diethylnitrosamine and Fed a Western or Control Diet. *J Nutr*. 2016 Mar;146(3):542-50.
8. Society for Experimental Biology and Medicine. "Dietary medium chain triglycerides prevent nonalcoholic fatty liver disease." *ScienceDaily*. ScienceDaily. 24 April 2013.
9. Michael Greger, MD. (2005) *How Not To Die*. New York, NY: Flat Iron Books.



Dr. Jessica Moore is one of Canada's only hospital and residency-trained naturopathic physicians. Her practiced is highly focused in integrative cancer care support. She is currently seeing patients out of two locations: Sage Clinic www.sageclinic.com and Tandem Clinic www.tandemclinic.com.

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Bladder Health and Prostate Cancer

By Sam Hughes, MScPT

Q
A

Why is optimizing bladder health in men critical after prostate cancer surgery?

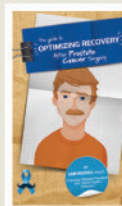
Prostate cancer surgery is used to treat localized prostate cancer (cancer that hasn't spread to other parts of the body). The surgery has a high success rate to treat prostate cancer, but unfortunately its side effects, such as urinary incontinence, can affect men profoundly. Urinary incontinence (involuntary loss of urine) is common after the surgery, especially in the first few months, but fortunately it improves over time.

During the recovery period (which can occur anytime after the catheter is removed until 6-12 months after surgery) it is very important to understand bladder recovery principals and to have healthy pelvic floor muscles. The pelvic floor muscles are postural muscles that support the bladder and the valve that controls leakages. If these muscles are healthy, strong and coordinated, they can help increase bladder support and control urine loss. For these muscles to react appropriately, they need to achieve proper relaxation (which is sometimes a skill that is difficult to master, especially in men). Relaxation helps men's emotional state and pelvic floor muscle function. Muscles can't function well if they are always tensed and have difficulties relaxing. Muscles need rest to recover and optimally have good performance.

Other factors can influence speed of recovery, such as drinking enough water, eating high fiber foods that will keep bowels

functioning well, controlling urinary frequency, having good emotional support, maintaining optimal physical health such as engaging in exercises, and most of all, continuing to be part of your community and a support system. Looking at your body holistically and addressing the component that is out of balance or deregulated can help achieve balance and control.

Pelvic health physiotherapy can help men post prostate cancer surgery and promote urine control by assessing and treating pelvic floor muscle dysfunction, encouraging behaviours which will help with bladder health and by screening other factors, including mental health status that could be a potential hindrance for recovery.



Sam Hughes is a pelvic health physiotherapist, educator and the author of "The Guide to Optimizing Recovery after Prostate Cancer Surgery". She works holistically treating men and women with bladder, bowel, pelvic and sexual issues. She believes in treating the entire person with unconditional support and understanding. She works at Living Wellness Centre in South Surrey, BC.

**Instagram @samhughesphysiotherapy
facebook /pelvicfloorhealthforu
www.samhughes.ca
Available on Amazon and in local clinics**

Breakfast of Champignons: Mushrooms and Liver Support

By Zara Neukom

Western culture is just catching up to what the rest of the world has known for a long time: mushrooms are healing. And, we are just beginning to understand how powerful they are, historically, medicinally and nutritionally.

I've been a big fan of mushrooms for a long time. Chaga coffee is how I get through the morning and when I need a mental boost, Lion's Mane does the trick.

The theme of this Month's Newsletter is liver support. Enter the Reishi Mushroom. Research shows that Reishi exhibits major hepatoprotective effects. In short, Reishi protects and supports the liver.

A recent randomized control trial (the gold standard in science) found that a Reishi mushroom treatment presented promising results by reducing the virus that coexists with Hepatitis B – indicating more liver supporting properties. This is exciting news for anyone who has liver disease.

Science is finally catching up to century old medicine, it's thrilling time to be in healthcare. I'm excited for more research on the healing properties of mushrooms to come through, and until then, I'll be standing on the sidelines cheering on my fungi friends.

Disclaimer: Consult your healthcare provider before using medicinal mushrooms.



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



Wize Monkey Teas:

Coffee Leaf Tea has been consumed for hundreds of years in Ethiopia and Indonesia due to its exceptional health benefits. Its anti-inflammatory and antioxidant properties have encouraged its use as an aid to improve mental clarity and to enhance metabolism. Coffee leaves contain mangiferin, a polyphenol also found in mangoes that has been used in traditional Indian, Central American, Chinese and African medicine for hundreds of years. Coffee leaves also contain chlorogenic acids that are rich in antioxidants and have metabolism-boosting effects. While coffee leaf tea contains similar levels of caffeine as green tea, the caffeine in coffee leaves provides a subtle effect, enhancing clarity and focus without the crash or stress on the nervous system that is induced by traditional coffee. The tea also boasts a smooth and lightly sweet taste. As an added bonus, Wize Monkey's commitment to sustainability is something to aspire to. The company uses 100% plant-based corn-starch teabags that are plastic-free and biodegradable. The fact that coffee leaves are harvested in the off-season allows Wize Monkey to create jobs year round for workers in the coffee industry, mitigating seasonal hunger. Their coffee leaf powder can be used in various recipes, such as the Coffee Leaf Tea Keto Chocolate Peanut Butter Smoothie here!

Tasty Top Choices Recipe



Coffee Leaf Tea Keto Chocolate Peanut Butter Smoothie

- 1 scoop Chocolate protein powder (44g)
- 2 Tbsp flax seed powder
- 1 Tbsp MCT oil
- 1 Tbsp peanut butter
- 1 tsp Wize Monkey Coffee Leaf Powder
- 1/2 tsp cinnamon
- 1/4 tsp pink salt (or equivalent electrolyte mix as needed)
- 4 ice cubes

Add ingredients to blender and blend.
Add water to improve consistency as desired.



Choice Produce



Artichokes:

While many people get intimidated by the thought of cooking this vegetable, don't let it deter you from consuming this nutritious and delicious vegetable! Native to the Mediterranean region, artichokes have myriad health benefits! They are an excellent source of fibre, which nourishes our healthy gut bacteria and helps to optimize digestion and immunity. They are also rich in folate, vitamins C and K, and antioxidants. When properly prepared, the tender parts of the outer leaves and the heart can be consumed. Ready-to-eat artichoke hearts are readily available and are the perfect way to dress up dips, pasta dishes, pizza, sandwiches, and salads.



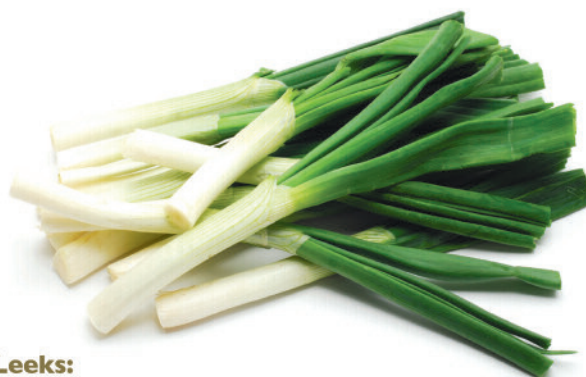
Bananas:

Possibly the most versatile fruit and in season year-round, bananas are easily added to multiple dishes and serve as a delectable natural sweetener that can be added to smoothies, muffins, and pancakes. You can even make your own healthy ice cream by peeling ripe bananas and freezing, then blending them into a cream on their own or with milk, nuts, or fruit. They are a rich source of various minerals, B vitamins, vitamin C, antioxidants, as well as dietary fibre, including resistant starch. Resistant starch is a unique type of fibre that feeds our healthy gut bacteria and helps regulate blood sugar levels.



Asparagus:

Did you know that asparagus also comes in white and purple varieties in addition to the common green variety? Asparagus is a great source of fibre, folate, and vitamins A, C, E, K, and chromium. Chromium is a trace mineral that helps insulin transport glucose into the cells, making asparagus a beneficial vegetable for individuals who are watching their blood sugar. Additionally, it is high in the amino acid asparagine, which acts like a diuretic and helps to eliminate excess fluids and salts from the body, which is valuable for individuals suffering from high blood pressure. It makes the perfect side dish to any meal. Try roasting it in the oven with a little olive oil, sea salt, and fresh garlic as a side dish or adding it to pasta, salads, and stir fries.



Leeks:

Leeks are members of the Allium family and therefore related to onions, garlic, shallots and chives. Rich in polyphenols, they help protect against free radical damage and reduce inflammation. Leeks are also rich sources of vitamins A, C, K, and the B vitamin folate. While they have received less research attention than fellow Allium vegetables garlic and onions, their significant polyphenol content and other health-protective substances suggests that there is overlap with the health benefits associated with their allium relatives.

MARCH 1-15 ONLY

wellness centre

Alaffia Everyday Shea Hair Care and Body Wash

Assorted Varieties



9⁹⁹
13⁹⁹

473mL, Black Soap

950mL

Prepared with Ethically Traded virgin coconut oil and ginger for gentle cleaning and stimulation.

Alaffia Everyday Shea Body Lotions

Assorted Varieties



13⁹⁹

950mL

Prepared with Ethically Traded unrefined shea butter, calming lemongrass, antioxidant-rich shea leaf, and soothing vanilla.

Progressive Multi-Vitamins

Select Varieties

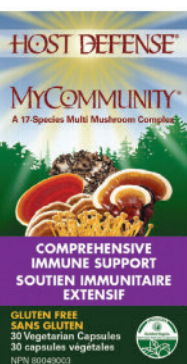
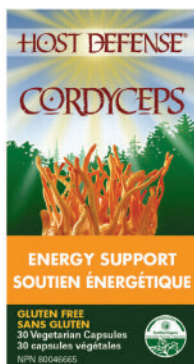


Gift with Purchase

20% Off

Assorted Sizes

With each purchase get a free probiotic.



Host Defense Mushroom Supplements

Assorted Varieties

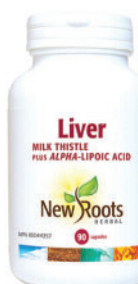
20% Off

Assorted Sizes

A blend of 17 potent mushrooms created by Paul Stamets, the most comprehensive immune support formula available from Host Defense.

New Roots Liver

Assorted Varieties



19⁹⁹
38⁹⁹
72⁹⁹

45 caps

90 caps

180 caps

Cleanse and rebuild your liver for improved digestion and energy.

Herbatint Herbal Hair Colour

Assorted Varieties



16⁹⁹

per Kit

Ammonia-free colouring, containing 8 organic herbal extracts, which covers 100% of grey hair.

Platinum Naturals Vitamins and Supplements

Select Varieties



15% Off

Assorted Sizes

Feel your best every day with Superior Nutrient Absorption.

Hyalogic Facial Care, Body Care and Supplements

Select Varieties



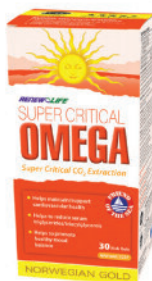
20% Off

Assorted Sizes

Our products help to hydrate joints, and support hair, skin, eyes, and bones.

Renew Life Norwegian Gold Omega 3 Supplements

Select Varieties



20% Off

Assorted Sizes

The only line of fish oils that are both IFOS and Friend of the Sea third party certified for quality, purity and sustainability.

Andalou Naturals Cannacell Hair Care, Facial Care and Body Care

Select Varieties



20% Off

Assorted Sizes

Made with bioavailable vegan ingredients to be gentle and effective for all hair types.

Garden of Life Dr. Formulated Probiotics

Select Varieties



20% Off

Assorted Sizes

High potency probiotics free from binders, fillers and artificial ingredients.

MARCH 16-31 ONLY

wellness centre

Santevia MINA Alkaline Water Pitchers

Assorted Varieties



51⁹⁹ Black or White
17⁹⁹ Filter
47⁹⁹ 3pk Filters

Enjoy mineralized, alkaline water at home with Santevia Alkaline Water Products.

Santevia Water Systems & Shower Filters

Select Varieties



20% Off Assorted Sizes

Santevia filters and restores your tap water to its mineral-rich state, just like nature intended.

Bio-K Plus Probiotics



12⁹⁹ 6 pack kids
18⁹⁹ 6 pack Dairy

20⁴⁹ 6 pack non-Dairy

Bio-K strengthens your intestinal flora is the same whether you take the Bio K+ Probiotic Capsules or the Bio K+ Fermented Drinkable Probiotic.



New Chapter Vitamins and Supplements

Select Varieties

20% Off Assorted Sizes

New Chapter delivers the wisdom of nature with supplements that are Non GMO Project Verified and Certified Made with Organic Ingredients. New Chapter aims to deliver nature's whole wisdom in our supplements from Herbal Extracts to Fish Oil to Multivitamins.

CanPrev Collagen Beauty



23⁹⁹ 500mL
31⁹⁹ 300 grams

Features Verisol® Bioactive Collagen Peptides™. The only peptides that stimulate skin collagen production.



New Roots Wild Oregano Oil C93

10⁹⁹ 15mL
18⁹⁹ 30mL
29⁹⁹ 50mL

Effectively strengthens resistance to cold, flu, bacteria, and viruses.



Prairie Doctor Organic Herbal Tinctures

Assorted Varieties

20% Off

Assorted Sizes

Our unique blend of Certified Organic herbs is instantly effective and soothing.

Enzymedica Digestive Enzymes



15⁹⁹ 90caps Digest Basic
41⁹⁹ 90caps Digest Gold

20% Off
All other Enzymes

The enzymes in Digest Gold break down all the parts of a typical large meal, like fat, fiber, protein and carbohydrates.

I Luv It All Natural Deodorant

Select Varieties



14⁷⁹ 100grams

Finally! A natural deodorant that really keeps you smelling clean ALL day.

Every Man Jack Natural Mens Body Care

Select Varieties

25% Off

Assorted Sizes

We use as many naturally derived and plant-based ingredients as possible.



South Of France Natural Soaps



6⁹⁹ 236mL or 170 gram Bar

Our luxuriously lathering Hand Wash follows a traditional Marseille recipe.

wellness centre month long specials



Olie Naturals New Beginnings

36⁹⁹

500mL

54⁹⁹

1L

Certified organic fermented, herbal, probiotic drink that links old traditions and innovative technologies.

Mountain Sky Natural Soap Assorted Varieties



2/74⁹⁹

135 grams

8⁹⁹

Skin Balms

From our hands to yours, experience locally handcrafted bath and body products.

Sea-licious Omega Nutrition Supplements

Select Varieties



22⁹⁹

250mL

36⁹⁹

500mL

More Savings In-store

It's the antioxidant you can see! ASTA-GUARD™ helps to protect our bodies' cells from toxic damage and free radicals.



Viva Organics Natural Skincare

Select Varieties

15% Off

Assorted Sizes

Viva Organics is a supplements and herb based facial care line, firmly rooted in effective beauty practices, taking purity and efficacy to a new level by using the highest quality ingredients. Our promise to our customers and ourselves is to never use parabens, synthetic fragrances, endocrine disruptors, carcinogens, GMOs, or any toxic chemical of any kind. Viva Organics is committed to your health, well-being and your beautiful skin.

Flora Florasil



20⁹⁹

90caps

36⁹⁹

180caps

Prized for its ability to help restore natural beauty by providing valuable nutrients to skin, bones, hair, and nails.

Purica Medicinal Mushroom Supplements



Select Varieties

15% Off

Assorted Sizes

Boosts brain health and power, provides memory support and enhances mental clarity.

Purica Zensations Mushroom Cacao Blends



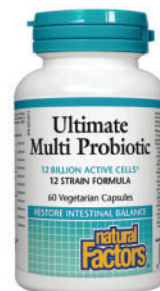
26⁹⁹

150grams

Strengthen your life force with this cacao blend of eight mushrooms and ashwagandha.

Natural Factors Probiotics

Select Varieties



15% Off

Assorted Sizes

Natural Factors Ultimate Multi Probiotic contains 12 billion active cells.

SISU Vitamin B Supplements

Select Varieties



20% Off

Assorted Sizes

B vitamins support liver detoxification, healthy cholesterol levels, adrenal function and hormone balance.

Nature's Aid Skincare and Body Care



Select Varieties

20% Off

Assorted Sizes

This all-natural product can be used to help treat a wide assortment of skin conditions and their related symptoms.

NeoCell Super Collagen + C



19⁹⁹

198grams or 120 tabs

Supports healthy collagen formation with vitamin C and collagen.

the Dish

On Broccoli



If I listed off a bunch of healthy vegetables, like turnips, mustard greens, kohlrabi and cabbages, would you guess that they're all part of the same family as broccoli? That's right, they're all members of the brassica cruciferous family. Broccoli is a vegetable that originated in Italy and the Mediterranean with a history that dates way back. Early broccoli cultivars date back at least as far as 600 BC. Over time it has been cultivated from the wild harvested green to the gorgeous, tight flower clusters that we call modern broccoli.



That very same modernized broccoli is grown and consumed all over the world. Depending on temperature and growing region, there are many cultivars available. You can find broccoli growing in most moderate temperature agricultural regions. Nowadays, China and India combined make up over 70% of broccoli production, almost 20 million tons a year.

Broccoli can be eaten raw, steamed, boiled, stir fried, baked, grilled or even deep fried. Most people have a favourite way to eat broccoli, but here in our office the favorite ways to eat it range the spectrum. Simply baked with a little extra virgin olive oil and balsamic is one favourite, with others like them steamed and then stir fried with noodles and sauce, while others

like creamy broccoli soups. Soups are just one great way to enjoy this nutrient rich veggie, but nothing goes quite as well with it as cheese. Cheddar is a classic, but parigiano reggiano, blue cheese or even feta also makes for a lovely combination when melted over the little trees.



Broccoli salads, both raw and blanched, are always crowd pleasers. Nuts, dried or fresh fruit, grains, legumes or even pasta can all be combined with broccoli stems for a new house favourite salad. Savory cakes, quiches, croquettes, muffins, omelets and fritatta's are other great ways to enjoy some broccoli in purely vegetarian applications. Craving more broccoli inspiration? Why not try your hand at fermenting it? Whether making some Euro-style sauerkraut or Asian-style kimchi, fermented broccoli can add a rich probiotic kick to your diet.

One of my favourites is broccoli with pasta. Gently saute your blanched broccoli in extra virgin olive oil, garlic and some hot chili peppers. Add small amounts of water from the broccoli blanching until you have a sauce. Cook your preferred short noodles in the remaining water and then toss them with the sauce and you'll have a tasty pasta dinner in no time. Don't forget to drizzle with some more extra virgin olive oil and liberally sprinkle with parmigiano reggiano, romano, or aged cheddar cheese.

Brocco is an Italian term for an underperforming horse, but with a little experimentation broccoli is a winning one. Go broccoli, go!



Chef Antonio's healthy dishes are available every day in the Choices Deli. Try a new creation every day and you'll never suffer from a boring lunch again!



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Choices Markets Locations

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604.736.0009

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3493 Cambie St, Vancouver
604.875.0099

Kerrisdale

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604.263.4600

Yaletown

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604.633.2392

Commercial Drive

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604.678.9665

Kelowna

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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 CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

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. Space is limited so don't delay!