



CHOICES'

Monthly Newsletter | April 2022

Gut Health & You

The Dish on Fiddleheads

HAPPY GRILLED CHEESE DAY

Win A Year Of **CLEANING SUPPLIES**

the grape vine



Happy Easter

Hop to it!

Spring is here and the Easter Bunny is coming along with the flowers.

This year he's shopping at Choices to find Fairtrade chocolates, our bakery's hot cross buns, cupcakes and cookies in both regular and wheat free varieties.



Bedding Plant Sales

Will you be planting a garden in your backyard, balcony or community garden this Spring?

Choices Market's weekend plant sales are starting up again soon. We'll have ready to plant vegetables, fantastic flowers, perfect perennials and sensational succulents. Best of all, 5 percent of the proceeds from our weekend plant sales in April and May will be donated to local schools. Make your garden beautiful and help your community at the same time! Don't forget, Choices Full Circle Topsoil (made from compost collected at our stores) is also available and great for your plants.



Trust Your Gut!

This month we're talking all about gut health!

While we encourage trusting your gut, we all know sometimes it could use a little help to work its best.

Head to our nutrition articles to learn about how to keep your gut happy, healthy and feeling great.



ENTER TO WIN

A Year's Supply of Cleaning Products

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

Three lucky Choices customers will win an amazing prize pack from V.I.P. Soap Products and EchoClean of a year's supply of cleaning supplies, worth over \$800.

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: $(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____ Choices Location: _____



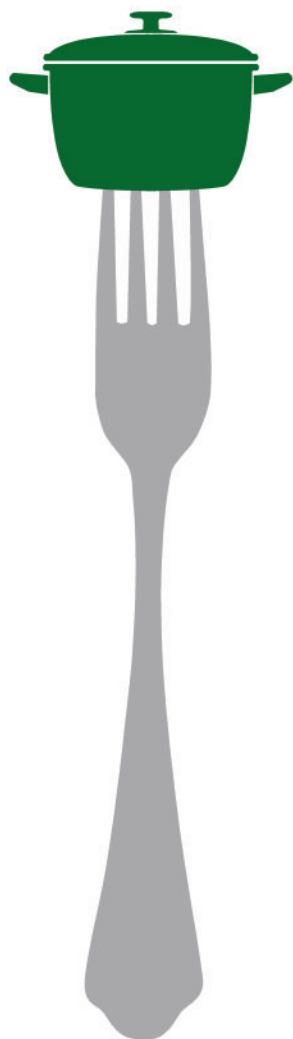
Contest open from April 1 to 30, 2022. One entry per person.

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 2022.

the Dish

On Fiddlehead Ferns



Take a hike deep into any forest in BC, or really any forest in the world with a similar climate, and you'll be surrounded by beautiful green ferns. Not just a pretty plant, the young sprout of the ostrich fern, or fiddlehead, is also a wild delicacy. Harvestable from April to July in North America, depending on latitude, fiddleheads are an exotic wild harvest vegetable you can actually find at your local Choices Markets.



Historically consumed by Indigenous groups for much of history, fiddleheads are rich in omega-3 and 6, and are loaded with other anti-oxidants.

If you decide to forage for fiddleheads yourself, take the time to learn about best practices. As a crash course, you need to be able to differentiate between immature fronds, but also be able to confirm you're harvesting from an edible species. Some can make you quite sick! Also, be sure to avoid harvesting near urban environments, and only take about 10% of what is harvestable to make sure the fern will survive to produce another year.

While I won't discourage anyone from spending valuable time in nature, buying fiddleheads from our produce department is a much safer alternative!

It is important to talk about safety when cooking fiddleheads. When prepared correctly, fiddleheads are perfectly safe, but can't be consumed raw. Fiddleheads contain a toxin which needs to be cooked out. It's a straight forward process, so don't get scared off now! First wash and remove any dirt, plus any of the papery brown specks. Then, get a pot of salted water to full boil before submerging the ferns. Keep it at a hard boil for ten minutes, then remove immediately to chill in ice water. You can also preserve your fiddleheads by boiling for only two minutes, then pat them dry and freeze on a flat sheet. Finish the remaining eight minutes of boiling before cooking your dish. Getting that full ten minutes of hard boil is essential to remove

anything that could make you sick. If there is anything you take away from this article, it is that boiling step before both further preparation and consumption of these wild treats. Even if you plan on baking or sautéing the fiddleheads, you must boil them for ten minutes first! I encourage adventurous eating, but food safety is paramount. Now if you haven't been scared off by the safe preparation step, you are in for a delicious experience. Sauté your fiddleheads with a little butter and lemon for an amazing side dish. They work well as an exotic substitute for asparagus in salads, stir fries, pasta dishes, omelets, fritatta or quiches. For an interesting and delicious snack, you can also try pickling them. Not only do they make for a crunchy forest bounty you can enjoy well into winter, they also bring the garnish on your Caesar to a new level.

While I encourage you to safely acquire fiddleheads from our stores, if you do go out into the wilderness to find fiddleheads, another safety tip is to let someone know of your whereabouts and don't forget your mobile fern. Happy harvesting!

Tasty Top Choices Recipe



Savoury Fiddlehead Side Dish

By Kelsey Moore,
Choices Registered Dietitian

Ingredients, Serves: 4

400 g West Coast Wild Foods raw fiddleheads
200 g Raw button mushrooms
2 tbsp. Butter or avocado oil
2 cloves Garlic
Pinch sea salt

Wash fiddleheads under cold water until all of the brown papery husk is removed. In a large pot, bring 1.5 L of water to a boil. Add clean fiddleheads and boil for 10 minutes. While fiddleheads are cooking, peel, crush and mince garlic, wash mushrooms in cold water (rid of any dirt) and chop.

Once fiddleheads are cooked, drain and rinse with cold water.

In a large frying pan, heat pan to medium heat.

Once heated add butter or oil and garlic.

Sauté for 1 minute.

Add chopped mushrooms and cooled fiddleheads.

Sauté for 5 minutes or until fiddleheads start to brown.

Season with salt and serve.

Can be eaten on its own or as a side dish to accompany meats or plant protein dishes.



Chef Antonio's delicious creations are made fresh and on sale every day in the Choices Deli. Pick something up today for a quick lunch or a meal for the whole family.

Online Video Seminars

MARK YOUR CALENDAR

Wednesday, April 6th
7-8:30pm

The Immune System Connection

with Lorna R. Vanderhaeghe

ONLINE ONLY

Join Lorna to discover how the gut-immune system connection plays a role in conditions from eczema to infections to allergies and more.

Free event.

Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



Wednesday, April 20th
7-8:30pm

Conquer Anxiety & Improve Your Sleep

with Dr. Miranda Wiley, ND

ONLINE ONLY

Join Dr. Wiley to learn practical solutions, including lifestyle action tips and Botanica's plant-based options for addressing anxiety & sleep.

Free event.

Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



Tuesday, April 12th
7-8:30pm

Yoga Therapy For Better Digestion

with Leila Stuart, BA, LLB, RMT, C-IAYT

ONLINE ONLY

Join Leila to learn how improving your digestion with yoga therapy can benefit your mental and physical health. A short talk will be followed by an accessible gentle class.

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



New!

Watch our recorded seminars on YouTube! Visit choicesmarkets.com for more info.

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/

SAY CHEESE!

Grilled Cheese



April 12th is International Grilled Cheese Day!

Although people have been eating cheese with bread for as long as there has been bread and cheese to eat, it wasn't until the 1920s when sliced bread and pasteurised cheese became widely available that the grilled cheese sandwich really found its stride. A staple food that got many of us through our childhood days, this easy and delicious sandwich is enjoying a renaissance in recent years. Gone are the days of white bread and processed cheese slices when we can look to what other cultures around the world do for this comforting meal.

Brazilians add ham to their grilled cheese and call it a Misto Quente, and sometimes make it double cheesy by using Pao de Queijo instead of regular bread. Portuguese for cheese bread, Pao de Queijo is made from tapioca flour with cheese mixed in.

Things take a twist when the grilled cheese is made down under, as the Australian Tiger Toast contains... You guessed it! Vegemite! They use it for everything down there, and when spread under neat rows of melted cheese it does indeed look tiger striped.

Paneer Naan is the Indian version, ranging from a sort of open almost pizza style to a more classic sandwich look with the paneer between sheets of naan. Sometimes you can find it made by crumbling the cheese right into the dough before cooking so it is incorporated the entire way through.

Italians of course have the Panini, which has become the default word for a grilled sandwich here in Canada. These versatile sandwiches come in all different flavours and fillings, like a fresh tomato caprese or more hearty prosciutto and mozzarella. If you're ever in Rome, track down a Piadina. It's an Italian flatbread loaded with meats, cheeses and veggies, then grilled like a panini. Delicious!

The French of course take things one step further with the Monte Cristo, made with Swiss or Gruyere and either ham or turkey (sometimes all the above). You then dip it in into a mixture of milk and beaten eggs, pan-frying the whole monstrous construction for a French toast crossed with a grilled cheese. If you are going to go over the top, you might as well go all the way. I'd also recommend a nice Brie and apple grilled cheese if you'd like to do something that's both French and (slightly) healthier!



However you make your grilled cheese sandwich, we here at Choices Markets are always eager to help you find the right combination of gourmet bread, quality cheese and a host of other amazing fillings, dips and dressings to help your plate shine this April 12th! Wishing you a Happy Grilled Cheese Sandwich Day!



Drew Baughman is a Red Seal Chef with over 7 years' experience in the food industry. He is a key factor in the running of the Choices Markets Kitchen. He loves great food, the outdoors and a good book.

APRIL 1-15 ONLY

club specials



Green & Black's Organic Fair Trade Chocolate Bars
Assorted Varieties
3⁹⁹ 90g

Decadent chocolates made from the finest sustainably sourced cocoa.

ChocXO Organic Almond Butter Cups or Keto Snaps



3⁹⁹ 98g - 100g

These cups are filled with wonderfully smooth almond butter for a smile worthy bite.

Smart Sweets Low Sugar Candy

Assorted Varieties

2⁹⁹ 50g



With no added sugars or artificial sweeteners, Smart Sweets are setting the new candy standard.



Califia Non-Dairy Beverages
Assorted Varieties
4²⁹ 1.4L
+deposit +eco fee

Stir up your morning routine with one of these delicious non-dairy beverages.

Salt Spring Organic Fair Trade Coffee



Assorted Varieties
10⁹⁹ 400g

Coffee farmers are the heart of Salt Spring coffee. That's why we source ethical, fair trade beans.



GT's Organic Raw Kombucha
Assorted Varieties
7⁹⁹ 1.4L
+deposit +eco fee

The original kombucha brand that started the movement.

Bob's Red Mill Organic Rolled Oats



Quick, Regular or Thick
3⁷⁹ 454g

Perfect for starting your day or making a recipe, Bob's Red Mill oats are loaded with nutrients.

Stahlbush Island Farms Sustainable Frozen Fruit



Assorted Varieties
3⁹⁹ 283g - 300g

At Stahlbush, we believe growing wholesome, gourmet foods for others is our privilege.

Wedderspoon Manuka Honey



KFactor 12
31⁹⁹ 500g
KFactor 16
36⁹⁹ 500g

Wedderspoon K Factor Manuka honey lives up to the highest global standards for honey quality.

Earth's Choice Organic Coconut Milk



Regular or Light
2⁷⁹ 400ml

Perfect for curries, soups, smoothies, baking and more!

Pacific Foods Organic Broth
Selected Varieties



Organic Broth
3⁹⁹ 946ml & 1L
Bone Broth
5⁹⁹ 946ml

Using nothing but real, simple ingredients, Pacific Foods creates homestyle broths for your recipes.

Wholesome Organic Fair Trade Golden Sugar

3⁹⁹ 454g
6⁹⁹ 907g



High quality, natural sweeteners sourced from Fair Trade producers around the world.

APRIL 16-30 ONLY

club specials



Barbara's
Cheez Puffs

2⁹⁹

155g - 198g

A family favourite, these deliciously cheesy snacks inspire snack attacks and smiles.



Rico'n Lalo
All Natural
Frozen Dessert
Bars

Selected Varieties

4⁴⁹

Pkg. of 4

Rico 'n Lalo treats taste just like real fruit because that's all that's in them! All natural and all delicious.

Seventh
Generation
Natural Dish
Liquid

2⁷⁹

562ml

Join us in nurturing the health of the next seven generations, and beyond with our natural cleaning products.



Justin's
Organic

Butter Cups

1⁹⁹

40g

Almond Butter

9⁹⁹

454g

These classic treats are made with naturally delicious recipes to create a premium snack.

Ethical Bean Organic
Fair Trade Coffee



Ground

7⁹⁹

227g

Whole Bean

10⁹⁹

340g

Ethical Bean Coffee seeks to be the best Fair Trade organic coffee on the planet.

Echoclean Biodegradable
Laundry Liquid



Selected Varieties

11⁹⁹

2.95L

Made in BC from plant-based ingredients for a natural clean.

Earth's Own or So Nice
Almond Beverages

Earth's Own

3⁴⁹

1.89L

So Nice

3⁹⁹

1.75L

+deposit +eco fee

Earth's Own almond has everything you've been looking for in a plant-based milk!



Liberté Greek or
Greek Crunch Yogurt

Selected
Varieties

3⁴⁹

Crunch, 2 x 130g

Greek, 4 x 100g

Liberté Greek yogurt is an excellent source of energy and the perfect choice for a low-fat diet.



Choices' Own
Small Batch Granola
Honey Crunch or
Super Berry

12⁹⁹

700g & 750g

Made fresh in the Choices Kitchen, featuring delicious crunch from nuts, seeds, grains and sweetness from fruit!



Earth's Choice
Organic Tomatoes



3⁹⁹

398ml

5⁴⁹

796ml

The best start to a homemade pasta sauce, butter chicken or tomato soup!

Sunrise Soyganic
Organic Tofu



Medium Firm

2⁴⁹

454g

Firm

2⁹⁹

500g

From traditional to modern tofu products, choose Sunrise Canadian made tofu!

Gardein Plant-Based Frozen
Meat Alternatives



Selected
Varieties

4⁷⁹

190g - 390g bags

It's easy to eat meatless with Gardein's tasty meat alternatives.

Exploring IBS

Q&A with Registered Dietitian Beth Nanson



Q When it comes to unwanted digestive symptoms, where do you recommend people start?

A Although the low FODMAP diet can be very useful, I often have clients start with basic strategies to optimize digestion, and limit some of the more common gut irritants in the diet. This alone can provide sufficient relief for some, and others experience relief when these strategies are combined with lifestyle modifications (e.g. stress management).

Q What do you do in your practice to help with IBS symptom relief?

A I see clients 1:1, whether it be single sessions at a time, or regularly if part of my program ('The Ultimate IBS Relief Program'). This program is 5 months long, and walks clients through how to find IBS Relief, for good. There are online modules, handouts, meal plans, workbooks, and other resources included. I also see these clients regularly to check-in on their progress in the program and answer any questions they may have.

Q Can you provide us with a shopping list of low FODMAP alternatives that people can find at their grocery store?

FOOD GROUP	HIGH FODMAP	LOW FODMAP ALTERNATIVE
Fruits	Apple, Pear	Orange, Unripe Banana
Vegetables	Celery, Cauliflower	Red Pepper, Cucumber
Grains	Rye Bread, Barley	Corn Bread, Quinoa
Dairy	Cow's Milk, Regular Yogurt	Almond Milk, Coconut Yogurt
Nuts	Cashews, Pistachios	Pine, Brazil

A

Q What is IBS? And how did you get into this field of expertise?

A IBS stands for Irritable Bowel Syndrome, which is characterized by the presence of abdominal pain, with associated changes in bowel habits such as constipation or diarrhea. Your primary practitioner should assess you for more serious medical conditions first, before proceeding to other therapies for IBS.

I specialized in this area after struggling with gut issues myself and having first-hand experience with the power of managing my symptoms through nutrition and lifestyle intervention.

Q What are FODMAPs? What is the Low FODMAP diet?

A FODMAPs are short-chain carbohydrates that are difficult to digest and absorb, leaving them to be fermented in our large intestine. Fermentation occurs when the bacteria in our guts consume the food that wasn't digested and absorbed and create by-products in this process such as fatty acids and gases. These gases can expand and stretch out our gut. Those with IBS tend to have more sensitive nerve endings around their gut, leaving them more susceptible to feeling the effects of fermentation. The low FODMAP diet can be a useful therapy for those with IBS. It's split into 3 phases whereby individuals eliminate all high FODMAP foods, reintroduce FODMAP subgroups one at a time, and then personalize a diet for themselves that includes increased variety and well-managed symptoms.



Beth is a Registered Dietitian in Vancouver. She works at an outpatient clinic, as well as within her private practice specializing in IBS and Gut Health. She received her Bachelor of Science in Food, Nutrition, and Health (Honours, Major in Dietetics) from the University of British Columbia. She then completed her dietetic internship with Vancouver Coastal Health. Being from the small town of Gibsons on the Sunshine Coast, Beth holds an outgoing and enthusiastic attitude, which has made the outpatient setting an ideal place to work. She is committed to helping each individual client find a nutrition plan that fits their lifestyle and needs, and believes any positive change towards better health is significant, no matter how small.

Gut Health Dictionary - Matching Game

Having digestive issues are not uncommon.

Put your knowledge to the test by matching the word with the correct definition!

WORD	DEFINITION/HINT
1. _A Low FODMAP Foods Snack	A. A common functional disorder that affects the movement of digested food in the gut. Symptoms include stomach discomfort, pain, constipation, bloating, diarrhea, and more.
2. _Prebiotics	B. 1 slice of sourdough bread, 1 firm banana, 80g tofu, 10 slices of cucumber
3. _Probiotics	C. An autoimmune disease that causes damage to the lining of the small intestine.
4. _Low FODMAP diet	D. A (short-term) change in foods commonly consumed that rules out foods that are easily fermented in the gut which can cause unwanted digestive symptoms in some individuals.
5. _IBS: Irritable Bowel Syndrome	E. Living organisms that are consumed for health benefits, especially relating to the gut. Some yogurts, fermented milks, and dietary supplements will contain these.
6. _Celiac disease	F. Food that is not digested by the body but used to feed our beneficial gut microbes. These include unripe bananas, onions, asparagus, oats, and more.

Gut disorders are common but they don't have to be difficult to deal with. Overall, ensure you are consuming well-balanced meals that include complex carbohydrates, protein, and healthy fats. Make sure to include some prebiotics and probiotics to help keep your gut healthy and happy! You should always consult a health professional such as a dietitian or physician for any personal recommendations and diagnoses.

Answers: 1. B 2. F 3. E 4. D 5. A 6. C

Brew Your Own Water Kefir At Home

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

Water Kefir is a fermented beverage that is made by using what is called water kefir grains. Rather than grains, they are a symbiotic culture of bacteria and yeast (or SCOBY) that feed on sugar. They resemble little round jelly granules. This quick ferment is simple and fun to make! Enjoy a caffeine-free, dairy-free beverage full of gut-friendly, immune-supporting beneficial bacteria.

To start you will need Water Kefir Grains. These are available in the cooler of your Choices Markets Wellness Department.

In a large jar, add 4 cups of boiled water and 1/4 cup of sugar. Once the sugar water solution has cooled down to room temperature, add your grains. Be sure not to add them until the water has cooled, as you do not want to kill the SCOBY.

Now put the lid on and ferment on the counter for 48 hours at a temperature between 20-30°C.

After 48 hours your kefir has finished the first ferment. Remove the grains and store them in clean water in the fridge.

Now to move on to your second ferment, where we'll add tasty flavours.

Pour the water kefir into your second vessel. (A swivel top works well here).

Now add candied ginger and a handful of blackberries. Let the mixture ferment on your counter for 24 hours. Open the lid every 8 hours, to burp. Once it is ready, store it in the fridge for one week.

If you are not ready to brew your own at home we have you covered. Squamish Water Kefir Company's Blood Orange, or Kindred Culture's Strawberry Rosehip are my favourites. Both are available at Choices Markets.

For more information on food safety and home fermentation visit bcfoodprotection.ca

Ingredients

4 cups water, boiled

- 1/4 cup sugar total (try 3 tablespoons sugar + 1 tablespoon coconut sugar)
- 1/4 cup water kefir grains • 8 pieces Candied Ginger • 1/4 cup Blackberries





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.

Top Choices Recipe



Choices Green Goodness Pasta Salad

By Rachelle Duckworth, RD(t)

Serves: 6

- 1 pkg. Chickapea Pasta (Spirals)
- 1 pkg. Shelled frozen edamame, thawed
- 1 Large Avocado, cubed
- 1 Large English cucumber, cubed
- 1/2 cup Fresh basil, chopped
- 1 pkg. Arugula
- 1 Cup Marinated artichoke hearts, chopped
- 1/2 pack Vio Life Vegan Feta (or dairy feta), crumbled
- 250 ml Choices Olive Moringa Dressing
- Salt & Pepper To Taste

Cook pasta as directed on the package.

Prepare all your vegetables and thaw the edamame.

Combine all your ingredients into one large bowl and stir until well combined.

Add salt and pepper to taste.

Keep cold in the fridge.



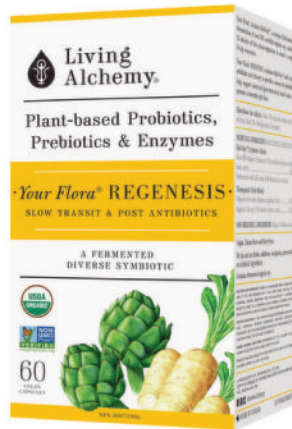
Chickapea Pasta:

Struggling to meet your protein needs? Look no further! Chickapea pasta is a delicious alternative to wheat pasta and has an excellent nutrient profile. Their product contains organic chickpeas and lentils which provide fibre, iron and packs 23g of plant protein per serving. Research has suggested that plant-based protein could play a role in cancer prevention, diabetes management, lower the risk of cardiovascular disease and promote gut health. Try using it in your next pasta salad!



Earth's Choice Sunflower Oil:

Earth's Choice's sunflower oil has a high smoke point for all your cooking, frying and sautéing needs. It is a rich source of vitamin E, which provides powerful antioxidant effects such as improving skin and cognitive health. Unlike other varieties, their high-oleic sunflower oil is especially high in monounsaturated fat which may help reduce high cholesterol levels and thus your risk of heart disease. Try using it to sauté vegetables or fry up some crispy tofu!



Living Alchemy Fermented Probiotics:

Do you struggle with digestive upset and have yet to find a potential solution to your digestive problems? Living Alchemy Fermented Probiotics are a vegan and gluten-free dietary supplement that contains a wide range of probiotics strains that may improve digestive issues such as constipation, diarrhea, and symptoms of irritable bowel syndrome (IBS). Additionally, it contains organic peppermint leaf, which helps relax your digestive system and may ease the pain associated with gas, bloating and indigestion.



Farm House Culture Gut Shot:

Farm House Culture Gut Shots consists primarily of cabbage juice which is a fermented food product. Did you know consuming fermented foods regularly may play a role in improving general gut health? Try using Farm House Culture Gut Shots as brine for your vegetables to add flavour or as a sub for the vinegar component of your home made salad dressings!



Choices Lamb:

Choices lamb is pasture-fed, is certified hormone free, antibiotic free, and non-GMO.

What's great about grass-fed lamb? Grass-fed meats tend to be higher in omega-3 fatty acids than conventional meats. Omega-3s play an important role in reducing inflammation, heart health and are important in brain development. What about taste?

This high-quality New Zealand lamb has consistently low pH levels which increases the tenderness and improves texture.

APRIL 1-15 ONLY

wellness centre

CanPrev Vitamins & Supplements



Assorted Varieties

20% Off

Assorted Sizes

Developed by ND's. 200 mg therapeutic dose, offering 20% more elemental than most brands.

Natural Factors Vitamin B Supplements



Assorted Varieties

20% Off

Assorted Sizes

Natural Factors B12 Methylcobalamin is the biologically active form of vitamin B12, the form most readily absorbed into the body.

Dr. Bronner's All-One! Pure Castile Soap



Assorted Varieties

19⁹⁹ 946mL

Dr. Bronner's soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients.

AquaOmega Omega-3 Fish Oils



Assorted Varieties

20% Off

Assorted Sizes

Proudly Canadian! AquaOmega - high potency Omega-3s from 100% anchovy.

Martin & Pleasance Supplements



Assorted Varieties

25% Off

Assorted Sizes

Harmony My Sleep is a unique & natural multi herb formula to induce sleep and relieve restlessness.

Avalon Organics



Hand Soap

8⁹⁹ 355ml

Shampoo or Conditioner

10⁴⁹ 325ml

Formulated with organic botanicals and essential oils, Avalon Organics® gentle, safe and effective plant-based shampoos and conditioners.

Hyland's Homeopathic Remedies



Assorted Varieties

20% Off

Assorted Sizes

Hyland's Restful Legs PM offers relief for the uncontrollable urge to move your legs and also helps you fall asleep and stay asleep.

Vega HelloWellness



32⁹⁹

385g-405g

Help support a healthy gut with prebiotics, probiotics and plant protein in every scoop. Go with your gut on this one.

Santevia Water Filtration Products



Assorted Varieties

20% Off

Assorted Sizes

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

Suku Vitamins & Supplements



Assorted Varieties

20% Off

Assorted Sizes

Just two sugar-free gummies equals one shot of raw, unfiltered, apple cider vinegar with the mother.

KidStar Nutrients BioFe+ Iron



Assorted Varieties

20% Off

Assorted Sizes

KidStar BioFe iron products are gentle, non-constipating, and will not upset sensitive stomachs or stain teeth like other common iron supplements.

Basd Bodycare



Bodywash

10⁴⁹ 227ml

Body Lotion

14⁹⁹ 227ml

Basd is a range of organic, plant-based, cruelty-free body care products to make you feel good, look good and do good.

APRIL 1-15 ONLY

wellness centre

Renew Life Probiotics Assorted Varieties

20% Off

Assorted Sizes



Our strongest daily multi-strain probiotic blend that provides 100 billion live bacterial cultures in a convenient once a day capsule. Contains 10 different strains of live bacteria, with a combination of both Lactobacillus (50 billion active cultures) and Bifidobacterium (50 billion active cultures) strains. Daily Probiotic: Helps support intestinal and gastrointestinal health. Good bacteria: Source of probiotics that could promote a favourable gut flora. Following Antibiotic use: Helps replenish friendly gut bacteria following antibiotic use. Delivery system: Specialized acid-resistant vegetarian capsule helps protect live bacteria from harsh stomach acids. Contains no: Gluten, artificial colour or fillers. NON-GMO.

Anderson's Health Solutions Elete Electrolyte Add-In Assorted Varieties

20% Off

Assorted Sizes



Elete Electrolyte Add-In™ is the pure, original electrolyte concentrate without calories, sugars, or artificial ingredients. It provides the electrolytes your body needs to perform optimally, without the extra calories and sugars found in many sports drinks.

Elete's formulation is a precise blend of natural electrolytes derived from a unique combination of ingredients that support optimal hydration and health. It has been carefully blended to provide just the right balance of sodium, potassium, calcium, magnesium and chloride – "simple" salts that are found naturally in our bodies.

Routine. Natural Deodorant Assorted Varieties

24⁹⁹

50g Stick
or 58g Jar



Discover why SO many formerly stinky people have been converted to a deodorant that is not only natural, but is more effective than conventional. Fun and versatile, these life-changers will second as your signature scent. Refillable glass deodorant jars are our original and favourite. Now available in stick format for on the go-getters. Cardboard outside with 100% post-consumer recycled twist up plastic on the inside. 50% less plastic than conventional deodorant sticks. Diverting an estimated 2.3 MILLION (and growing) of conventional sticks from the land fill.

Omega-3 NutraCleanse

20⁹⁹ 420g
31⁹⁹ 1kg



All-Natural Fibre Has Never Tasted So Good. Omega 3 NutraCleanse is a simple, delicious, and gentle daily fibre boost perfect for anyone looking to improve upon or maintain their healthy lifestyle. Made from 5 all-natural ingredients, O3NC replaces chalky, over-processed fibre supplements—making meeting daily fibre recommendations as easy as a few added spoonfuls to your breakfast, lunch, snack, or dinner.

Redmond Silver Earth Paste

8⁹⁹ 113g



We tried to find a toothpaste without glycerin, fluoride, and foaming agents but we could not, so we created Earth Paste using just five ingredients that all come from the earth, and we are happy to announce ingredient number six...a small amount of nano silver. This nano silver contains antimicrobial properties that can help reduce the risk of gum disease, the risk of bad breath caused by bacteria in the mouth, the risk of gum inflammation and the building of plaque. Earthpaste just got even better! And Earth Paste really works! Everything your mouth needs to feel and be clean, and nothing extra. What we left out of Earth Paste is just as important as what we put in. Earth Paste's ingredients are all natural and from the Earth.

MacroLife Naturals Miracle Reds Superfood

54⁹⁹ 283g



It wasn't easy, but we did it! At MacroLife Naturals Inc., we are dedicated to bringing the unique tastes and proven health benefits of nature's amazing fruits to you. Miracle Reds is more than a fruit blend; it is an advanced, non-allergenic, proprietary blend of nutrient-rich, anti-aging anti-oxidants, polyphenols and heart-friendly plant sterols. All ingredients that make up Miracle Reds are natural, organic, vegan, gluten free and raw. There are also no GMO products used in any MacroLife Naturals product. The formulas were meticulously created and tested for optimum health enhancement. Miracle Reds superfood supplement is much more than a fruit blend! It's an advanced, non-allergenic, proprietary fruit blend. Miracle Reds has nutrient-rich, anti-aging anti-oxidants, polyphenols and heart-friendly plant sterols. Delicious and nutritious, great for anytime – perfect for post workout recovery!

New Roots UltraB Complex

UltraB Complex 100mg

32⁹⁹

90 Capsules

UltraB Complex 50mg

44⁹⁹

180 Capsules

Ultra B Complex incorporates coenzyme B vitamins, functional flush-free niacin, and enhanced-absorption choline in a complete B-complex formula.



Natural Factors Vitamins A, D, K Supplements

**20%
Off**

Assorted Sizes and Varieties

Vitamin D is a nutrient that helps in the development and maintenance of bones and teeth and helps your body absorb calcium and phosphorus.



Salus Herbal Products

**20%
Off**

Assorted Sizes and Varieties

Clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy.



Flora Probiotics

**20%
Off**

Assorted Sizes and Varieties

These live friendly bacteria colonize in your system, shoring up your natural microflora.

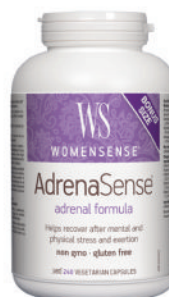


Womensense Vitamins & Supplements

**20%
Off**

Assorted Sizes and Varieties

Natural support for the adrenal glands to help relieve general fatigue, and improve mental and physical performance.



Earthrise Spirulina

11⁹⁹

90 Tablets

59⁹⁹

454g

Earthrise Spirulina has been the authority and the world's #1 manufacturer in cultivating pure, clean, and high quality spirulina.



Nordic Naturals Omega-3 Fish Oils

20% Off

Assorted Sizes & Varieties

Nordic Naturals delivers the purest Omega 3 from sardines and anchovies offering unparalleled support for heart, brain and inflammatory conditions.



Enzymedica Digestive Enzymes

**20%
Off**

Assorted Sizes & Varieties

Reduces occasional gas, bloating & indigestion. Speeds up digestion.



Purica Lion's Mane Mushrooms

Single Ingredients

24⁹⁹

60 Capsules

44⁹⁹

120 Capsules

- Enhances mental clarity
- Provides memory support
- Boosts brain health and power



Organyc Feminine Hygiene Products

**20%
Off**

Assorted Sizes and Varieties

Ultra-thin, discrete and comfortably made with 100% organic cotton. Highly absorbent, hypoallergenic and breathable.



Radius Toothbrushes & Toothpaste

**20%
Off**

Assorted Sizes and Varieties

Eco-friendly toothbrush!

Each super soft toothbrush is created with EcoPure®, meaning that it is 100% biodegradable in landfills.



Viva Health Facial Care

**20%
Off**

Assorted Sizes and Varieties

Encourages your skin to retain its natural moisture from morning to night, leaving you with a beautiful complexion all day and every day.



AOR Cortisol Adapt

42⁹⁹

60 Capsules



Why Cortisol Adapt?

Cortisol Adapt helps to modulate a person's cortisol levels and not just push or focus on their adrenal glands so it calms those who have fallen off the cortisol cliff and need something to reduce their cortisol levels. It's an amazing product for those who are tired and wired and can't use ortho adapt because its too stimulating. Cortisol Adapt Targets people who struggle with anxiety, mood disturbances, insomnia, fatigue, and hormone dysregulation that are caused by elevated levels of cortisol. This balanced formula helps reduces inflammation and ROS that is created through chronic stress while Providing well rounded neuro-cognitive support.

Lavilin Deodorant

14⁹⁹

60ml

48 Hour Protection



Lavilin Stick Deodorant gives you fast, long-lasting odor protection you can rely on with just one swipe. Clinically tested for effective odor control, Lavilin's water-resistant formula swiftly neutralizes bacteria without clogging pores or interfering with your natural bio balance. Lavilin, the body-friendly solution, provides maximum protection, even after your shower, swim, or workout. Moisturizers and natural extracts help hydrate and protect skin in the delicate underarm area. Aluminum-free, alcohol-free and paraben-free, Up to 48 Hours.

Smartsolutions Lorna Vanderhaeghe Estrosmart

24⁹⁹

60 Capsules

42⁹⁹

120 Capsules



Estrosmart is a hormone supporting supplement that promotes the production of desirable estrogen metabolism using key nutrients to create a healthy estrogen-to progesterone balance. The ingredients in Estrosmart work together to support overall liver detoxification and specific BPA detoxification through the addition of specific nutrients as well as potent antioxidants. It also helps reduce symptoms associated with recurrent breast pain. Estrosmart is ideal for anyone looking to achieve optimal estrogen-progesterone hormonal balance.

Gabriel Natural Cosmetics

20% Off

Assorted Sizes & Varieties



Gentle and non-irritating formula with vitamin B-5 to lengthen and thicken lashes without clumping or smudging. Specially designed brush expertly defines, separates and creates maximum volume Suitable for sensitive eyes and contact lens wearers. Gabriel products offer consumers earth conscious and ethical options to their beauty needs. All products are made from 100% natural ingredients with no synthetic chemicals or animal by products.

Island Essentials Shampoo or Conditioner

15⁹⁹

450ml



Gently cleansing, our shampoo will remove the grease from your hair without the use of sulphates or harsh chemicals. Hair and scalp nourishment comes from nutrient rich ingredients including: hemp seed oil, Chinese ginseng, nettle leaf extract, seaweed extract and botanical horsetail plant extract. Once cleansed our conditioner will help naturally restore vital oils and vitamins, leaving your hair looking health, shiny and supple. Our conditioner is packed with vitamins E & B5, and premium botanicals including: Moroccan argan oil, hemp seed oil, jojoba oil, aloe vera, ginkgo biloba, Chinese ginseng.

New Roots Organic Pumpkin Seed Protein

26⁹⁹

450g



Pumpkin seed protein powder is a whole-food source of protein and healthy fibre. Its distinct, subtle, nutty taste makes it a great fit to amplify the health quotient of soups, protein shakes, salad dressings, baked goods, and more. It's also a source of healthy protein for vegetarians and folks looking to reduce their meat consumption. Benefit from the 10 grams of protein and 2 grams of fibre per two-tablespoon serving in shakes, smoothies, sauces, baked goods, and countless culinary creations.



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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 CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



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