



# CHOICES'

Monthly Newsletter | June 2022

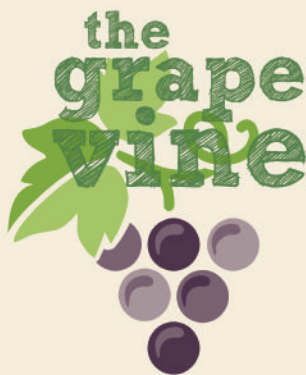
## Sustainable Seafood

**The Dish On** Halibut!

Shrimp Risotto **Recipe**

**Check Out** Engaging with Men's Health





## Ocean Wise

### Ocean sustainability is more important than ever.

That's why Choices Markets now offers 100% Ocean Wise fresh seafood across all locations! Ocean Wise is so important because it makes sustainable seafood easy. Seafood lovers do not need to think twice about the environmental impacts of transporting and preserving catch once they see that Ocean Wise symbol on Choices seafood. Ocean Wise addresses fishing and farming techniques, resource management to protect the health of our waters, by-catch concerns and species abundance.



## Men's Health



To coincide with Father's Day, this month's nutrition articles are all about Men's Health. Whether talking about mental or physical well-being, it's important for men to be a part of the conversation so that everyone's friends, brothers, fathers and other family members live long and happy lives.

## Father's Day

### June 19th is all about Dad!

While we're sure your dad will be able to supply all the bad jokes and questionable fashions, come to Choices to get everything else you need for a great Father's day dinner. We'll have organic, free range meats for the grill, or Beyond Meat burgers and sausages if that's more his speed. Don't forget the buns, freshly made in our bakery every day. You can also stop by our wellness department to pick up some great shaving products and more to really help him relax and kick his slippers off.



## ENTER TO WIN

### 1 of 5 Paddleboard Kits

Courtesy of:



### Skill Testing Question:

$(56 - 18) \times (25 - 13) =$  \_\_\_\_\_

Name: \_\_\_\_\_

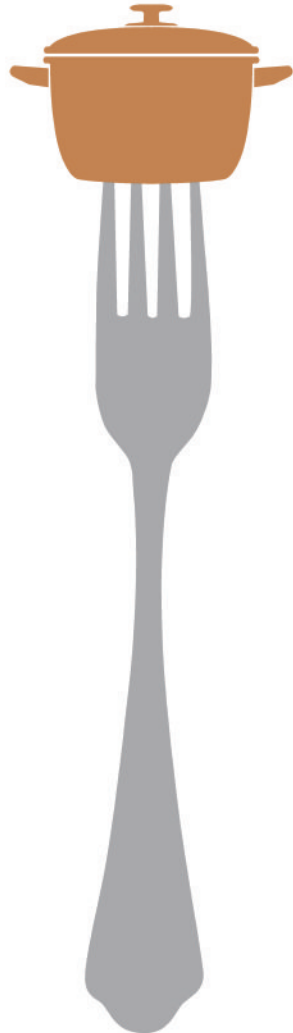
Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_

Contest open from June 1-30, 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. Winner is responsible for picking up their prize from the Choices Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2022.

# the Dish

## on Halibut



In the deep, cold waters of the North Pacific, ranging from BC's coastal waters to Alaska, to the Northern Coasts of Asia, you will find a strange, flat fish known as the halibut. Like all flounders, the juvenile fish resembles a normal one, with eyes on both sides of its head. As the fish develops, one eye migrates on to the other side of the head and the body flattens out like a pancake. This is an adaptation for the grown halibut's life as a bottom dweller. Halibut camouflage themselves to the seafloor, all the better to hide from predators and catch prey themselves.



Halibut have a slow reproduction cycle. Males can only reproduce when they reach seven to eight years of maturity, and females twelve. So, it is very important to be selective and sustainability focused when harvesting halibut, avoiding juvenile by catch. The majority of the halibut fishery is done by small family-owned boats, and some of these families have been at work since the late 1800's. The fishery is highly regulated by the International Pacific Halibut Commission, as well as the Canadian Department of Fisheries and Oceans. Both have very strict rules on commercial fishery.

Halibut can live to be over fifty years old and grow to an absolutely massive 500 kilograms. Sport fishermen sometimes say that catching a particularly large halibut is like reeling in a barn door. Fillets and steaks are the most common cuts of halibut you'll find in our stores, but if you can track down some halibut cheeks, you should definitely snap them up. They are a real treat.

Halibut is a sweet and mild tasting fish, so it's extremely versatile in the kitchen. Pan fried,

grilled, baked, deep fried, added to bouillabaisse or cioppino, wrapped up in dumplings or mixed in to pasta. The key word is mild though, so try not to overpower the taste of the fish with other ingredients. Serve with regular side dishes or fresh



sauses, grilled fruit skewers, and so on. No matter how you enjoy this fish, just make sure you are doing it as freshly, and as sustainably as possible, to we can enjoy this fish for generations to come.

When coming up with ideas for a sustainable seafood article, I hummed and hawed over a lot of fishy options but then I thought, to halibut, and wrote about this delicious bottom dwelling delicacy. If you can think of a better fish pun than that, please let me know!



**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

**Thursday June 9th, 2022**  
**7:00-8:30pm**

## Understanding CBT Food Psychology & the Importance of Supplements

with Jackie Dunham, PharmD & Marjie Richardson

### ONLINE ONLY

Want to change your food habits  
and learn about supplements?  
Join Marjie and Jackie to learn about  
food psychology and the role of  
supplements.

### Free event.

Register online at  
[choicesmarkets.com/events](https://choicesmarkets.com/events).  
Details to join seminar will be  
available by email once sign-up  
is completed.



## 5 Ways to Boost Energy and Feel Great this Summer!

with Joleen Gruber, BA, RHN

**Wednesday June 15th, 2022**  
**7:00-8:30pm**

**IN PERSON AT CHOICES MARKET - KITSILANO**  
2627 West 16th Ave, Vancouver

**Thursday June 16th, 2022**  
**7:00-8:30pm**

**IN PERSON AT CHOICES MARKET - SOUTH SURREY**  
3248 King George Blvd., Surrey

Join Joleen to learn how adding protein,  
good fats, and fiber can help  
balance blood sugar, boost energy  
and improve insulin resistance.

### Free event.

Register online at  
[choicesmarkets.com/events](https://choicesmarkets.com/events).

### Event Sponsored By:

**ORGANIKA**  
AUTHENTICALLY CANADIAN



**Wednesday June 22nd, 2022**  
**7:00-8:30pm**

## It's Not All In Your Head How Gut Health Plays a Role in Mental Wellness

with Dr. Miranda Wiley, ND

### ONLINE ONLY

It's all about balance. Learn how to balance and better support  
your brain gut connection for improving your overall mental health.

### Free event.

Event  
Sponsored  
By:



**Tuesday June 28th, 2022**  
**7:00-8:30pm**

## Energy for Men:

*The Hidden Reasons that hold you back*

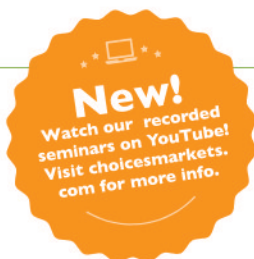
with Dr. Rory Gibbons

### ONLINE ONLY

If you are someone who has low energy, Dr. Rory Gibbons, ND,  
will be talking all about energy robbers and what we can do to  
get your energy back!

### Free event.

Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join  
seminar will be available by email once sign-up is completed.



## 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/)



# Men's Health Q&A

## with Dr. Rory Gibbons



**Q What steps do men need to take to reduce their risk of developing prostate cancer?**

**A** Having routine blood work and a physical exam if you are past 50 years of age is a great start! If you haven't been to the doctor for a while and haven't had any bloodwork, here is your reminder.  
Eating a diet that is rich in antioxidants (and low in processed sugar) is a great way to prevent many cancers including prostate cancer. One specific nutrient, lycopene (found in tomatoes and other vegetables), has been associated with lower risk of prostate cancer. Eat lots of colourful fruits and vegetables daily!

**Q Along with reducing prostate cancer risk, are there any nutrients men need to ensure they are consuming enough to prevent the risk of chronic diseases?**

**A** Honestly it depends on the person! Depending on what their diet and lifestyle is like will dictate which nutrients may be lacking. Common nutrients I see very useful in my practice for men's wellness are Vitamin D3, Magnesium and CoQ10.

**Q We are excited to have you run a webinar on Men's Health and Energy for us this month. Can you tell us what we can expect from the upcoming webinar?**

**A** I'm excited too! In this webinar I will be talking about (and taking questions about) what could be robbing your energy stores. We will be covering hormones such as testosterone, insulin and cortisol as well as learning about the role of mitochondria.  
Attendees can expect to come away with some concrete diet and lifestyle ideas that they can implement into their lives daily to start getting their energy back, quick.

**Dr. Rory Gibbons is a practicing naturopathic doctor in the lower mainland of British Columbia and provides high-quality care to patients all over the province! He specializes his practice to focus on men's health issues and gut health issues. To learn more about Dr. Rory Gibbons and book an appointment, visit [drorrorygibbons.com](http://drorrorygibbons.com).**



**Q We are excited to be featuring a health practitioner that focuses on men's health! Tell us why you chose to focus on this specialty?**

**A** I have narrowed my focus to helping men of all ages to become stronger, healthier so they can show up for themselves and the people closest to them. I really love treating new dads because as a new dad myself I see the value in being the best version of myself in order to teach my kids to be the best version of themselves. I also love helping men live longer.

**Q When it comes to men's health, What are the top 3 health risks of concern?**

- A**
- **Cardiovascular Disease** - This is a major cause of death in men and it starts early in life. I use specific lab testing to evaluate cardiovascular risk and from there I teach my patients how to lower their risk through diet and lifestyle practices.
  - **Mental Health Diagnoses** are rising, especially in the past 2-3 years due to the COVID-19 pandemic. Depression and anxiety are running rampant, and these feelings should not be pushed away.
  - **Cancer** is certainly a main cause of death for men globally and even though I don't treat cancer patients directly, all my patients are getting cancer prevention by default through the implementation of improved eating patterns, stress reduction, lifestyle counseling and physical activity.



JUNE 1-15 ONLY

# club specials

## Island Farms Ice Cream



Classic **5<sup>99</sup>** 1.65L  
Premium **6<sup>99</sup>** 1.65L

Enjoy the creaminess of Island Farms' wide variety of ice cream. Go on, have a scoop!

## Let's Do Organic Ice Cream Cones & Baking Products



**3<sup>49</sup>**  
to **5<sup>99</sup>**  
Assorted Sizes

Whether you're a single scoop or a triple kind of person, these cones are the perfect accompaniment.

## So Delicious Dairy-Free Frozen Desserts



**5<sup>99</sup>**  
500ml

Feed your soul with these artfully crafted, dairy-free desserts.

## Seventh Generation Natural Dish Liquid



**2<sup>99</sup>**  
562ml

Dishwashing liquid made with natural, biodegradable ingredients.

## Smart Sweets Low Sugar Gummies



**3<sup>49</sup>**  
50g

Kick sugar, keep candy, with these tasty treats.

## Zevia Zero Calorie Soda



**5<sup>49</sup>**  
Pkg. of 6  
Plus Deposit  
& Eco Fee

With flavours from real ingredients, you can feel good about indulging in these zero-calorie sodas.

## Tree Island Cream Top Grass-Fed Yogurt



**9<sup>99</sup>**  
1.5kg

Made with love and dedication on Vancouver Island from Grass Fed Cow's milk.

## Liberté Greek or Greek Crunch Yogurt



**3<sup>49</sup>**  
Greek, 4 x 100g  
Greek Crunch,  
2 x 130g

Smooth yogurt and crunchy nuts combine for a complete snack when you're on the go.

## Nuts to You Organic Almond Butter



**12<sup>99</sup>**  
365g

With a short ingredients list, these nut butters are the real deal.

## Suzie's Organic Condiments



**3<sup>59</sup>**  
to **5<sup>99</sup>**  
Assorted Sizes

There's no need to compromise on condiment quality with these organic sauces.

## Chosen Foods Avocado Oil Spray



**10<sup>99</sup>**  
383g

Avocado oil is versatile, and with its high smoke point is perfect for high temperature cooking.

## Explore Cuisine Organic Gluten-Free Pastas



**4<sup>99</sup>**  
200g - 300g

Discover these better-for-you vegetable based pastas.



June 16-30 ONLY

# club specials



GT'S Organic  
Raw Kombucha

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

480ml  
Plus Deposit & Eco Fee

The original kombucha brand that started the worldwide craze.

Rico'n Lalo  
Frozen Fruit Bars



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

Pkg. of 4

Pure fruit juice treats, no additives, concentrates or preservatives used!

Righteous  
Gelato & Sorbetto



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

562ml

Small batch and plant-based gelatos and sorbetto made with only the best ingredients.

Purplesful Snacking Ancient  
Grain Purple Kernel Popcorn



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

136g

Snacks made with Andean ancient grain purple corn kernels for a lighter, fluffier snack.

RW Garcia  
Gluten-Free Crackers



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

155g - 180g

Made with seeds and healthy vegetables for a nutritious and crunchy snack.

Choices Dairy  
Organic Cheese



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

235g

Our cheeses are made with local organic BC milk for the best in melty, stretchy goodness.

Liberté  
Méditerranée Yogurt



**3<sup>79</sup>**

500g

Perfectly smooth and creamy yogurt married with exotic and traditional flavours for a decadent yogurt experience.

Terra Breads  
Granola



**16<sup>99</sup>**

1kg

Inspired by a family recipe, these granolas are made in small batches with no preservatives.

Silk Almond Beverage



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

946ml  
Plus Deposit & Eco Fee

Silk almond beverages are irresistibly delicious and certified non-GMO.

Nina's Handcrafted  
Pierogies



Regular

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

Gluten-Free

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

Assorted Sizes

This locally run family business emphasizes quality ingredients for their tasty pierogies.

Lisc Polish Sauerkraut



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

900ml

Made from grandma's recipe, this sauerkraut is made for top quality and excellent taste.

Echoclean  
Biodegradable  
Dish Liquid



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

740ml

For a truly West Coast clean, trust locally made Echoclean products.



# Men's Health and Body Dysmorphia

Toni Vandenbrink BSc. Nutrition Consultant

What do you picture when you think of men's health? Is there a certain body shape, or aesthetic that pops up in your mind? If you check any Men's Health magazine you will often find a very fit male with large defined muscles. This specific visual of what it means to be healthy and attractive as a male has led to increased rates of body dissatisfaction and body dysmorphia amongst male-identifying people.



Body dysmorphia is usually thought of as something females struggle with, but it is just as common in males, just less discussed. A term for the type of body dysmorphia many males can relate to is muscle dysmorphia (MD). MD is the constant feeling that one's body is too small, and the obsession with gaining muscle mass.

Athletes are more susceptible to developing MD. In particular athletes in sports that place an emphasis on the athlete's weight, or appearance such as bodybuilding, wrestling, or weight-lifting. As societal influences change and encourage a more muscular physique, children at progressively younger ages are at increased risk for developing body dysmorphia.

Common symptoms of males struggling with MD include: obsessive exercise routines, and strict diet regimens. This can lead to social isolation, difficulty focusing on tasks, and an overall negative impact on mental health. These symptoms often go unrecognized, and males are often hesitant to reveal their symptoms due to embarrassment or shame. Plus, many males do not recognize their symptoms as a problem.

As a society we need to show males that all bodies are worthy of self-love. Coaches/parents should encourage males in sports to focus on performance rather than aesthetic and normalize asking for help when they are struggling. The best treatment for MD is therapy, so please reach out for help if you can relate.

*For more resources on Body Dysmorphia, please visit: [bddfoundation.org](http://bddfoundation.org)*





# Plant-Based Diets & Omega-3

By Rachelle Duckworth, Choices Market RHN

Did you know that our body can produce all of the required long-chain fatty acids, except for linoleic acid (LA)- an omega-6 fatty acid and alpha-linolenic acid (ALA)- an omega-3 fatty acid?

Consuming sufficient LA isn't as much of a concern as it's found in a wide variety of foods. However, high intakes of LA may suppress the conversion of ALA to its active forms eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

EPA and DHA are omega-3 fatty acids that are transformed into other active substances in our body. They play a crucial role in decreasing inflammation, supporting our immune system and helping protect our cells and tissues. The main sources of dietary EPA and DHA are oily fish, therefore, dietary intakes of these omega-3 fatty acids are limited on a plant-based diet.

The recommended dietary allowance for ALA is 1.6g/d for men and 1.1g/d for women, however, those consuming an exclusively plant-based diet may benefit from consuming a somewhat higher intake than this recommendation. They also may benefit by simultaneously limiting the overconsumption of LA, to better support the conversion of ALA to EPA and DHA.

To obtain optimal omega-3 levels on a plant-based diet, focus on consuming foods that are good sources of omega-3 fats. Nuts and seeds like flaxseed oil, chia seeds, walnuts, hemp seeds as well as soybean oil, camelina oil and canola oil are all good plant based sources.

Additionally, a plant-based source of DHA can be found in microalgae supplements! EPA/DHA supplementation recommendations may vary, however, most organizations recommend a minimum of 250-500mg/d for healthy adults.



## Tasty Top Choices Recipe



### Organic Ocean Mama Seafood Black Tiger Shrimp with Braised Fennel and Dill Risotto

16 pieces - Organic Ocean Mama Seafood Cooked Black Tiger Shrimp

4 tbsp - Vegetable oil

1 each - Shallot, thinly sliced

200 ml - Fennel, small dice

300 ml - Arborio rice

100 ml - White wine

4 L - Fennel stock (recipe below)

150 ml - Grated parmesan

100 ml - Cream

2 tbsp - Fresh Dill, chopped

Salt to taste

#### Fennel Stock

1 each - White Onion, sliced

1 each - Fennel, sliced

4 L - Water

1 tbsp - Star anise

1 tbsp - Fennel seeds

**For the fennel stock:** place the onion, fennel, water, star anise and fennel seeds into a large pot and bring it to a simmer for 45 minutes. Strain stock and use in recipe when needed.

**For the risotto:** place an appropriate pan on medium heat and add 2 tbsp of oil. Add the shallots and sweat for 2 minutes. Add the diced fennel and sweat for additional 2 minutes. Add the Arborio rice and sauté for 2 minutes. Add white wine, stir and reduce until all wine is absorbed.

Add two ladles of hot fennel stock over the rice and stir continuously until all liquid is absorbed. Continue this procedure one ladle at a time until rice is almost cooked throughout and a slightly creamy texture has been produced. Set aside while you cook the shrimp.

In a small pan, sauté the Organic Shrimp on high heat with 2 tbsp of oil. Season to taste with salt and pepper.

Turn the risotto back to medium heat and stir in the grated parmesan, cream, freshly chopped dill and season with salt. Serve immediately and top with Organic Ocean Wise Black Tiger Shrimp.







## 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



#### Nonna Pia's Balsamic Reduction:

If you're looking for a new way to excite your taste buds, we've found it. Nonna Pia's Balsamic Reduction comes in a number of mouth-watering flavours like Cabernet Merlot, Strawberry Fig and Classic. These gluten-free and Non-GMO reductions work beautifully as a dressing for a summer salad or to add some extra flavour to your burger of choice!

#### Organic Traditions Sprouted Grains:

Organic Traditions offers a wide variety of whole grains and seeds like sprouted quinoa, chia and flax. Whole grains are an important component of a meal as they provide slow-burning energy. Seeds like chia and flax are great sources of Omega 3s which are vital for brain and heart health. Try adding chia or flax to your morning oatmeal or smoothie and switch up your rice with quinoa for more variety.



#### Tree Island Cream Top Yogurt:

Tree Island Cream Top Tree Yogurt uses milk from cows that are grass fed. Grass fed milk tends to be higher in nutrients like omega-3 fatty acids. Since our bodies can't make omega-3's they are crucial for us to get from our diet. Omegas-3s are vital for supporting heart and brain health. This summer enjoy Tree Island Cream Top Grass-Fed Yogurt in a savoury dipping sauce with crunchy fresh vegetables, or add to your favourite







## Tasty Top Choices Recipe



### Breakfast Tostadas with Smashed Avocado and Toasted Chick Peas

By Moriah Sawtelle from ellefait.com

#### INGREDIENTS

##### Avocado Mash

- 2 Large Avocados
- Juice of 1/2 lime
- 1/4 tsp salt

##### Chickpeas

- 1 can chickpeas, drained
- 1 tbsp olive oil or avocado oil
- 1/4 tsp salt
- 1 tsp paprika
- 1 tsp chili powder

##### Garnish

- Chopped Cilantro
- Broccoli Sprouts

##### Sana Tortillas



#### Sana Coconut Wraps:

Looking to switch up your tortillas? Sana Coconut Wraps are a great gluten-free, and organic alternative. Coconut is high in important minerals like manganese, copper, iron, and selenium. These minerals are essential for bone health, forming red blood cells and protecting cells from damage. Try this tasty plant-based breakfast wrap using Sana Coconut wraps, it won't disappoint!

#### Directions:

1. Preheat the oven to 400F and line a large baking sheet with parchment paper.
2. Pat chickpeas dry with a towel, then place on the baking sheet and drizzle with the olive oil.
3. Bake the chickpeas for 25 minutes, or until golden.
4. Remove from the oven and sprinkle with paprika, chili powder, and salt.
5. While the chickpeas are toasting, mash avocado together with lime and sea salt and set aside.
6. Toast the tortillas just before serving by placing on a baking sheet lined with parchment paper. Bake at 350 F for 6-7 minutes, or until crispy
7. To assemble, top the tortillas with avocado, chickpeas, and a sprinkle of chopped cilantro and sprouts.





JUNE 1-15 ONLY

# wellness centre



## Dr. Bronner's Pure Castile Soap

**11<sup>99</sup>**  
473ml

Dr. Bronner's makes pure-castile soap, hair and body care products of the highest quality. All-One!

## Schmidt's Natural Deodorant



**11<sup>49</sup>**  
92g

Canada's #1 Natural Deodorant is always plant-based, certified vegan and cruelty free.



## Every Man Jack Men's Bodycare

**25% Off**

Assorted  
Varieties & Sizes

Our body washes simplify your shower routine, formulated to cleanse your body while shampooing and conditioning your hair for a head-to-toe clean.



## Sukin Naturals Hair & Body Care Hair Care

**10<sup>99</sup>**  
500ml

## Bodywash & Lotion

**12<sup>99</sup>**  
500ml

No harm to the ocean after its down the drain, no harmful processes, just ingredients from nature that work.

## Flora Beyond Greens



**35<sup>99</sup>**  
255g

A combination of broccoli, kale and a variety of other supergreens that are rich in vitamins, minerals and nutrients

## Pure Creations Facial Care



**20% Off**

Assorted  
Varieties & Sizes

A luxurious serum with plant-based Retinol, peptides, and Glucosyl Hesperidin that brighten the skin, reduce the look of dark circles and wrinkles.

## Natural Factors Probiotics



**20% Off**

Assorted  
Varieties & Sizes

Contains 12 billion active cells of a blend of specially cultured strains of probiotics, chosen for their compatibility and ability to survive stomach acidity.

## CanPrev Liposomal Supplements



**35<sup>99</sup>**  
450ml

Curcumin, Vitamin C or Magnesium

**44<sup>99</sup>**  
450ml

Coenzyme CoQ20 or Milk Thistle

Liposomes envelop active nutrients in a bubble of phospholipids, shielding against digestive hazards, enzymes and absorption-blocking substances.



## St. Francis Allergy Relief

**17<sup>49</sup>**

Nasal Spray, 30ml  
or Tincture, 50ml

Natural allergy relief that is as effective as traditional over-the-counter products, without the side effects!

## Healthology Fibre Blends



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

Soluble Fibre Blend, 210g  
or Daily Fibre Blend, 240g

Promotes bowel health and regularity, keeps us feeling satiated, and is a source of antioxidants to protect cells from damage.

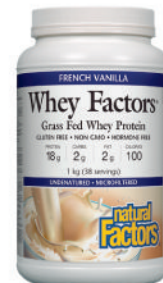
## Organic Traditions Berry Superfood Powders



**20% Off**

Assorted  
Varieties & Sizes

Organic Tradition Berry Powders contain a host of antioxidants and supports optimal immune health.



## Natural Factors Proteins Vegan

Whey

**41<sup>99</sup>**  
1kg

Whey

**42<sup>99</sup>**  
1kg

Natural Factors Whey Factors is a high-quality, low-carbohydrate protein powder drink mix, essential for physically active individuals.



### New Roots Prostate Perform

**41<sup>49</sup>**

30 Capsules

**73<sup>99</sup>**

60 Capsules

**101<sup>99</sup>**

90 Capsules



Prostate Perform is an effective prostate-support formulation. Prostate Perform relieves the symptoms of benign prostatic hyperplasia (BPH), including frequent urination particularly at night, inconsistent stream, the strain to urinate, and prostate growth.

A maintenance regimen of New Roots Herbal's Prostate Perform is a smart addition to your nutritional program.

### Purica Menopause Relief

**42<sup>99</sup>**

120 Capsules



The passage through menopause is often marred by physical and mental discomforts that can challenge even the strongest woman. PURICA Menopause Relief addresses the most common symptoms of menopause, substantially smoothing the transition. Through balancing the hormones, the ingredients in PURICA Menopause Relief:

- Help control hot flashes and night sweats
- Help prevent mood swings
- Enhance youthfulness of skin, hair and nails
- Ameliorate stress
- Enhance libido
- Help prevent vaginal dryness
- Stop annoying skin itch/tingling (paresthesia)
- Encourage restful sleep
- Increase energy

### Attitude Natural Sun Care

**16<sup>99</sup>**

85g



Our Plastic Free Mineral Sunscreen Stick SPF 30 is natural, efficient and comes in an innovative biodegradable cardboard tube to reduce single-use plastic! This mineral sunscreen forms a physical barrier that protects against both UVA and UVB rays. Our mineral and hypoallergenic sunscreen uses natural ingredients like non-nano zinc oxide to offer broad-spectrum protection. Hypoallergenic, dermatologically tested and unscented, it is gentle on sensitive skin. Our sunscreen is PETA Certified, vegan, cruelty-free and reef-friendly. Easy to apply, thanks to its smooth texture due to ingredients such as coconut oil and shea butter.

### Preferred Nutrition Selenomethionine

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

60 Capsules



Selenium is required by the body as a trace element for the production of an important antioxidant called glutathione peroxidase. Selenium can prevent oxidation and thereby protect cells and tissues from free radicals. Selenium is concentrated in the kidneys, liver, muscles and the thyroid. It boosts and helps regulate the immune system and fights back infections, some harmful bacteria and viruses. Selenium deficiency reduces the activities of the selenium-dependent antioxidant enzymes, leading to a number of functional disorders including skeletal muscle dysfunction, cardiac dysfunction, hepatic degradation, increased capillary permeability, and pancreatic degeneration. L-selenomethionine is easily absorbed in the gastrointestinal tract and is better absorbed and retained in the body than other forms including selenite or selenate. Organic forms of selenium, such as L-selenomethionine, are selenium bound to methionine, an essential amino acid.

### Botanica Turmeric Pain & Joint

**39<sup>99</sup>**

60 Capsules



We use the whole turmeric root in Botanica Turmeric Joint & Pain Liquid Capsules because nature got it right. Rather than isolating curcumin, we use the whole plant with its complete range of compounds to maximize absorption. And then combine with a unique blend of herbs to promote healthy joint mobility.

- Reduces inflammation for better joint mobility
- Quercetin supports a healthy inflammatory response in the joints, while Devil's Claw promotes joint comfort
- Black Pepper extract is included for increased absorption and bioavailability of curcumins
- The convenience of a capsule, with the concentration of a liquid herb, and no aftertaste

### Aeryon Wellness Up and Away

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

14 Capsules



Up and Away is made of 100% Boric Acid and is specifically designed to help relieve symptoms of recurrent vulvovaginal candidiasis (yeast infections) such as odor, itching, irritation and vaginal discharge. Boric Acid works by restoring normal vaginal pH levels and flora balance. One capsule of Up and Away is inserted into the vagina at night before bed, for a maximum of 14 days. Simply put it "Up" and it goes "Away."



June 16-30 ONLY

# wellness centre



Derma E  
Sun Care

**25%  
Off**

Assorted Sizes & Varieties

Non-aerosol spray,  
non-whitening & lightweight  
and 80 Minutes Water Resistant

Decode  
Men's Bodycare



**30%  
Off**

Assorted Sizes & Varieties

Made with quality natural  
ingredients and provides 24  
hour protection against odours,  
leaving you feeling fresh and  
confident all day.



Weleda  
Body Care

Bodywash

**10<sup>49</sup>**  
200ml

Body Oil

**21<sup>99</sup>**  
100ml

Refreshing gel formula invigorates senses while  
gently cleansing skin, leaving it feeling supple.

Mountain Sky Shampoo  
& Conditioner Bars



**9<sup>49</sup>**  
60g

Mountain Sky makes  
non-soap based  
shampoo bars as many  
people want a solid pH  
balanced bar that is as good as bottled shampoo.



Lily of the Desert  
Aloe Vera Gelly

**5<sup>49</sup>**  
114g

**10<sup>99</sup>**  
342g

99% Aloe Vera Gelly instantly  
cools the skin while hydrating at  
least 3 epidermal layers.

Bio-K Plus  
Probiotics



Dairy

**36<sup>99</sup>**  
12 Pack

Non-Dairy

**39<sup>99</sup>**  
12 Pack

Our products are available in two different  
forms; Bio-K+ Fermented Drinkable Probiotic.

Natural Factors  
Minerals



**20%  
Off**

Assorted Sizes  
& Varieties

Magnesium is required for  
the formation of bones and  
teeth, and for nerve and  
muscle function.

Innovite  
Nattokinase



**31<sup>99</sup>**  
60 Capsules

Promotes the breakdown  
of fibrin, a protein which  
forms in blood clots.



Vital Proteins  
Collagen  
Bovine

**32<sup>99</sup>**  
284g

Marine

**46<sup>99</sup>**  
221g

Our Marine Collagen is  
made from the scales of wild-caught fish off the  
coast of Alaska. It's flavourless and odorless,  
and easily mixed into hot or cold liquids.



Now Vitamins  
& Supplements

**20%  
Off**

Assorted Sizes & Varieties

The NOW Difference. From  
field to finished product, we  
prioritize quality at every step.

Organika  
Hyaluronic Acid



**36<sup>99</sup>**

90 Capsules  
or 100g

Rejuvenating boost, natural  
production of skin-firming  
collagen and increasing  
hydration.

New Roots  
Lectro-Lytes



**27<sup>99</sup>**

168g - 192g

Available in naturally  
flavoured lemon-lime and  
coco-pineapple, with no  
added sugar or artificial ingredients, it's a great-  
tasting blend for maintaining electrolyte balance.



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## Haven Life Bacopa Brain

**23<sup>99</sup>**  
60 Capsules



Bacopa supports brain health and improves memory. Used for centuries in herbal medicine, HAVN Life Bacopa is a powerful plant extract that is clinically proven to support cognitive function and the nervous system. HAVN Life products are created with high quality plant extracts to ensure maximum potency.

## Natren Probiotics



**20% Off**

Assorted Sizes & Varieties

Natren specializes in single strain probiotics in a delivery method that guarantees results! If you suffer from gas, bloating or indigestion try the Natren Healthy Start Kit to rejuvenate your GI tract, or for more intense support, try the Healthy Trinity product backed by human clinical trials ensuring efficacy and delivery to the intestines, where it is most active. Try the brand most recommended by naturopathic doctors – Natren!

## The Future is Bamboo Personal Care



**5<sup>99</sup> 18<sup>99</sup> 28<sup>99</sup>**

Pkg. of 400  
Cotton Swabs

Refill Rounds

Starter Kit

Bamboo charcoal facial rounds elevate your skin care routine to an eco friendly level! Say goodbye to single use wipes and cotton swabs with these reusable cruelty free charcoal facial rounds. The dark fabric helps conceal make-up stains, while the charcoal is anti-bacterial. Simply use with your favourite make-up remover then toss into your washing machine between uses. Can be reused hundreds of times!

## Leanfit Protein

Organic Vegan  
**27<sup>99</sup>**  
715g

Grass Fed Whey  
**34<sup>99</sup>**  
875g



Fuel, build, and maintain muscle with our deliciously smooth, high-quality LEANFIT WHEY PROTEIN™! We use cross-flow microfiltered 100% whey protein, the most complete protein source available, for amazing taste and nutrition. It blends well, digests quickly, and acts fast to deliver optimum protein nutrition to your body. Made with natural vanilla flavouring. Upgrade your protein and enjoy LEANFIT® Whey Every Day®.

## CanPrev Omega Twist

**35<sup>99</sup>**  
450ml



Mouth watering flavours you will LOVE!

1500 EPA and DHA per spoon + 1000IU D3!

Omega Twist is a mouthwatering way to get your daily dose of omega-3 fats. Don't let the mega tasty flavour fool you – they are chock full of highly concentrated omega EPA and DHA plus 1000IU of vitamin D3 and vitamin E for easy absorption. In their native triglyceride form, our fish oils are sustainably sourced from small, wild-caught fish. Omega-3 fatty acids are essential for our body and brain. In fact, every cell in your body requires omega-3 fats to maintain good health.

## Mad Hippie Face Shield & Natural Suncare

**20% Off**

Assorted Sizes  
& Varieties



Protect, hydrate and nourish your skin with Mad Hippie's new sun care products. Packed with hydrating hyaluronic & polyglutamic acids, natural antioxidant-rich oils, and vitamin C & ferulic acid, our powerhouse formulas fend off aging and damaging UV rays and free radicals! These non-whitening sunscreens blend in beautifully and are perfect for daily use around town, a jog, or a trip to the beach! For a clean, effortless glow...and healthy, happy skin! All products in eco-friendly packaging





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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):** 0

**Waste:** 1,199 kg

**Water:** 1 m3 world eq. of water

**Greenhouse Gas Emissions:**

109 kg CO2 or 432 km driven by car +

1 kg NMVOC or 260 km driven by car

**Energy:**

2 GJ or 8,164 60-W light bulbs for one hour

Results based on the Rolland Environmental Calculator



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