



# CHOICES'

Monthly Newsletter | October 2022

## The Dish on Fennel

**Managing PCOS**

**Halloween Candy & Kids**

**Recipes, Contests & More!**





Visit [shop.choicesmarkets.com](https://shop.choicesmarkets.com)

We've been working tirelessly behind the scenes to enhance our online experience with fresh content to help you make healthy, informed choices for your family. From shoppable recipes to curated product offerings, you'll love what we've cooked up.



## Stop by The Choices Deli for All Your Thanksgiving Needs

Making a big dinner for the holidays can be intimidating! Let the Choices deli be your secret to success. We can take care of any part of your holiday meal with our pre-made specialties. From turkey roasts, to a rainbow of side dishes to the gravy, we've tirelessly perfected our recipes to make sure they're worthy of your table at home. Don't forget, our bakery also makes an amazing pumpkin pie alongside other great desserts and dinner rolls!



## ENTER TO WIN

## A Year's Supply of Cleaning Products

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

Four lucky Choices customers 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 October 1 to 31, 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 Fennel

If while shopping in the produce aisle you've ever noticed that weird looking oniony thing with green hair on top and wondered what to do with it, wonder no more.

That's fennel (sometimes called anise), and it's actually one unique and delicious vegetable.

Like most fresh veggies, fennel is super nutritious and low calorie. With potassium, phosphorus and other minerals, fennel is as prized for its nutrients as its sweet, licorice-like taste.



Fennel has been around for a long, long time. It's said in some tellings of ancient Greek myth that the titan Prometheus brought fire to humans by hiding it inside a fennel bulb. There's also historical data that suggests wild fennel was used by ancient Egyptians and Babylonians for food and medicine. Cultivation and farming of fennel dates back to the 16th century in its native southern Europe.

When shopping for fennel, look for bright white bulbs and light green stalks and fronds. Avoid fennel with a yellow colour and make sure its firm and not soft. The prized part of fennel for eating is the bulb, but the stalks and fronds are great for flavouring soups, stocks and stews. Next time you make a Caesar, why not garnish with a feathery fennel frond instead of a celery stalk?

Use the bulb by dicing or slicing thinly. A simple fennel salad with a splash of vinegar or lemon juice, olive oil, salt and pepper is a fantastic salad made simply. The addition of fennel adds complexity to any salad. I love it with tomatoes, olives, carrots, radishes, green onions and Italian parsley.



When it comes to cooking fennel, roasting, grilling or sautéing it on its own is simple and amazing, but that's just a start. Try it au gratin with your favourite cheese or in a tasty casserole. It makes a great addition to your standard Thanksgiving roast veggies or stuffings. Fennel compliments many meat and fish dishes as well. The next time you make a spicy pasta with sausage, fry up some fennel as well and your taste buds will thank you. It's also a great addition to risottos.



So now that you know how to cook with fennel, I hope this strange looking but ancient veggie won't be such a mystery to you. I guarantee you won't regret fennel-y bringing this versatile, healthy and flavourful veggie into your kitchen.



**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, October 5th**  
**7:00pm - 8:30pm**

## Protect Your Body: How To Naturally Support Your Immunity

with Joleen Gruber, B.A., RHN

### ONLINE ONLY

Join Joleen to learn how to naturally support your immune system and protect your body in the colder months using food and supplements.

Sponsored By:

**ORGANIKA**  
AUTHENTICALLY CANADIAN

### 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.



**Tuesday, October 11th**  
**7:00pm - 8:30pm**

## Stress & Mood: Breaking Up The Relationship!

with Dr. Rory Gibbons, ND

### ONLINE ONLY

Find your way back to a calmer and happier you!  
Dr. Rory Gibbons ND will teach us how to break up the relationship between stress and mood.

Sponsored By:

**CanPrev**

### 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.



**Thursday, October 20th**  
**5:00pm - 6:30pm**

## Healthy Eating & Your Immune Health

with Annie Tsang, RD, Certified Fertility Dietitian, Med(c)

### ONLINE ONLY

Whether you want to strengthen your immune system or are recovering from a cold, Annie will discuss key nutrients to support your immune system.

### 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.



**Tuesday, October 25th**  
**7:00pm - 8:30pm**

## Leaky Gut: Myths, Facts & The Microbiome

with Desiree Nielsen, RD

### ONLINE ONLY

Confused about leaky gut, AKA gut barrier dysfunction? Learn the truth about what leaky gut is, what causes it and how you can begin to heal.

Sponsored By:

**Bio-K<sup>+</sup> PLUS**

### 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.



**New!**

Watch our recorded seminars on YouTube! Visit [choicesmarkets.com](https://choicesmarkets.com) for more info.

## 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/)



# Should I Let My Kids Eat Halloween Candy?

By Rachelle Duckworth, RD

*Some parents find Halloween stressful, but it doesn't have to be! Find out why I discourage restricting children from sweets and treats below.*

Children are born with an internal hunger gauge that detects hunger and fullness naturally. Thus, they can meet their requirements and grow appropriately by eating intuitively; only when our environment interferes does this become difficult.

Following the principles outlined in the "Division of Responsibility" can help create a positive eating environment for your child. This is a way of feeding in which you, as the parent, are responsible for what, when, and where your kids eat, while your kids have the freedom to choose how much they eat.

During Halloween, you have the opportunity to promote various learning experiences. For instance, modeling mindfulness around treats and having a positive relationship with food may prevent your children from developing disordered eating behaviors in the future.

*Sounds great, right?*

*Let's discuss your potential concerns:*

• "Eating that much candy can't be healthy!"

- Despite what some parents fear, a large amount of candy consumed over 1-2 days will not have a negative effect on your child's health.

• "What if my child eats until they feel sick?"

- This is bound to happen at some point.

Experiencing this now will help them avoid it in the future.



• "What if they become addicted to sugar?"

If candy is readily available to your kids, they will likely lose interest, whereas if they are severely deprived, they're more likely to develop an obsession.

• "I don't want my child to experience a crazy sugar high!"

- Sugar consumption in children isn't proven to cause hyperactivity.

*Here are three ways you can support a positive eating environment this Halloween:*

1. Provide nutritious meals and snacks leading up to Trick-or-Treating.
2. Let your children decide how much or whether they want to eat.
3. Food should be discussed in neutral terms. Use terms that do not negatively label food, such as "junk" or "bad"

## Tasty Top Choices Recipe

### Grilled Buffalo Chicken with Blue Cheese Dip



Bring the heat with just a grill and a few simple ingredients. This flavour bursting buffalo grilled chicken recipe comes together quickly with minimal ingredients. Pair with a creamy blue cheese dip to serve alongside your buffalo chicken or cut vegetables like carrots or celery.

#### Ingredients:

##### Chicken

- 2 half chickens
- 1 bottle of Primal Kitchen Buffalo Sauce
- 2 Tbsp Primal Kitchen Extra Virgin Olive Oil
- 1 Tbsp salt & pepper, each

##### Blue Cheese Dip

- 1/2 cup Primal Kitchen Mayo with Avocado
- 1/3 cup blue cheese crumbs
- 1/4 cup sour cream
- 1 tsp apple cider vinegar
- 1/4 tsp black pepper
- 1 Tbsp organic parsley, chopped fine

Recipe Note:

Whip up the Blue Cheese Dip first so it can chill while the grill is heating up and the chicken is cooking.

#### Directions:

##### Grilled Chicken

1. Season liberally with olive oil, salt, and pepper
2. Heat grill to 350 F
3. Skin side down 5-10 minutes until golden brown
4. Skin side up until breast hits 165F (approximately 30 minutes)
5. Remove chicken and toss in Primal Buffalo Sauce
6. Back on grill, skin side up, 2-3 minutes
7. Let it rest uncovered 5 minutes & enjoy!

##### Blue Cheese Dip

1. Mix ingredients until blended
2. Refrigerate 2 hours or until chilled





October 1-15 ONLY

# club specials



Pacific Organic Broths

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

946ml - 1L

Rich and full of flavour, perfect for soups, risottos and pasta dishes.

Gardein Frozen Vegan Meat Alternatives

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

Assorted Varieties & Sizes



It's easy to eat meatless with Gardein's delicious and filling products.

Stahlbush Island Farms Sustainable Frozen Vegetables



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

198g - 300g

Picked at the peak of farm freshness, then frozen for your convenience.



Simply Organic Gravy Mixes

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

24g - 28g

Simple and convenient, yet satisfying gravies.



Simply Organic Spices

**5<sup>99</sup> to 10<sup>99</sup>**

Assorted Sizes

No complications, just fine and flavourful spices.



Simply Organic Vanilla Extract

**11<sup>99</sup>**

59ml

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

118ml

The boost of flavour for your baking needs!

Liberté Méditerranée Yogurt



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

500g

Smooth and silky yogurts paired with the rich flavours of the Mediterranean.

Tree Island Cream Top Yogurt



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

500g

Made locally on Vancouver Island, these yogurts have a decadent cream layer.



Kettle Brand Potato Chips

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

220g

If you're a crunch lover, you already know how good these chips are!

Stash Fall Tea Bags



2 Varieties

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

Pkg. of 18 Tea Bags

Get the essence of Fall in a cup with these amazingly tasty teas.



Amano Wheat Free Tamari Soy Sauce

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

250ml

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

500ml

Traditionally brewed for a premium, authentic flavour.

Sunrise Soyganic Organic Tofu



Medium

**2<sup>29</sup>**

454g

Extra Firm

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

350g

High quality tofu, made right here in BC.



OCTOBER 16-31 ONLY

# club specials



Anita's Organic  
Unbleached  
White Flour

**8<sup>99</sup>**  
2kg  
**19<sup>99</sup>**  
5kg

Freshly milled in the heart of the Fraser Valley.



Santa Cruz  
Organic  
Apple Juice

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

2.84 L  
Plus Deposit &  
Recycling Fee

Nothing but good juice  
from ripe, whole, organic  
apples.

Neal Brothers Organic  
Tortilla Chips



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

Assorted Sizes

Neal Brothers doesn't  
settle for anything less  
than the best tasting  
snacks and sauces out  
there!



Chocolove  
Chocolate  
Bars

**3<sup>49</sup>**  
90g

Timeless technique  
combines with quality  
ingredients to make these  
premium chocolate bars.

Organic Traditions  
Cacao Butter, Paste & Nibs



Butter & Paste

**9<sup>99</sup>**  
227g

Nibs

**14<sup>99</sup>**  
454g

When you need the best ingredients for your  
baking, don't settle, choose Organic Traditions!

ChocXO Organic  
Chocolate Keto Cups  
& Snacks



**4<sup>49</sup>**  
98g

Premium chocolate  
snacks that are suitable  
for those on Keto diets.

Liberté  
Greek Yogurt



**5<sup>99</sup>**  
750g

High protein yogurt,  
perfect for recipes or  
eating straight from the  
tub.

GT's Organic  
Raw Kombucha



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

480ml  
Plus Deposit &  
Recycling Fee

The original kombucha brand  
that started the worldwide  
craze.

Knudsen  
Just Juice



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

946ml  
Plus Deposit &  
Recycling Fee

Nothing but the juice from  
premium fruits and berries.

Riviera Vegan  
Yogurt or Kefir



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

Assorted Sizes

Plant-based yogurts and kefir that are deliciously  
creamy.

Eco-Max Natural  
Laundry Detergent



Lavendar  
or Orange

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

3L Liquid

Made without  
synthetic fragrances,  
naturally scented  
with essential oils.

Echoclean Natural  
Dish or Laundry  
Select Varieties  
Dish Liquid



**3<sup>49</sup>**  
740ml

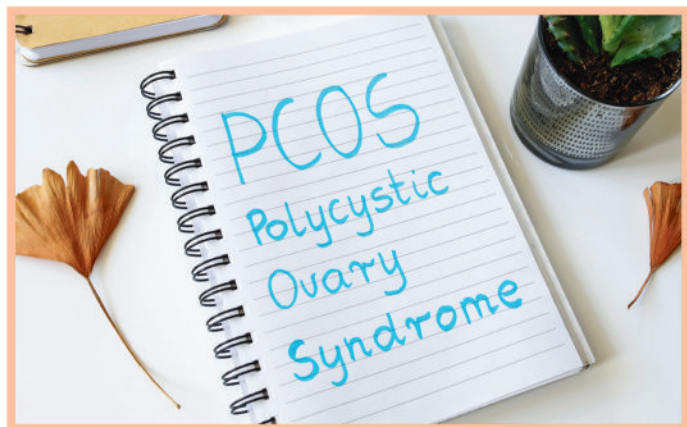
Laundry Liquid

**12<sup>99</sup>**  
3L

Naturally made in BC for a  
plant-based clean.



# How To Tackle PCOS



Polycystic ovarian syndrome (aka: PCOS) is a very common hormone-related disorder in reproductive-aged women.

**Signs & Symptoms** - There are many different signs and symptoms of PCOS, and due to its 'syndrome' like nature, the symptoms can differ from one woman to the next. This is why supporting women with PCOS individually based on their symptoms and stage of life is so important!

## **The most common signs and symptoms we see of PCOS are:**

- Irregular and infrequent periods
- Hirsutism: unwanted hair growth (typically upper lip, chin or stomach)
- Weight gain/difficulty losing weight
- Moderate to severe acne
- Infertility / difficulty conceiving
- Depression and/or anxiety
- Hair Loss
- Insulin resistance
- Ovarian cysts\* (not needed for a diagnosis)

**Diagnosing PCOS:** Even experts don't currently agree on an exact way to diagnose PCOS, so if you have been diagnosed, or are seeking a diagnosis and are confused, you are not alone!

In general, PCOS is a condition of androgen excess - meaning that testosterone (and all of its hormone friends in your body) are higher than they should be.

The androgen excess society determines that you need the following to be diagnosed:

- Evidence of androgen excess (based on symptoms OR on lab work) AND one of the following:
- Irregular and infrequent periods (cycles that are far apart)

## with ND Ally Power

- Polycystic ovaries on ultrasound

In my practice, I use a patient's history, and specific blood tests to help rule in or out PCOS, in addition to supporting them to get an ultrasound. We also test for other conditions that may cause infrequent periods such as thyroid disorders or elevated prolactin.

### **What to do now?**

The exact causes of PCOS are still unclear, but it is thought that genetics, lifestyle, behavior and environment may all play a role. There is no magical cure-all treatment or diet that will be right for everyone. I have seen many patients in my office following a diet they saw on google to be good for PCOS, when in fact it was only worsening their symptoms.

Depending on your life stage, symptoms, and health goals, treatment will vary, but here are a few pillars I focus on with my patients with PCOS to help support them:

- Movement and exercise (not too little, not too much)
- Stress & sleep support (all impact your hormones!)
- Weight management (finding the right weight for you)
- Nutrition support (there is no 'right' diet for PCOS and it probably doesn't involve cutting out big food groups!)
- Targeted nutrient and supplementation
- Medications if indicated

The great news is that once you discover what works for your body, PCOS is quite manageable and there are many options to support symptoms and help prevent long-term complications. Working with a PCOS-informed practitioner is key to helping you create a sustainable and effective plan.

Dr. Ally is a naturopathic doctor and mom of two with a focus on supporting women on their journey to and through motherhood.

She uses evidence-based care to create individualized treatment plans to help busy moms have more energy, a more stable mood, a more optimal metabolism, balanced hormones, and more.

She co-owns Virtual Health Collective, an online wellness clinic for parents, and is accepting new patients virtually anywhere in British Columbia. Stay tuned on our events page and join Ally for her upcoming seminar on Women's Health on Nov. 2nd!



# Antioxidants For Breast Cancer Prevention

By Lizzie Yan, Choices Markets Kerrisdale

*Did you know that about 28% of breast cancers can be prevented? Part of that is by eating a healthy diet. Research has shown that consistently eating lots of fruits and vegetables may protect against up to 14 types of cancer, including breast cancer!*

Having a variety is key because different fruits and vegetables have unique nutrient profiles that provide varying benefits. Antioxidants are chemical substances naturally found in fruits and vegetables. Examples of antioxidants include vitamin A, vitamin C, vitamin E and selenium.

*But why do we need them?*

They protect us against harmful substances in our bodies called free radicals, which naturally occur as a byproduct when our bodies use oxygen. They can damage our healthy cells, possibly increasing the risk of breast cancer. Antioxidants are thought to protect us by removing free radicals before they can cause damage!

*Check out this Winter Kale and Pear Salad by Registered Dietitian Desiree Nielsen for an antioxidant-rich recipe!*



## Tasty Top Choices Recipe



### Winter Kale & Pear Salad

By Registered Dietitian Desiree Nielsen

#### Ingredients:

##### Salad:

- 1 large bunch kale, washed, dried and torn into pieces
- 1 medium pear (e.g., Bartlett)
- ¼ cup dried cranberries
- ¼ cup sunflower seeds
- ¼ cup thinly sliced shallot
- 1 Tbsp extra-virgin olive oil or avocado oil

##### Dressing:

- ½ cup tahini
- ½ cup lemon juice
- 2 Tbsp white miso
- 2 Tbsp maple syrup
- 1 clove garlic, crushed or micro grated
- ½ cup water
- Salt and Black Pepper, to taste

#### Direction:

1. In a blender, blend tahini, lemon juice, miso, maple syrup, garlic and water until smooth.
2. Place kale in a large bowl. Drizzle over oil and massage kale until leaves are glossy and the kale has decreased in volume by about half. Dress kale with half the dressing and toss.
3. Add pear, cranberries, sunflower seeds and shallot and drizzle with the remaining dressing. Serve. Keep up to 3 days in the fridge covered.







## 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.



### Wellness Wisdom

#### Ener-C Effervescent Powder:

Cold got you down? Ener-C's powdered drinkable multivitamins may help as they are high in vitamin C! Research shows that consuming 1000-2000 mg of vitamin C when you have a cold may help reduce the intensity of symptoms and shorten the duration. As well, consuming fluids is important when it comes to a cold and Ener-C makes it easy with their tasty sugar-free vitamin powders!



### Grocery Gossip

#### ChocXO:

Whether you're a milk or dark chocolate lover, this is the chocolate for you! ChocXO chocolate is a low-sugar chocolate that does not lack in flavour. This high quality chocolate is paired with simple nutritious ingredients like almond butter, peanut butter, coconut and more that will leave you perfectly satisfied. Try our favourite, the dark chocolate almond butter cups, we promise you won't regret it!



## Fresh Produce

### Squash:

*It's pumpkin season!*

Squash varieties are high in vital nutrients like fibre, vitamin A, vitamin C and potassium. Other than pumpkin pie, how can you include this nutrient-rich food into your diet this fall?

- Roast, puree and add to your soup to create a more filling fibre rich meal
- Roast, cool and cube then add to a hearty fall salad
- Add to a smoothie. Check out this Pumpkin Pie Smoothie recipe!



### Coronation Grapes:

Coronation grapes have small, edible seeds that are encapsulated in a sweet 'berry' that can be squeezed out of its skin.

Our organic coronation grapes come from Stoney Paradise Orchard located in Kelowna, BC! This farm harvests later in the season compared to anyone else due to its unique location. With the warm days and the cooler nights, these grapes are the sweetest in BC! Grapes are also a great source of nutrients as they are rich in fibre, vitamin K and antioxidants that support bone, tissue, eye and brain health.



## Tasty Top Choices Recipe



### Pumpkin Pie Smoothie

By Kelsey Moore, RD

#### Ingredients

- 1 ½ Frozen Bananas
- ¾ cup Unsweetened milk (cows, soy or oat)
- ½ cup Canned Pumpkin
- ¼ cup Unsweetened yogurt (dairy or soy)
- 2 tsp Honey
- Pinch Cinnamon
- Pinch Nutmeg

#### Directions

Add all ingredients to a blender, blend until smoothie and serve.





Vega  
All-In-One Shake



**54<sup>99</sup>**

834 g - 876 g

Non-GMO, Gluten-Free,  
Vegan, No added sugar, No  
artificial colours, flavours or  
preservatives

Andalou Naturals & Cannacell  
Body, Face & Hair Care



**25% Off**

Assorted Sizes

Unlock the power of Fruit  
Stem Cell Science® and  
the illuminating qualities of  
Magnesium Ascorbyl Phosphate  
(aka vitamin C) to promote  
skin radiance.

Natural Factors  
Digestive Enzymes



**20% Off**

Assorted Sizes

Enzymes help the body  
to break down proteins,  
carbohydrates, and fats  
while improving nutrient  
absorption.

Salus Floradix  
& Floravit



**47<sup>99</sup>**

500ml + 250ml  
Bonus Pack

Floradix Liquid Iron  
Formula is clinically  
proven to raise

serum ferritin levels (iron levels) quickly and  
restore your energy.

Progressive  
MultiVitamins



**25% Off**

Assorted Sizes

For those who do not  
exercise, who experience  
average stress, and are not  
constantly on the go, Progressive MultiVitamins  
for Adult Women is the perfect fit.

Flora Flor-Essence  
Herbal Tea



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

**54<sup>99</sup>**  
941ml

The great-8 herbs  
of Flor-Essence®  
synergistically support  
multiple detoxification  
pathways.

Progressive  
VegeGreens



**35<sup>99</sup>**

265g - 315g

**62<sup>99</sup>**

530g

Each small scoop makes  
a great tasting drink that  
offers the antioxidant  
equivalent of 6 to 8 servings  
of fresh veggies.

Genuine Health  
Clean Collagen



Bovine or Marine

**29<sup>99</sup>**

210g - 301g

Helps to replace the  
collagen lost to the aging  
process and supports  
youthful, hydrated skin,  
healthy joints, nails and  
hair!

Ener-C Sport  
Electrolyte Drink



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

Pkg. of 12

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

154g

Ener-C Sport Electrolyte Drink Mix. Perfect  
for before, during and after exercise to  
support muscle function and re-hydration.

Aiya Matcha  
Green Tea



Culinary Grade

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

100g

Ceremonial Grade

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

30g

Family owned and operated for over 130 years,  
Aiya is the world's leading Matcha green tea  
producer.

South of France  
Soaps



**7<sup>49</sup>**

Liquid, 236ml  
Bar, 170g

Our luxuriously lathering  
all-vegetable soap is  
triple-milled in the Marseille  
tradition for a pampering  
cleansing experience.



Redmond  
Silver Earth  
Paste Toothpaste

**9<sup>49</sup>**

113g

If you're looking for a toothpaste  
that's unlike any other you've  
used before, try Earthpaste. It's  
refreshingly different!



## New Roots Mushrooms

Single Mushrooms

**29<sup>99</sup>**

60 Capsules

Resilience

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

90 Capsules



New Roots Herbal's medicinal mushroom extracts are hot water extracted and standardized to contain a minimum 40% polysaccharides. Hot water extraction is critical to ensure that all active constituents are released from the mushroom, intact and bioavailable. They are tested for identity, purity, and potency in our ISO 17025-accredited analytical laboratory. This ranks them among the purest and most potent extracts on the market. They are encapsulated in non-GMO, vegan-friendly capsules.

## Routine. Candles & Perfumes

Candles

**34<sup>99</sup>**

295ml

Perfume

**34<sup>99</sup>**

15g



Your body is your home, and your home is where your body is. Your body is your temple, but your home is your castle? YES all of that.

All routine signature scent candles are made in-house of natural, clean ingredients, by our gorgeous in-house candle experts Tamara and Nada!

So you can enjoy your signature scent in your chateau magnifique with one less thing on your mind.

## Active Humans Deodorant

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

60ml



Our formulas are pH balanced to keep the underarm in good health. Each deodorant features a high concentration of witch hazel that absorbs excess moisture, unique vegetable enzymes that break down odorous bacteria and denatured alcohol that works as a natural antibacterial agent and preservative. Chamomile botanical extract soothes sensitive skin while coco glucoside keeps bacteria from building. Cedarwood scent profile is created using 100% pure essential oils. All formulations are free from aluminium, baking soda, sulfates, phthalates and parabens.

## Earthrise Spirulina

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

90 Tablets

**61<sup>99</sup>**

454 g



Spirulina contains phytonutrients that have strong antioxidant and anti-inflammatory activities. These antioxidants support cellular health by protecting cells from the damaging effects of reactive oxygen radicals.

Scientific evidence shows that Spirulina supports a healthy cardiovascular system, and protects from oxidative stress. Spirulina may lower total cholesterol, LDL cholesterol and triglycerides, while raising HDL (the "good") cholesterol.

## Natren Probiotics

**20% Off**

Assorted Sizes



Heal your gut flora with the best quality probiotics today.

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!

## Ancient Minerals Magnesium

Flakes

**11<sup>99</sup>**

1.65 lbs

Gel or Oil

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

237ml



Ancient Minerals Magnesium Gel combines the healing power of magnesium chloride with biologically active, certified organic aloe vera extract.

- A powerful combination of magnesium and bio-active aloe vera
- Significant for massage applications
- Efficient at delivering extensive topical and cosmetic benefits



Whole Earth & Sea  
Multi Vitamins**35<sup>99</sup>**

60 Capsules

**66<sup>99</sup>**

120 Capsules



This non-GMO, whole-food formula features bioenergetic vitamins and minerals in a nutrient-rich base of organic plants grown on Natural Factors farms.

Harmonic Arts  
Mushroom Elixirs  
and Concentrates**20% Off**

Assorted Sizes and Varieties

Concentrated mushroom powder. Support whole-body harmony and immune system intelligence with the world's top medicinal mushrooms.

Quantum Health  
SuperImmune  
Supplements**20% Off**

Assorted Sizes and Varieties

SuperLysine® lysine tablets are ideal for those who prefer vitamins with lysine to promote immune health.

Marseilles  
Thieves Remedy  
Balm**11<sup>49</sup>**

25ml

Essential Oil

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

30ml



Ancient remedy that is all-natural, therapeutic and full-strength, for many anti-fungal, anti-bacterial and anti-viral uses, personal and household.

Vega  
Hello Wellness  
Assorted Varieties**29<sup>99</sup>**

385g - 405g

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

NutriBiotic  
Rice Protein  
& Body Care**20% Off**

Assorted Sizes and Varieties

NutriBiotic Non-Soap Skin Cleanser is gentler than soap, clean rinsing, and will leave your skin feeling clean and refreshed.

Boiron  
Oscillococcinum**11<sup>99</sup>**

6 Doses

**29<sup>99</sup>**

30 Doses



Oscillococcinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever, and chills.

Bio-K Plus Probiotics  
Bio-K Plus Dairy**19<sup>99</sup>**

6 Pack

Bio-K Plus  
Non-Dairy**21<sup>99</sup>**

6 Pack



These probiotic drink products offer 50 billion live and active probiotic bacteria to optimize your wellbeing.

Attitude  
Natural Care  
Oral & Body Care**20% Off**

Assorted Sizes and Varieties



Turn shower time into a luxurious eco-experience thanks to our new leaves bar™ body soaps.

Derma•E Vitamin C  
Skin Care**20% Off**

Assorted Sizes and Varieties



Vitamin C Glow Face Oil deeply nourishes with golden mineral Mica and absorbs quickly allowing for instant hydration, giving skin a natural luminescence for a radiant glow.

Progressive Complete  
Collagen  
Assorted Varieties**43<sup>99</sup>**

500 g



Use Complete Collagen by Progressive® for stronger bones, cartilage, connective tissue and more.

Skin Essence  
Organic Facial Care**20% Off**

Assorted Sizes and Varieties



This rich balm is ideal for moisturizing and soothing dry, rough skin within a few seconds of application.



Organika  
Mylk Latté24<sup>99</sup>  
200g

Beat the grind without losing your shine with Organika's Turmeric Mylk™ Latte, made with turmeric and added prebiotic fibre for a filling treat to nourish your tummy. Add Organika's Turmeric Mylk Latte to your day and you'll be as good as gold.

- Coconut milk with tapioca fibre and turmeric powder
- Create nourishing golden lattes by mixing approx. 2 teaspoons (6g) into 5oz of your favorite plant-based milk.
- Recharge your mood
- A post-workout companion
- Kickstart your morning without caffeine
- 1g of fibre per serving
- Plant-based

Havn Life  
Mind  
Mushrooms45<sup>99</sup>  
90 Capsules

Four different sources of mushrooms designed with human performance in mind. With a mix of reishi, chaga, lion's mane and codyceps mushrooms, Mind Mushroom is formulated as a source of antioxidants to fight against free radical cell damage and to balance the immune system.

Formulated as a source of antioxidants to fight against free radical cell damage and to balance the immune system. Our ingredients have also been used in herbal medicine as an adaptogen to increase energy and resistance to stress.

La Luna  
Candles20%  
OffAssorted Sizes  
and Varieties

The JOURNEY FROM HOME candle collection is an invitation to travel.

For the traveller at heart, their scents will transport you to the cities or places where memories of peace and pleasure are awakened. Our candles are made of 100% vegetable and non-GMO soy and coconut waxes. Our candles are vegan and allow a cleaner combustion. Our wicks are made of lead-free cotton whose weave is specifically adapted to the size of the candle and its fragrance.

Our perfumes are created by French master perfumers cast in the mass for a controlled and homogeneous combustion.

MacroLife Naturals  
Macro Greens51<sup>99</sup>  
283g

Macro Greens goes far beyond basic nutrition in maintaining health. You can take lots of capsules, plus a whole lot of fruits and vegetables, or... one tablespoon of Macro Greens!

Macro Greens is a non-allergenic nutrient-rich super food supplement that optimizes pH for stimulant-free health and surpasses the nutrition of five servings of fruits and vegetables without the calories or carbohydrates. The benefits of using Macro Greens daily include:

- increased energy-weight loss
- increased mental clarity
- balanced blood sugar
- strengthened immune system
- improved digestion

Moducare Daily  
Immune Support35<sup>99</sup>  
90 Tablets61<sup>99</sup>  
180 TabletsKids  
29<sup>99</sup>  
60 Chewables

Moducare has been shown in clinical studies to have anti-inflammatory and anti-allergy properties and can help normalize the stress hormone cortisol. Plant sterols and sterolins have been extensively studied in athletes to help reduce colds and flu when overexercising, in chronic viral infections, allergies, and rheumatoid arthritis and other over-active immune conditions. By balancing the immune system, Moducare helps to support immune system balance.

Works Wonders  
Moisturizing Salve6<sup>49</sup>  
15ml14<sup>99</sup>  
50ml28<sup>49</sup>  
100ml

Works Wonders has been sustainably growing calendula and lavender for handcrafting all-purpose skin care since 2004. These amazing flowers are known for their antiseptic and anti-inflammatory care of dry or troubled skin conditions, while gently toning for improved complexion, and for so many more practical and therapeutic uses. We currently offer, our original salve and lip balms, lanolin body balm, hydrosols for face, body and home care, and dried lavender flowers. Our products contain only healthy, beneficial ingredients, and no parabens, drying agents, artificial colours, fragrances, or synthetic preservatives. Enjoy peace of mind using our reliable, hand-crafted products for your whole family!





comments@choicesmarkets.com

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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

## HEALTHY CHOICES MADE SIMPLE



PLANT-BASED



ANTI-INFLAMMATORY



GLUTEN-FREE



GUT-FRIENDLY

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