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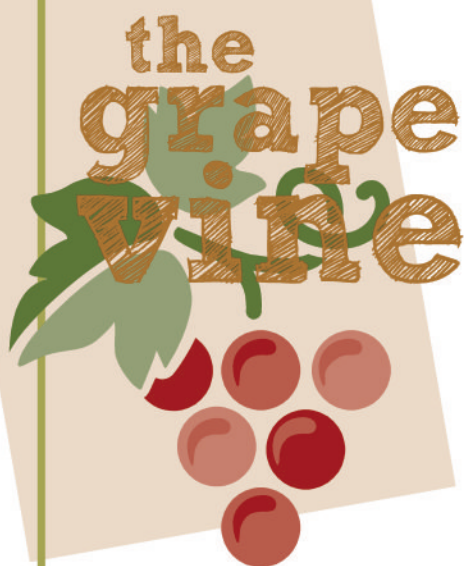
Monthly Newsletter | February 2023

The Dish on Artichokes

Cancer Prevention with Inspire Health

Alcohol Risk and Cancer

Weight Loss and Cancer Patients



Star of the Season

Every year during the holiday season, Choices runs a fundraising campaign in support of local neighbourhood houses and food banks across Metro Vancouver, the Fraser Valley and the Okanagan. We'd like to thank our customers for donating to our annual Star of the Season Campaign and helping to make it an incredible success. In total, we were able to raise over \$35,000, with 100% of donations going to our local community members who need a little help over the holidays. We hope you'll contribute again next year.



Happy Valentine's Day


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

Check out our online store at shop.choicesmarkets.com to see everything we have for your sweetheart.



the Dish

on Artichokes



When you're in the market for artichokes, there's only one that will do. The flower bud of the *Cynara scolymus* is the true artichoke. While there's lots of other artichokes out there, the Jerusalem, Chinese or Japanese varieties are not actually related to true artichokes. The Romans prized the edible thistle, using it in cuisine of the elite caste and for rituals. More than 50 varieties are found commercially around the world, the vast majority in the Mediterranean basin. Italy, Egypt and Spain combined produce over 1 million tons of artichokes a year. Small cultivars can be found in coastal BC areas, but the majority of the artichokes available in North America are farmed in mid California.



Artichokes sold in Canada are mainly spineless. But please remember, that if you're shopping in a European market, you might hit a prick or two. Some varieties of artichokes have thorns like roses. Being a flower bud, freshness in Artichokes is a must. Picking bright green and heavy for their size artichokes is essential. Steer clear from dry, discoloured and soft ones. Artichokes contain a reasonably high amount of cynarine, a very powerful antioxidant. When absolutely fresh artichokes can be enjoyed raw.

When processing fresh artichokes, you might notice that some colour gets left on your fingers. You might want to put on some gloves before you start prep work. When cutting into the middle of the artichoke, hitting the light colour inside, if not dressing or cooking right away, make sure to store them in lightly acidic water to prevent browning. If you've never processed an artichoke, I suggest you get someone to show you (or at least turn to the good old internet.) It's a bit more of a complicated process than I can explain here. But totally worth it. If you've never had a fresh artichoke, they have a completely different flavour to the canned or

jarred ones. Ultimately, whether you're harvesting baby artichokes or larger ones, you always want to remove the fuzzy wool like beard, or choke. It's inedible and can leave you feeling sick.

Now that you've got a bounty of edible delight, what to do with your artichoke? Try baked whole or stuffed, pan fried or deep fried, marinated



or pickled, soups, risotto, pasta, frittata, Spanish tortilla, pizza and dips. The options are endless, and there's more. Steam them whole so you can pull one petal at a time and dip in your favourite mix. Butter, cheese sauce, olive oil and vinegar, whatever you enjoy. Splitting a whole artichoke this way is a great idea for a Valentines day appetizer.

Artichokes always add an extra layer of flavour to your dishes. The little ones can be grilled pretty much as they are with just a little bit of trimming. I would discourage you from trying to grill with large ones. If fresh are available in large volume, processing and freezing is a great idea for a fresh add on to your rushed veggie meals later in the year.



Now that you know the basic of artichokes, you won't choke up at the idea of cooking them. Bon appetite!



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, February 22nd
7:00pm - 8:30pm

Improve your Health and Joy by Cooking with Fresh, Whole Ingredients

with Shirley Garnett, Chef

ONLINE ONLY

Join Chef Shirley Garnett to learn how to build confidence in the kitchen for better health and nutrition while having fun!

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



Thursday, February 23rd
7:00pm - 8:00pm

Nutrition Essentials for a Solid Foundation

With Dr. Miranda Wiley, ND

ONLINE ONLY

With busy lifestyles and ongoing stress, a little helping hand can go a long way.

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/

Tasty Top Choices Recipe



Hearty Protein Winter Oatmeal

- ½ cup rolled oats
- ¾ cup pea protein milk (Ripple or NotMilk)
- 1 tbsp. hemp hearts
- 1 tbsp. ground flax
- 1 tbsp. almond butter
- 2 tbsp. pumpkin seeds
- 1 tbsp. dark chocolate chips
- ½ cup fresh sliced strawberries

Directions:

1. Heat oats and oat milk on stove on medium-low heat until oats are cooked.
2. Remove from stove and scoop into a bowl, add nut or seed butter, hemp hearts, chocolate chips and top with fruit, enjoy!



HEALTHY CHOICES MADE SIMPLE



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

NUTRITION TOURS ARE BACK!

Sign up for a **FREE** nutrition tour personalized to your needs with the Choices Nutrition Team in-store or online at choicesmarkets.com

FEBRUARY 1-15 ONLY

club specials



Kettle Brand
Potato Chips

349
220g

When you're looking for a satisfying crunch in a bold flavour, these chips are the best to munch on!

ChocXO Organic
Low Sugar Chocolate



Cups
499
98g
Almonds
549
100g

These low in sugar chocolates have no artificial sweeteners and are made with the best ingredients available.

Ritter Sport
Chocolate Bars



349
100g

These chocolate squares are perfect for splitting with a friend... or not!



Earth's Choice
Organic Coffee

1099
340g

Delicious organic coffee harvested with quality and sustainability in mind.



Happy Planet
Organic
Grass-Fed Milk

2%
649
1.5L
3.5%
679
1.5L

plus deposit and eco fee

Milk made from the best local farms and cows to bring a smile to your face.

Nature's Path Organic
Love Crunch Granola



499
320g - 325g
999
700g

Sometimes you need something a little decadent. These granolas offer no compromise to deliciousness!

Very Good Butcher
Vegan Meat Alternatives



599 to
999
Assorted Sizes

We butcher beans, not animals! Handcrafted vegan meats made in BC from whole ingredients.

Kinnikinnick Gluten-Free

Waffles
299
222g
English Muffins
399
375g



Gluten-free goodness for your morning routine.

Seventh Generation
Natural Dish Liquid



299
562ml

Keep your dishes and the planet clean with Seventh Generation dish liquids.

Earth's Choice
Organic Tomatoes



349
398ml
499
796ml

Sun ripened tomatoes perfect for any recipe you have in mind!



Chickapea
Organic
Pastas

499
161g - 227g

This pasta is a healthier alternative, with tons of fibre, minerals and protein.

Faith Farms Cheese

599
360g - 380g



Melty, ooey, gooey delicious cheeses. Try it in your next macaroni, sandwich or nacho plate!

FEBRUARY 16-28 ONLY

club specials

Terra Breads Premium Granola



14⁹⁹
850g - 1kg

Made in small batches
with whole ingredients
for a lovely crunch.

Ethical Bean Organic Fair Trade Coffee



Ground
10⁹⁹
227g

Whole Bean
14⁹⁹
340g

Made with 100% Fair Trade
certified coffee beans
roasted in Canada.

Nuts to You Almond Butter



Smooth
or Crunchy
15⁹⁹
735g

Just the nuts, just the good
stuff. Perfect for recipes
or with jam on toast!



Dairyland Organic Milk

5⁹⁹
2L
plus deposit
and eco fee

For over 100 years,
Canadians have trusted
Dairyland for their milk.



Califia Farms Almond or Oat Barista Blends

3⁴⁹
946ml
plus deposit
eco fee

Dairy-free and plant-based
milks for endless enjoyment
possibilities.

Organic Meadow

Yogurt
4⁹⁹
4 Pack

Cheddar Sticks
6⁹⁹
168g



Made with old world methods and well-treated
animals for exceptional dairy products.



Barbara's Cheez Puffs

3⁴⁹
155g - 198g

If you're looking for a
snack that's crunchy and
cheesy, look no further.

Angie's Boomchickapop Popcorn



4⁴⁹
Assorted Sizes

Simple is best. Enjoy
tasty corn made with
wholesome ingredients.

Beyond Moo Oat Based



Kids Drinkable
Yogurt
1⁷⁹
180ml

Yogurt
4⁴⁹
550g

Delicious and creamy oat-based products for
anything you'd like to cut dairy out of!



GT's Organic Raw Kombucha

8⁹⁹
1.4L
plus deposit and eco fee

The original kombucha brand
that started the worldwide
craze.



Que Pasa Organic Tortilla Chips or Salsa

3⁹⁹
Assorted Sizes

Made in BC with
traditional, time
honoured methods.

Rico'n Lalo Frozen Fruit Bars



5⁴⁹
Pkg. of 4

Tasty treats made
with high quality
frozen fruits.

Nutrition And Cancer Prevention

With Julie Teng RD, RCC from InspireHealth



Cancer is a major health concern affecting a vast number of individuals and families throughout Canada. In 2018, over 1.5 million individuals in Canada were living with a cancer diagnosis. Treatment options for those experiencing cancer may include chemotherapy, radiation, surgery, hormone therapy, immune therapy, and other treatments. Nutrition and food choices offer additional ways to support individuals navigating a cancer diagnosis, as well as those hoping to prevent cancer in the future. Nutrition can play a major role in improving the quality of life for anyone impacted by cancer and in providing lifelong cancer-protective effects. Many people find that adjusting the foods they are eating feels supportive and enhances well-being before, during, or after a cancer experience.

What specific foods can help protect against cancer?

While no single food or nutrient by itself can protect against cancer, the combination of phytonutrients found in certain foods can work synergistically to support health and vitality.

Here are some useful tips:

Eat a Rainbow of Plant Foods:

- **White** – cauliflower, parsnips, radishes, mushrooms, jicama
- **Green** – collard greens, kale, broccoli, cabbage, zucchini, cucumber
- **Red** – tomatoes, watermelon, strawberries, apples, pomegranate
- **Purple** – onions, cabbage, blueberries, blackberries, beetroot
- **Orange** – winter squash, carrots, sweet potatoes, mango, turmeric
- **Yellow** – summer squash, bell peppers, parsnips, lemons, pineapple

Use Plants as Your Foundation:

- Plant foods are filled with fibre, flavonoids, polyphenols, and antioxidants that support health on a cellular level and are beneficial for their cancer-protective effects.
- Whether or not you choose to include animal foods in your diet, think of plants taking up the bulk of your bowl or plate for the most health-promoting benefits.
- Choose a wide array of legumes, nuts/seeds, veggies/fruits, whole soy foods, & whole grains.

Meeting with a Registered Dietitian can assist you in tailoring your food choices to your individual needs and circumstances, with a focus on cancer prevention or management.



InspireHealth Supportive Cancer Care is a non-profit that enhances the quality of life for those affected by cancer. For over 25 years, InspireHealth has supported the physical and emotional health of cancer patients and their loved ones during and after cancer with free services and programs. Support is available every step of the way through individual appointments with our physicians, dietitians, exercise therapists, counsellors as well as a comprehensive weekly schedule of 15-20 virtual group classes and workshops. All programs and services are free of charge to anyone with a current or past cancer diagnosis and their support people. Join us to get started today: www.inspirehealth.ca.

The Link Between Alcohol and Cancer

By Kelsey Moore, RD, Nutrition Operations Manager Choices Markets

We've all heard of dry January, but we are seeing more consumers reach for non-alcoholic options year-round or for various occasions.

According to the new 2022 research by the IVSR, a global alcohol beverage and data company, 43% of adults across the focus markets who have purchased zero and low-alcohol beverages say they are substituting those products in place of full-strength alcohol for certain occasions.

Further, new drastic recommended guidelines were released in fall 2022 by the Canadian Centre on Substance Use and Alcohol (CCSA). These guidelines recommend that no amount of alcohol consumption for any adult individual is safe and less is best.

Health Canada's policy was last updated in 2021 and does not reflect these new recommendations, however, it does state its guidelines are "low-risk and not no risk, any amount of alcohol consumption can have risks to your health".

In regards to the link between cancer and alcohol consumption (at any level) can raise the risk, particularly of cancers of the head, neck, breast, stomach, pancreas, liver and colon.

When it comes to cancer risk, the Canadian Cancer Society recommends if you choose to drink alcohol:

- Less than 1 drink per day for women
- Less than 2 drinks per day for men

One drink is about 5 oz of wine (12% alcohol); 1.5 oz of spirits (40% alcohol) and 12 oz of beer or cider (5% alcohol).

The good news is if you choose to go dry there are lots of tasty non-alcoholic beverages and low-sugar beverage alternatives on the market!

Here are a few brands we recommend:

- CRFT non-alcoholic beer • Partake non-alcoholic beer
- Wize Sparking Tea • Squamish Water Kefir

Scan here to visit

Get help with substance use - Canada.ca
if you or a loved one suffers from substance
abuse and needs support.



Tips for Preventing Weight Loss in Cancer Patients

By Rachelle Duckworth, RD

If you've been diagnosed with cancer or are receiving cancer treatment, it's important to understand the impact your diet has on your weight, strength, and energy levels.

Consuming a diet sufficient in energy, protein, and nutrients promotes healing, supports immune function, and helps you feel your best. However, this may become increasingly difficult as cancer and its treatment may adversely affect your appetite, tolerance, and food preferences.

If you've been diagnosed with cancer, here are some tips to keep your weight up:

Eat foods that help you maintain your weight:

Maintaining your weight ensures you're consuming enough calories. If you want to increase your calorie intake, try adding more calorie-dense foods, consume larger portions, or eat more frequently. Nuts, seeds, avocados, plant-based oils, and dried fruit are all great examples of nutritious, high-calorie foods.

Include protein with every meal and snack:

In addition to maintaining your muscle mass and strength, protein is necessary for healing and supporting your immune system.

Aim to include protein-rich foods as a part of your meals and snacks throughout the day.

Try incorporating plant-based proteins such as tofu, soybeans, peas, beans, lentils and chickpeas, while limiting your consumption of red and processed meats.

Choose nutrient-dense beverages:

Drinking fluids after meals and snacks will fill you up. Replace low-energy fluids like water, tea, broth or diet beverages with nutrient-dense options if you struggle with a low appetite. You can add calories, protein, and nutrients to your body by drinking beverages such as milk, meal replacements, smoothies, or juice. For plant-based milk alternatives, choose higher-protein varieties such as soy and pea milk, which have about eight grams of protein per cup.

If you have concerns about your weight, talk to a registered dietitian about a healthy eating plan that works for you.





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.

Tasty Top Choices Recipe



Artichoke Appetizer

By Rachelle Duckworth, RD

Ingredients:

- | | |
|--|--|
| 1 Can M'Lord whole artichoke hearts, halved | ¼ cup olive oil
(plus more for greasing) |
| ½ Cup Daiya Parmesan shreds | Salt and pepper to taste |
| 1 bunch parsley, finely chopped | 1 Baguette, sliced |
| 1 bunch basil, finely chopped | Tomatoes and/or balsamic glaze
for topping (optional) |
| Juice and rind of 1 lemon | |
| 3 Large cloves of garlic,
finely grated/crushed | |

Directions:

1. Prepare your ingredients.
2. Combine your lemon juice, rind, herbs, garlic and olive oil in a bowl and set aside.
3. Heat olive oil on a pan over medium-high and pan sear till blackened on both sides. Remove from heat and season with salt and pepper to taste.
4. Spread your lemon garlic herb mixture over your sliced baguette. Sprinkle Daiya Parmesan shred on top.
5. Clean your pan, then lightly coat it with olive oil and heat over medium-high.
6. Place your prepared baguette slices into your pan and cover with a lid till your cheese has melted slightly. Keep a close eye on this as you don't want the bottom of your bread to burn.
7. Remove from heat and top with artichoke hearts and additional toppings of choice. Enjoy!



Daiya Shreds:

If you're new to dairy-free living, or just starting, it's not always easy. As many cheese alternatives contain nuts, finding the perfect dairy-free alternative can be challenging if you suffer from allergies. Daiya Shreds deliver the authentic taste and mouthfeel of cheese, and are free from eight common allergens, including nuts, soy and gluten! You can add Daiya shreds to your favourite foods including pizza, pasta, and tacos.



Kidstar BioFe Pure Iron Drops:

What is iron? Iron is a mineral that is crucial for your child's development and health. KidStar BioFe Pure Iron Drops can help prevent low iron. BioFe iron is gentle on the stomach and does not have a bad taste like many other iron supplements, making it more well-tolerated by little ones. Iron supplementation is not necessary for all children however, if your child is not able to meet their iron needs through food alone then a supplement might be an appropriate choice. Always check with your child's healthcare provider before starting a supplement to confirm its use and dosage.



Organic Traditions Matcha Latte with Probiotics:

This Matcha Latte with Probiotics from Organic Traditions makes for a creamy and dreamy drink that is delicious and nutritious! What is matcha? Matcha is a powder made from ground green tea leaves. This powder is particularly rich in the powerful antioxidant Catechin. This antioxidant is known to have therapeutic effects due to its ability to promote brain and heart health. This matcha also contains probiotics, which are live bacterial cultures that promote a healthy gut microbiome. Mix this matcha with some warm water or milk and enjoy this cozy drink while curled up on the couch.



The Very Good Butchers:

Are you in the market for a new plant-based meat alternative to make Meatless Mondays a little easier and a lot tastier? Well, you're in luck because our friends over at The Very Good Butchers continue to outdo themselves with their plant-based meat options. These British Banger Sausages can be served for breakfast, lunch or dinner and believe us when we say you will not be missing any meat on your plate. Not only are these sausages packed with flavour, but they are also high in protein, making them the perfect alternative to a regular sausage.



Western Mills Brown Jasmine Rice

Looking for an easy way to add more fiber to your diet? Try swapping your usual white rice for Western Mills Brown Jasmine Rice. Brown rice also adds more flavour complexity giving your dish a slightly nutty taste. Try adding it to a stir-fry, making homemade rice balls, or even in a soup!

Salus Organic
Red Beet Crystals



23⁹⁹
200g

Salus Red Beet Crystals blend well into fruit juices, milk and milk products, soups, muesli, cereals, and other dishes and are also delicious when eaten dry.

Natural Factors
Vitamins A, D, K Supplements



20% Off

Selected Varieties & Sizes

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

Nordic Naturals
Omega-3 Fish Oils



20% Off

Assorted Varieties & Sizes

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



Dr. Bronner's
Pure-Castile Soap

12⁹⁹
473ml

Face, body, hair—food, dishes laundry, mopping, pets—the best for human, home, and Earth!

Innovite Vitamins
and Supplements



20% Off

Assorted Varieties & Sizes

Perfect for anyone looking to outmuscle muscle loss, especially vegans, lactose intolerant, those limited with mobility or those looking to easily build more muscle.

Living Alchemy
Supplements



25% Off

Assorted Varieties & Sizes

Your Flora WOMAN: Vaginal Balance & UTI, 35-Strain Plant-based Probiotics, Prebiotics & Enzymes.



Now Solutions
Essential Oils
& Body Oils

20% Off

Assorted Varieties & Sizes

NOW® Solutions' natural carrier oils are a gentle, natural way to maintain smooth, radiant skin.

Andalou Naturals &
CannaCell Facial Care



30% Off

Assorted Varieties & Sizes

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

Marseille's Remedy
Balm



11⁴⁹
25ml

Essential Oil
22⁹⁹
30ml

Ancient remedy that is all-natural, therapeutic and full-strength, for many antifungal, antibacterial and antiviral uses, personal and household.

La Luna Journey Home
Candles & Bath Fizzies



20% Off

Assorted Varieties & Sizes

Our candles are made of 100% vegetable and non-GMO soy and coconut waxes. Our candles are vegan and allow a cleaner combustion.

Gabriel Natural Cosmetics



20% Off

Assorted Varieties & Sizes

Gabriel Cosmetics is committed to sustainable natural beauty and earth-conscious practices, never compromising on ingredients.

LACC Natural
Nail Polish



10⁹⁹
13ml

Founded in Vancouver LACC eco-friendly nail lacquers are 14 toxin-free, breathable & halal, gluten-free, paraben-free, cruelty-free and vegan.



New Roots
Chill Pills
& Sleep 8

**20%
Off**

Assorted
Varieties & Sizes

With the constant pressure of deadlines at work, at home, and even at play, it's not surprising that more and more people are finding it harder to cope.

Stress contributes to heart disease, high blood pressure, strokes, and other illnesses, and affects the immune system.

New Roots Herbal Chill Pills contain a synergistic blend of vitamins and herbs promoting relaxation.

This "feel-good" formula helps you to alleviate stress and take the edge off while being nondrowsy as well as nonaddictive.



New Roots
Vitamin D3
Supplements

**20%
Off**

Assorted
Varieties & Sizes

According to Statistics Canada, approximately 1/3 of Canadians are vitamin D3 deficient, with 40% of Canadians being deficient during winter months.

For best bioavailability, look for natural vitamin D3, laboratory-tested for quality and potency. Vitamin D3 is required to help prevent deficiency. When combined with sufficient calcium, a healthy diet, and regular exercise, it may reduce the risk of developing osteoporosis. Each drop contains 2,500 IU of premium-grade, natural vitamin D3, tested in an ISO 17025-accredited laboratory.



CanPrev
Liposomal
Supplements

Magnesium
or Curcumin

34⁹⁹ 450ml

CoEnzyme Q10

42⁹⁹ 450ml

Liposomals are a revolution in nutrient delivery. They swiftly and safely transport active nutrients direct-to-cell, allowing for a smaller, more effective dose that lasts all day.

What are liposomals?

Liposomal supplements envelop your active ingredients in a bubble of phospholipids – the same stuff our cell walls are made from. Because of its unique biological properties, it's an exciting new way to administer nutrients.

Unlike other supplement forms, you don't have to worry about how long it takes for your nutrients to be absorbed.

Olie Naturals
New Beginnings
Probiotic

47⁹⁹ 500ml

63⁹⁹ 1L



New Beginnings® Probiotic was developed to provide probiotics the way nature intended. Years of research have resulted in an organic concentrated probiotic containing some of nature's most brilliant creations: herbs and living lactic acid bacteria. New Beginnings® Probiotic contains a blend of 7 carefully selected active bacterial cultures and 18 herbs. A unique, gentle, fermentation process yields this dynamic and complex mixture designed to remain viable and functional as it travels throughout the gastrointestinal tract.

Phillip Adam
Shampoo, Conditioner
and Leave In Conditioner

14⁹⁹ 237ml

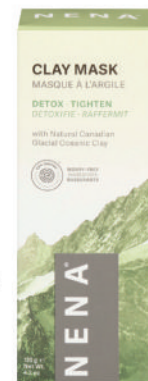


Phillip Adam leave-in conditioner is easy to use for those that are wanting to add a little extra body, hydration, and heat protection. Our water based leave in conditioner detangles, tames frizz, protects against split ends, and controls flyaway hair. The special blend of jojoba oil and pea protein revitalizes hair and keeps it healthy. This sulfate-free and silicone-free leave-in conditioner is designed for all types of hair and safe for the whole family. Hydrates and nourishes with plant based ingredients like jojoba oil and pea protein. Detangles and helps protect hair from damage and heat. Clean and naturally derived. Suitable for coloured hair and virgin hair. Keeps hair healthy and silky smooth. Vegan, cruelty-free and safe for daily family use.

Nena Glacial
Skin Care

**25%
Off**

Assorted Varieties & Sizes



Clinically Proven: Glacial Clay is proven to contain anti-inflammatory and soothing properties, increase collagen production by 70% (anti-aging benefits), reduce oil on the face by 95% and tighten pores after just one application. Purifying & Softening: Glacial Clay is negatively-charged, making it a powerful magnet for the positively-charged impurities trapped in the skin. Effectively removes dead skin cells and environmental pollutants, revealing a soft and toned complexion. Natural & Powerful: contains 99% natural Canadian Glacial Oceanic Clay from a pristine source in Northern British Columbia Canada. Glacial Clay has been used for centuries by the First Nation People for its antibacterial properties. Rich in 60+ Minerals: Glacial Oceanic Clay contains over 60 minerals and rare earth elements beneficial to the skin. For All Skin Types: including dry, oily, combination, sensitive, and aging skin. Clean Ingredients: Halal certified, Environmental Working Group (EWG) Verified. Made in Canada in a certified facility.

Natural Factors
Ubiquinol & CoQ10

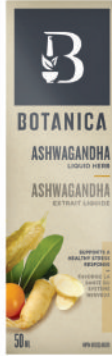


20% Off

Assorted Varieties & Sizes

CoQ10 helps maintain cardiovascular health and offers antioxidant protection for the maintenance of good health.

Botanica Organic
Herbs & Supplements



20% Off

Assorted Varieties & Sizes

Botanica Ashwagandha Liquid Capsules are an adaptogenic herb that help to restore nervous and immune system health to normalize mood and energy levels.

withinUs Collagen



Coconut Creamer + Collagen

39⁹⁹
227g

Matcha Misto + Collagen

55⁹⁹
289g

withinUs Coconut Creamer + Collagen is a delicious and nutritious, dairy-free boost for your hot beverage or smoothie.

CanPrev Vitamin D3 & K2



21⁹⁹
120 Softgels

34⁹⁹
240 Softgels

D3 & K2 assists the body in the absorption and utilization of calcium and supports the development and maintenance of bones and teeth.

Organika Collagen
Supplements



30% Off

Assorted Varieties & Sizes

Relax while you glow! Support growth and recovery of lean muscle mass and joints while building stronger hair, skin and nails.

SierraSil Joint
Formula
Supplements



20% Off

Assorted Varieties & Sizes

SierraSil Joint Formula 14™ contains a pure mineral powder with essential minerals. Research shows SierraSil Joint Formula 14™ supports joint, cartilage and muscle function. Also supports gentle detoxification because of its clay mineral structure.

Herbaria Wild Crafted
Herbal Teas

4⁹⁹
25 Tea Bags



Valerian Tea boasts a long history of traditional use for sleep disorders, including insomnia.

Genuine Health
Advanced Gut
Health Probiotics



20% Off

Assorted Varieties & Sizes

Specially chosen to strains mimic the human gut flora, including resident and transient strains to protect the synergy of the microbiome, reduce bloating and gas and support optimal digestion & immune health.

Trophic Super
Concentrate
Chlorophyll



12⁹⁹
100ml

24⁹⁹
250ml

Chlorophyll is known to enhance the effects of vitamins and minerals and plays an important role in digestion.

Attitude Natural Care
Oral & Body Care



25% Off

Assorted Varieties & Sizes

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

Active Humans
Natural Deodorant



17⁴⁹
60ml

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.

Desert Essence
Toothpaste



7⁹⁹
176g

FLUORIDE-FREE TOOTHPASTE
Brush away impurities and keep breath fresh with the potent power of plants.

Prairie Naturals Vitamins & Supplements

20% Off

Assorted
Varieties & Sizes

Prairie Naturals Ocu-Force is a new and revolutionary super-antioxidant supplement that contains a balance of both fat soluble and water soluble antioxidants recognized for promoting healthy eyes and vision. Based upon current scientific evidence, the therapeutic ingredients in Ocu-Force have been shown to support normal eye function, reduce damage caused by free radicals, protect against oxidation of retinal tissues, restore metabolic balance disrupted by high blood sugar, improve night vision, increase circulation to and through eyes, soothe eye strain and strengthen eye tissue. Ocu-Force contains a synergistic blend of 10 of the most therapeutic medicinal ingredients known for eye health today including: Benfotiamine, Astaxanthin, Taurine, Natural Beta Carotene, Vitamin E Mixed Tocopherol, Black Currant Extract, Lutein, L-Selenomethionine, Zinc (Zinc Methionine), PhytoBerry Blend, and Copper Citrate. Ocu-Force is gluten-free and does not contain soy, dairy, egg, corn, artificial colours, sweeteners or preservatives.



Harmonic Arts Mushroom & Superfood Elixirs

20% Off

Assorted
Varieties & Sizes

Activate your senses with this rich blend of herbs and mushrooms.

- Chocolate Cinnamon Spice
- Reishi Mushroom Powder
- Chaga Mushroom Powder

To effectively control moisture within the package the use of a desiccant is recommended.

It is included in the Activate Elixir canister and should be kept with the product while stored, tightly closed when the product is not in use.



Leaf Source Humic-Fulvic Acid Complex

27⁹⁹

60 Capsules

46⁹⁹

120 Capsules



What makes Humic & Fulvic Acids so unique, is the fact that they are the final breakdown components of all plant life, meaning they contain all the genetic information from the plants they came from. The reason human-grade Humic-Fulvic Acid Complexes are so rare, is because they require almost miraculous circumstances for their creation. Humic-Fulvic Acid Complexes are formed because they weren't exposed to the same tremendous pressures as coal and oil, and were much closer to the surface where there was enough microbial activity to properly ferment the plant material. LeafSource humic fulvic acid complex is the proprietary remains of one such prehistoric rainforest reserve. The rarest forms of Humic-Fulvic Acid Complexes take millions of years to form and cure as a perfect matrix of humic and fulvic acid. Many humic or fulvic acid products come from 1st generation reserves (thousands of years old), which have not gone through sufficient stages of natural fermentation.

Enerex Serrapeptase Supplements

20% Off

Assorted Varieties & Sizes

Proteolytic enzyme used to combat inflammatory disorders. Protein and fibrin dissolving properties provide multifaceted therapeutic benefits that are useful in the management of pain and inflammation.

- Expedite natural process of healing
- Supports breakdown of inflammatory molecules
- Helps with the process of remodelling scar tissue
- May relieve pain by blocking pain-inducing amines in inflamed tissue
- May reduce inflammation by thinning fluids, helping fluid to drain and contributing to faster tissue repair
- May break down dead or damaged tissue by dissolving protein by-products
- Mucolytic effects may help break down mucous



Basd Hair Care

17⁹⁹

240ml

Allow coconut cleansers and aloe vera to work in synergy, washing away residue and buildup, while locking in moisture. Hydrolyzed castor beans, chamomile and antioxidants will stimulate your scalp, adding the ultimate body and shine. Feel free to have a bubbly escape in your shower. It's good to be naked. Plant-based shampoo and conditioner inspired by nature!



Skin Essence Organics Facial Care

20% Off

Assorted Varieties & Sizes





This rich facial moisturizer offers a deep hydration and has been formulated to effectively heal and improve the skin's overall texture and elasticity by uniting carefully selected, concentrated ingredients that reduce the signs of aging resulting in a healthy, even complexion.


For those who need a little extra moisture, we suggest applying E-Cream overtop of the Neroli for increased benefits and hydration.



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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): 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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