

THE

CHOICES



MARKET

# HEARTBEET

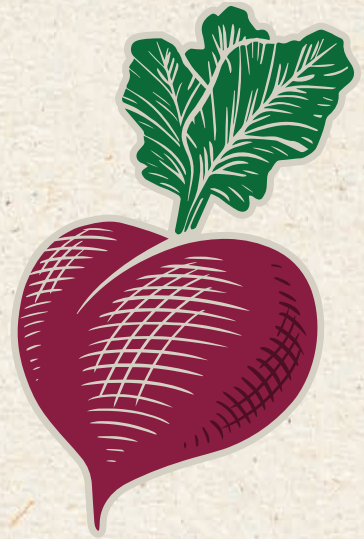
November, 2023

## DISCOVER LASAGNA

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## Remembrance Day!

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



## Star of the Season!

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season.

From November 15th to December 24th, the cashiers at your local Choices Market will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we were able to raise over \$35,000.

To learn more, visit us online at [Choices.Market](http://Choices.Market).



# SEMINARS

Brought to you by:  
**THE WELLNESS HUB**  
AT CHOICES MARKET

**NOVEMBER  
16**

**7 - 8:30 pm**

**ONLINE**



**Free Event**

## NAVIGATING PERI-MENOPAUSE AND MENOPAUSE

with **Aeryon Ashlie**

Backed by the latest in scientific research this seminar will look at the difference between pre-menopause and peri-menopause plus provide strategies that will support your body during this amazing time of transition.

Take Aways:

- 1: What is Peri-Menopause
- 2: Stages of Peri-Menopause
- 3: Supporting your body, Nourishment, Movement, Nervous System, Adrenal and Circadian Rhythms
- 4: Reducing Risk Factors
- 5: Supplementation

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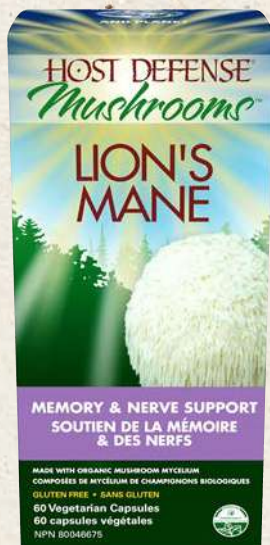


**REGISTER ONLINE AT CHOICES.MARKET/EVENTS**



## Upgrade Your Immune System With Mushrooms

with **Dr. Miranda Wiley, ND**



Discover and learn all about the power of Host Defense Mushrooms and how they can be used to increase your health & wellness routine.

Interest in mushrooms has risen significantly in the last few years. They're becoming an important part of a healthy daily routine for many of us, and the science behind them is growing rapidly. Please join Dr. Miranda Wiley to give you expert advice on the best mushrooms for immune support and how to select the right ones for the needs of yourself & your family.

Sponsored By:



**NOVEMBER  
23**

**7 - 8:30 pm**

**ONLINE**



**Free Event**



DISCOVER

# LASAGNA

BY CHEF ANTONIO



If you ever have attended a traditional Italian banquet, chances are you were served a lasagna. Lasagna refers to the oldest form of pasta, simple flat squares or rectangles of dough. These sheets likely originated in ancient Greece. It was very different to modern lasagna, as they wouldn't have had traditional Italian ingredients such as tomato! Truly, lasagna is more about the dish itself than what is in it, as you'll soon understand. Cooked in salted water, and dressed with a variety of distinct regional sauces, lasagnas can be vastly different depending on where in the world you're eating it.

Baked lasagna, or lasagna al forno is the dish that most of us associate with the word. A labour intense process, especially if you wish to make your own egg noodles, when prepared correctly it is a real treat. Layering of previously blanched pasta sheets with tomato or meat sauce, bechamel, and various cheeses is the typical vision of a lasagna. Fresh ricotta, mozzarella and parmigiano Reggiano are just a few of the melty cheeses you'll find within. Once assembled, gently baked until bubbly and lightly browned on top, your delicious lasagna is ready.

In some recipes, the meat sauce can be made with sausage or tiny meatballs. Wild mushroom lasagna without any tomato is a delight. You could also sub your meat sauce with a roasted squash velouté for a fine and bright dinner. Add spinach to your pasta dough for green lasagna, typical of the Emilia Romagna region. You could cook a monthly seasonal variant and add to your cooking repertoire for 12 new and fun ideas

The commercial pasta makers offer fresh sheets as well as dry ones. In some cases, blanching is not required, making it easy to assemble and bake. There are also gluten free versions to help people with dietary issues. Imagination will be your only baked lasagna limit.



## LASAGNA QUICK FACTS

### Origin:

The word lasagna derives from the Greek word 'lasanon' which refers to the flat noodle shape. Technically, lasagna is the name for the noodle shape, lasagna al forno is the name of the dish.

### Styles:

Lasagna styles vary largely from region to region of Italy

### World Record:

The worlds largest lasagna was made in Poland in 2012 and weighed over 5 metric tonnes.

### Lasagna around the world:

Lasagna cousins from around the world could include moussaka, cannelloni, enchiladas or vegetable tian.



## CHEF ANTONIO

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.

# TIPS FOR MANAGING TYPE 2 DIABETES

BY: WENDY WELLS, BSC., MSC., RHN



Every day in Canada more than 600 people are diagnosed with diabetes, and this number only looks to be increasing. November is Diabetes Awareness Month, and this article is looking at how some of the foods you choose to eat can play a big role in supporting healthy management of diabetes.

Diabetes is a disease in which your body doesn't produce insulin properly or it can't use the insulin it does produce effectively. This leads to high levels of sugar in the blood which over time can cause complications with vision loss, kidney damage and an increased risk of heart disease, strokes and other circulatory diseases. No matter which type of diabetes you are diagnosed with or where you are on the diabetes journey, your food and exercise behaviours are a crucial part of its management.

Around 90% of Canadians living with diabetes have been diagnosed with Type 2 diabetes. This differs from Type 1 diabetes in that it is not an auto-immune disorder. The pancreas is likely still producing insulin but it is either not enough to respond to the food being consumed or the body is not reacting properly to it.

The good news is that a high percentage of people with Type 2 diabetes are able to manage and possibly reverse their diabetes symptoms by improving their diets and physical activity levels.

## What Role Does Diet Play?

Our blood sugar levels rise when we eat or drink. How quickly this happens and how high they rise is dependent on what we choose to eat and drink. Consuming a large amount of easily absorbed sugar such as a can of soda or a refined baked pastry like a cinnamon roll or doughnut will lead to a very rapid increase in blood sugar. On the other hand, eating a complex starchy meal with a good source of protein, fat and fibre such as a brown rice salad with salmon produces a far slower increase in blood sugar. This allows your insulin to cope well and maintain your blood sugar within a healthy range.

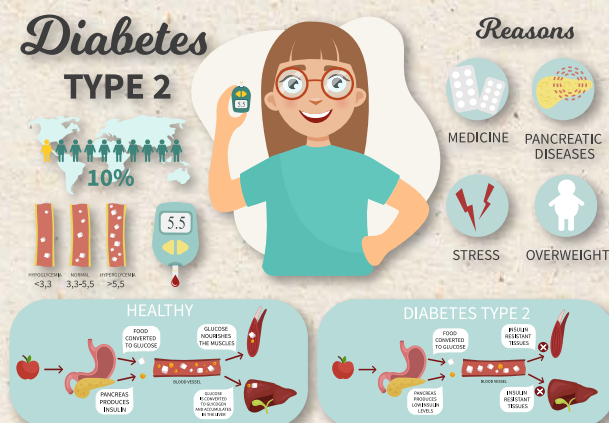
How often you eat or drink can also have quite an effect on blood sugars. 'Grazing' or regular snacking means you are pretty much 'topping up' your blood sugar all the time and in turn, asking your pancreas and insulin to work a lot harder. Good diabetes management means giving your body time to deal with one meal before adding in the next.

## Top Dietary Tips for Healthy Blood Sugar Management?

1. Choose fibre rich starchy foods rather than refined and processed options. This might mean a nutty/seedy wholegrain bread rather than a bagel, brown rice or quinoa rather than white rice with your dinner or a wholegrain and nut muffin rather than a doughnut.
2. Limit foods that provide a high level of easily absorbed sugar. This includes fresh fruit juices, sweetened coffees, candies, cookies and sodas.
3. Ensure you have a good source of protein, fat and fibre at each meal or snack. These nutrients help slow down the rate your food is absorbed and this allows your insulin to keep on top of the increasing blood sugar level. Examples include adding protein powder to a smoothie, choosing nut butter rather than a sweetened spread on wholegrain toast, snacking on a handful of mixed nuts and seeds rather than a prepacked granola bar or adding some sliced avocado into your lunchtime sandwich.
4. Try to limit snacking, aim for at least 3-4 hours between eating to allow your blood sugar levels to drop back down.

## Why Activity is Important?

When we are physically active, our blood sugar levels decrease so being regularly active throughout the day will help manage raised blood sugars. Try going for a walk after lunch and dinner or picking a parking spot a bit further away and walking the extra distance. These small changes done regularly can make all the difference to long term blood sugar control.



# SHOPPING TO MANAGE BLOOD SUGAR

By: Kelsey Moore, RD

Have you been told by your doctor your blood sugars are creeping up?

When it comes to type 2 diabetes and prevention, there are lots of lifestyle changes you can make to help bring your blood sugars down without sacrificing taste!

Here is a simple shopping list you can use to shop for lower sugar, higher fibre, and higher protein foods to balance your blood sugars.

**Proteins:** - Aim to make more of your meals plant-centered by choosing plant-based protein sources

- Fatty fish (salmon, maceral, trout, tuna)
- Boneless skinless chicken breast
- Extra firm tofu (smoked is a tasty option)
- Tempeh (great to pan fry and use in a sandwich!)

## Dairy:

- 2% Cow's milk (or soy or pea protein milk if you're looking to lean into plant-based)
- Unsweetened Greek yogurt (add a tsp. of honey for some sweetness!)
- Eggs

## Deli:

- Spreads for veggies and sandwiches (try cashew spreads, hummus, baba ghanoush, tzatziki)
- Premade salads (when you're having a busy week!)

## Bakery:

- Whole grain bread (when possible)

**Produce:** - Aim to get different colours, eat the rainbow!

- Tomatoes
- Oranges, carrots, yams
- Bananas, yellow squash
- Spring mix, broccoli
- Blueberries or blackberries
- Eggplant, beets

## Pantry Items:

- Canned unsalted chickpeas and black beans
- Canned lentils
- Brown rice
- Whole grains (try a new grain to mix things up like farro, barley, or quinoa)
- Ground flax seeds (may help reduce cholesterol)
- Hemp seeds (contain protein and fibre)



# USE NUTRITION TO SUPPORT YOUR IMMUNE SYSTEM THIS WINTER

By: The Choices Market Nutrition Team

Well, it's that time of year again! With our immune systems more vulnerable this time of year than ever, we want to do our best to support it. Here are 3 Ways you can help support your immune system this winter:

**1. Drink lots of water.** Water is important for keeping you regular and helping prevent chronic diseases like kidney stones. But how much? Look at your urine! That's right, the best indicator of hydration status is our urine. Look for a pale yellow colour that resembles lemonade. Darker and you're likely under hydrated, lighter and you're likely over hydrated.

Note, if you take a B vitamin supplement know that this typically affects your normal urine colour by turning it florescent yellow.

**2. Take your daily Vitamin D3!** Vitamin D is so important for our immune system as it helps to enhance our white blood cells which are important for fighting disease. Here in BC it's difficult for our bodies to make enough from sunlight so it's important we consume enough from food and or a supplement (it can be tricky to get enough from food alone!).

**3. Eat the rainbow!** When it comes to fruits and vegetables, variety is key for immune support. Vitamin C, often found in red and orange fruits and vegetables helps to stimulate our immune cells. Vitamin E, found in foods like avocados, also plays a role in maintaining our immune system. Aim for half of your plate filled with fruits and vegetables at each meal!



# PREFERRED SHOPPER SPECIALS

**NOVEMBER 1 - 15 ONLY!**

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store..



**Earth's Choice Organic Coffee**  
340g

**\$11<sup>99</sup>**

At Earth's Choice we try to balance the demand for great tasting coffee with the desire for sustainability.



**Bob's Red Mill Organic & Gluten Free Oats**

Selected Varieties

starting at

**\$4<sup>49</sup>**

Power up with protein from 1 simple ingredient: whole grain oats.



**Liberté Yogurt**  
Pkg. of 2 or 4

**\$3<sup>99</sup>**

The most indulgent yogurts available, in a convenient travel size.



**Nuts To You Organic Nut Butters**

Selected Varieties  
250g, 365g, 500g

starting at

**\$5<sup>99</sup>**

There's nothing but the good stuff in Nuts to You nut butters.



**Greenhouse Organic Cold Pressed Boosters**  
60mL

**\$2<sup>99</sup>**

Plus Deposit, Recycling Fee Where Applicable

Filled with nothing but healthy, cold pressed fruits and vegetables.



**Sunrise Soyganic Tofu**  
Assorted Sizes

starting at

**\$1<sup>69</sup>**

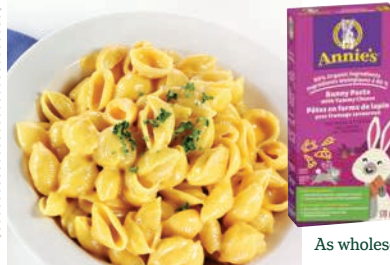
Delicious tofu that's locally made in the heart of Vancouver.



**Ritter Sport Chocolate Bars**  
100g

**\$2<sup>99</sup>**

We offer your favourite chocolate with the best ingredients for every taste.



**Annie's Pasta and Cheese**  
Selected Varieties  
149g - 170g

starting at

**\$2<sup>99</sup>**

As wholesome as it is delicious! A classic for the whole family.

**DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND**



**Seventh Generation Laundry Detergent**  
Liquid, 2.66 Litre

**\$11<sup>99</sup>**

Made without anything artificial to protect the planet.



**Sigdal Bakery Crispbread**  
190g - 220g

**\$5<sup>69</sup>**

Perfect for starting the day. Load up with your favourite ingredients and crunch away!



**Made Good Bars, Crackers & Cookies**  
Selected Varieties

**\$3<sup>49</sup>**

Free from common allergens, loaded with delicious flavour.



**Faith Farms Cheese**  
360g - 380g

**\$6<sup>99</sup>**

There are few things in life that aren't made better with a delicious slice of cheese.

# PREFERRED SHOPPER SPECIALS

**NOVEMBER 16 - 30 ONLY!**

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**GT's Organic Kombucha**  
1.4L

**\$8<sup>49</sup>**

Plus Deposit, Recycling Fee  
Where Applicable

The original kombucha brand that began the worldwide craze.



**Pacific Foods Organic Soups**  
946mL & 1 Litre

**\$4<sup>99</sup>**

Every last veggie, herb and protein we source is non-GMO and certified organic, ensuring our soups and chilis fill you with warmth and nourishment.



**Castello Camembert & Danish Brie**  
125g

**\$3<sup>99</sup>**

Creamy and decadent Danish cheeses perfect for a feast or an intimate dinner for two.



**Califia Non-Dairy Beverages**  
1.4 Litre

**\$3<sup>99</sup>**

Plus Deposit, Recycling Fee  
Where Applicable

Discover delicious and nourishing Oatmilks, Almondmilk, Creamers, Coffees, and other natural, non-GMO beverages from Califia Farms.



**Kinnikinnick Gluten-Free Waffles**  
222g

**\$2<sup>99</sup>**

Light & crispy with a pleasant chewiness, our original waffles are a hit with those who have Celiac disease, food allergies and vegans.



**Kicking Horse Fair Trade Coffee**  
Whole Bean, 454g

**\$15<sup>99</sup>**

Our coffee beans offer a broad assortment of tastes and aromas. This coffee kicks ass. All organic & certified Fairtrade beans.



**Camino Organic Chocolate Bar**  
80g & 100g

**\$3<sup>49</sup>**

Unparalleled in taste and quality, our mouth-watering flavours are sure to tantalize your taste buds.



**Barbara's Cheese Puffs**  
155g & 198g

**\$2<sup>99</sup>**

A family favorite, our deliciously cheesy and crunchy cheese puffs are the snack attack you will be happy to have.

## NOURISHING LIFESTYLES SINCE 1990



**Perrier Sparkling Water**  
750mL & 1 Litre

**\$2<sup>29</sup>**

Plus Deposit, Recycling Fee  
Where Applicable

A world famous sparkling water from the mountains of France.



**Snackconscious Gluten-Free Bites**  
45g/150g

**\$2<sup>49</sup> / \$7<sup>49</sup>**

We make bite-sized, plant-based versions of your favourite treats.



**Loop Cold Pressed Juice & Smoothies**  
355mL

**\$3<sup>99</sup>**

Plus Deposit, Recycling Fee  
Where Applicable

Our cold-pressed juices contain up to 3-4 pounds of rescued fruits and veggies per bottle. A fresh, convenient, and delicious way to get in your vitamins.



**Rawcology Raw Crunch Granola**  
200g

**\$6<sup>99</sup>**

Enjoy our granola for breakfast, on-the-go, or for your midday hunger-busting snack.



## 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.

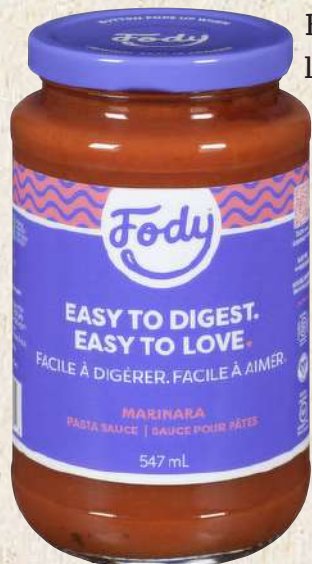
### CORONATION GRAPES



Looking for a new juicy late-fall fruit? We highly recommend our organic coronation grapes from Stoney Paradise Orchard located in Kelowna, BC. This farm harvests later in the season compared to anyone else due to its unique location and with the warm days and the cooler nights, these grapes are the sweetest in BC! Grapes are easy to incorporate into your diet. Simply have them fresh or frozen as a snack, throw into a salad, add to a smoothie or try in a homemade chia seed jam!

### FODY FOODS

IBS shoppers, we are here to help! Fody Foods makes delicious sauces, bars, snacks and more that are free from common gut irritants (for those with IBS- Irritable Bowel Syndrome) like garlic and onion.



Bonus! Fody products, like their new bloat-free ketchups, are also vegan and gluten-free too! So if you suffer from bloating frequently after eating you may want to give Fody a try!

### MANDARIN ORANGES

We all know that vitamin C and oranges go hand and hand but do you know why vitamin C is important? Vitamin C is important for our skin health including wound healing and plays a role in immune support. Including oranges in your snacks this winter season is one way to help ensure you are supporting your immune system!





# Southern Fried Vegan Air Fryer Soy Curls

By Healthy Slow Cooking

## INGREDIENTS

- 1/2 bag** Butler Soy Curls
- 3 cups** Boiling Water

## BREADING

- 1/2 cup** Fine ground cornmeal or flour
- 1/4 cup** Nutritional yeast
- 1 tsp.** Poultry seasoning
- 1 tsp.** Cajun seasoning
- Salt & Pepper to taste

## DIRECTIONS

1. Put the soy curls in a heat-proof pan on the stove and pour the boiling water over them. Let them soak for 5 to 10 minutes, or until soft and plump.
2. Pour into a strainer in your sink to drain, then press the extra water out with a large spoon.
3. Mix the breading ingredients together well in a small bowl.
4. Add the drained soy curls to a large bowl and mix in breading well. You want to coat each piece.
5. Place the breaded soy curls into your air fryer and cook at 380 degrees for 5 minutes. Shake and cook for 5 more minutes.
6. Serve as is with fries or over mashed potatoes with a golden gravy.

## WE USED



## Butler Soy Curls

Looking for a way to include more plant-based proteins in your diet?

Butler Soy Curls are a great source of protein packing 11g per 30 grams serving. With their savoury, crunchy texture they work great as a salad topper add to stir-fries or even as a high-protein snack!



# WELLNESS CENTRE SPECIALS

## NOVEMBER 1 - 15 ONLY!

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**NutraSea  
Omega-3  
Fish Oils**  
Assorted  
Varieties & Sizes

**20% OFF**

A great tasting, liquid omega-3 for the maintenance of good health.



**Natural Factors  
Glutathione  
Lipomichel Matrix**  
60 Softgels

**\$29<sup>99</sup>**

Used for healthy aging, immune support, and detoxification. Provides antioxidants in a reduced form.



**SUKU  
Gummie Vitamins  
& Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

These sugar-free gummies help support prostate health, liver function, thyroid gland function, and immune function for overall good health.



**Innovite  
Inno-Q-Nol 100mg**  
Assorted  
Varieties & Sizes

**20% OFF**

Reduces the risk for cardiovascular disease, boosts energy levels and more.



**Prairie Naturals  
Men's Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

- Supports natural testosterone production
- Helps build lean tissue
- Formulated with anti-aromatase ingredients



**Natural Factors  
Magnesium  
Supplements**  
Selected Varieties  
Assorted Sizes

**20% OFF**

Clean collagen makes it easy to get your daily dose of collagen. Also available in bars!



**Martin & Pleasance  
Ki Immune  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Ki Health Defence. Natural remedies to defend your cold, flu, & allergy symptoms while building a stronger immune system.



**Ecoideas  
Maca Superfood  
Powders**  
Assorted  
Varieties & Sizes

**20% OFF**

Gelatinization breaks down the long chain starches making maca more bioavailable.



**Homeocan  
Traumacare**  
Assorted  
Varieties & Sizes

**20% OFF**

Traumacare cream provides effective relief for:

- muscle and joint pains
- inflammation and minor injuries such as sprains, and contusions



**Attitude Soap  
and Body Butter**  
Assorted  
Varieties & Sizes

**30% OFF**

Designed to moisturize your skin and tackle the plastic crisis, they come packaged in a convenient biodegradable cardboard tube and provide skin nourishment from head to toe!



**Jusu  
Facial Care**  
Assorted  
Varieties & Sizes

**25% OFF**

Crafted with a blend of natural ingredients, this cream provides the perfect balance your skin craves



**Life Candy  
Shampoo or  
Conditioner**  
1L

**\$19<sup>99</sup>**

Life Candy's non-silicone, all-natural formula seals the hair cuticle to lock in colour molecules and slow colour fading while enhancing the quality of your hair.

# WELLNESS CENTRE SPECIALS

**NOVEMBER 1 - 15 ONLY!**

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Ask us for details in store.



**Host Defense  
Mushroom  
Supplements**  
Assorted  
Varieties & Sizes

**25% OFF**

Turkey Tail is one of the most-studied beneficial mushrooms. It invigorates immune cells while simultaneously making sure the immune response doesn't overreact. As a prebiotic food for our probiotic microflora, it has also shown to improve the gut microbiome.\*

Supports beneficial microflora in the gut microbiome.\*  
Promotes digestive and gastrointestinal health.\*  
Supports an engaged and balanced immune response.\*

Turkey Tail shows much promise in supporting the immune system. In a clinical study funded by the National Institutes of Health (NIH), Host Defense® Turkey Tail capsules were shown to be immunologically active.\*



**W. Gifford-Jones  
Vitamin  
K2+A+D3**  
30mL

**\$13<sup>79</sup>**

Vitamin K2 + D3 + A drops contain three fat-soluble vitamins with complementary roles in the development and maintenance of strong bones and teeth.

K2 assists in building bone mineral density by helping guide calcium toward the bones and away from tissue, where it can be damaging.

Vitamin D plays a key role in the absorption of calcium and phosphorus, two minerals that are vital for proper bone mineralization and turnover.

Vitamin A supports eyesight, healthy skin and mucous membranes

Each serving provides 50 mcg vitamin K2, 1000 IU vitamin D3, and 500 IU vitamin A in a vanilla flavoured base of MCT and flaxseed oils.



**Living Alchemy  
Vitamins &  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Fermented Whole Food Black Garlic is a master antioxidant effective at reducing blood lipid levels. Fermented Black Garlic has higher levels of S-allyl cysteine (SAC), an organosulfur compound shown to have antioxidant, anti-inflammatory, cardioprotective, neuroprotective, and hepatoprotective activities. With Supporting Herbs: Organic Hawthorn (100mg) and Organic Cayenne (50mg). Certified USDA Organic. Vegan, Gluten-Free, and Dairy-Free

- Supports Cardiovascular Health
- May help With Circulation
- Supports Elevated Blood Lipid Levels
- May Relieve Upper Respiratory Symptoms



**IoNovo  
Iodine**  
30mL

**\$21<sup>99</sup>**

100% natural iodine and water.

- Daily use, pure elemental health products and only micro dosed iodine available.
- Most bio available, purest form of iodine for thyroid support.
- Iodine will kill bacteria and deactivate viruses before it converts to iodide, the only element our thyroid uses to produce vital t3 t4 hormones that activate your immune system, metabolism and IQ/brain development.
- Side effects may include excess weight loss, increased energy and clearing of brain fog.
- Approved by Health Canada. Repurposed by doctors and safe for ALL ages.



**Emuaid First Aid  
Ointment**

**Regular 56g    EmuaidMax 56g**

**\$66<sup>49</sup> / \$79<sup>99</sup>**

EMU Aid reduces pain and inflammation, rapidly repairs damaged and irritated skin, fights bacterial and fungal infections associated with psoriasis, eczema, shingles, bed sores, molluscum, warts, cold sores and other itchy, painful skin conditions. It is safe for all ages, can be used anywhere on the body and does not conflict with other medications.

Topical symptomatic relief for resistant skin conditions: Severe Boils, Hemorrhoids, Eczema, Cold Sores, Fungal Infections, Poison Ivy, Psoriasis, Oak & Sumac and other itchy, painful conditions.



**Active Humans  
Natural Deodorant**  
30mL/60mL

**\$15<sup>99</sup> / \$24<sup>99</sup>**

Anything but ordinary, the sophistication of our spray application allows for a perfectly clean, long lasting daily wear deodorant. The aerosol-free mode is healthy, hygienic, easy-to-use and 100% shirt friendly. An added benefit, the spray favours multifunctional use. Try your best-loved scent as a perfume, room refresher or wherever else may need a scented pick-me-up. At sixteen hundred feet above sea level, inhaling cool ocean air, surrounded by ancient redwoods, we discovered Big Sur. Feeling deeply inspired by this scenic west coast landscape, we shared a life changing experience that set us on a new path. Our No 1 Sea Salt pays tribute to the expansive ocean horizon where we began to dream of a life without limits.



# WELLNESS CENTRE SPECIALS

**NOVEMBER 16 - 30 ONLY!**

Become a Wellness Shopper today.  
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Ask us for details in store.



**Healthology  
Lung-Fx**  
90 Capsules

**\$32<sup>99</sup>**

LUNG-FX works by supporting the lungs' natural defense systems.



**Salus Vitamins  
& Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

The Salus Calcium-Magnesium liquid formulation is easy to dose, gentle on the digestive system, and highly absorbed.



**Natural Factors  
Stress-Relax  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical "sleeping pills."



**Genuine Health  
Gut Superfoods &  
Greens+ Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Supports Your Whole Body. 23 plant-based nutrients to nourish, energize and protect your body from head to toe.



**Organika  
Immunity  
Supplements**  
Assorted  
Varieties & Sizes

**25% OFF**

High-quality, natural solutions for better energy, stress management and overall wellness.



**Boiron  
Oscillococcinum**  
6 Doses/30 Doses

**\$11<sup>99</sup> / \$29<sup>99</sup>**

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



**Purica  
Zensations**  
150g

**\$28<sup>99</sup>**

An organic blend of Lion's Mane, Cordyceps and Cacao to kick start your day with energy, better focus and endurance.



**A. Vogel  
Prostate 1**  
30 Capsules/60 Capsules

**\$33<sup>49</sup> / \$52<sup>99</sup>**

Used in herbal medicine to relieve urologic symptoms associated with mild to moderate benign prostatic hyperplasia (BPH) such as weak urine flow, incomplete voiding, frequent daytime and nighttime urination.



**Santevia  
Alkalizing  
Water Filtration**  
Assorted  
Varieties & Sizes

**20% OFF**

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



**Island Essentials  
Body Care**  
Assorted  
Varieties & Sizes

**20% OFF**

Natural Body & Hair Care Products created by Island Essentials use innovative ingredients and formulas.



**Radius  
Toothbrushes  
and Toothpaste**  
Assorted  
Varieties & Sizes

**25% OFF**

Sustainable Toothbrushes for Kids and Families. Award-winning, nature-first smile care brand.



**Pure Potent WOW  
Essential Oils  
and Body Care**  
Assorted  
Varieties & Sizes

**20% OFF**

Certified organic and wild crafted precious essential oils.



# WELLNESS CENTRE SPECIALS

**NOVEMBER 16 - 30 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**New Roots  
Exotic Skin Oils**  
Assorted  
Varieties & Sizes

**25% OFF**

Luxurious and revitalizing Exotic Oils that will bring out your natural glow!

New Roots Exotic Oils are Certified Organic, ethically sourced, sustainably grown, and are extracted without solvents. They are lab-tested for identity, purity, heavy metals, pesticides, and environmental toxins. This testing also guarantees zero dilution with carrier oils and fillers.

Discover their many benefits, including:

- Nourishing hair, nails, and skin
- Reducing the appearance of stretch marks
- Reducing the signs of aging skin
- Deeply hydrating your skin
- Improving skin elasticity



**Newco  
Natural Technology  
Rub Ease**  
120mL

**\$23<sup>49</sup>**

Natural Pain Relief Cream contains a synergistic blend of Arnica Flower Extract, MSM, Hyaluronic Acid, Glucosamine and Chondroitin Sulphates, with active and cooling Eucalyptus and Peppermint essential oils and along with menthol 3%.

This cream may provide relief from the pain of sports injuries, inflammation, arthritic pain, sore muscles, joint pain and bruises.

Deep penetrating and well absorbed for an easy to apply massage cream.



**Gabriel Natural  
Cosmetics**  
Assorted  
Varieties & Sizes

**20% OFF**

Gabriel Cosmetics Inc. prides itself on the integrity and transparency of which it was founded. These core principles were the catalyst in developing clean, mistake proof and results driven beauty products, which have paved the way for the natural beauty industry for the past 25 years.

Without compromising aesthetics, functionality, or accessibility, Gabriel products offer consumers earth conscious and ethical options to their beauty needs. All products are made from 100% natural ingredients with no synthetic chemicals or animal by products.



**Nordic Naturals  
Fish Oils**  
Assorted  
Varieties & Sizes

**20% OFF**

Ultimate Omega® delivers the #1 omega-3 in the U.S.—for heart, brain, and wellness support—in every delicious daily serving.\*

- 1280 mg total omega-3s (soft gels); 2840 mg total omega-3s (liquid)
- Our most popular concentrate, recommended by doctors worldwide
- Made exclusively from 100% wild-caught sardines and anchovies
- Fresh lemon taste
- Award winner! 10+ industry awards, including Delicious Living's Best Omega-3



**Hyalogic  
Skin Care**  
Assorted  
Varieties & Sizes

**20% OFF**

Hyalogic's Collagen Facial Mist uses Marine Collagen with Hyaluronic Acid to support moisture levels and a firm, elastic appearance. This facial mist helps support skin with a more lifted appearance, better definition and helps make skin noticeably firmer.

Collagen is a natural protein peptide produced inside the body. When present in the skin, it helps maintain skin elasticity. When the Collagen in our bodies naturally decrease with age, the skin takes on an unhealthy appearance. The marine collagen used is hydrolyzed and reduced down to a size that your skin can absorb to maintain a healthy, firm appearance. Just a quick misting everyday can help bring back the beauty.



**3 Brains  
Memory Boost**  
120 Capsules

**\$28<sup>49</sup>**

Enhances memory and cognitive function Memory Boost enhances both memory and cognitive function in adults. This comprehensive formula contains seven brain-boosting nutrients, extracts, and antioxidants that work together to supply the brain with energy, protect neurons, and defend the brain against free radical damage. Contains Huperzine A from the herb Huperzia serrata Source of powerful antioxidants, alpha-lipoic acid and N-acetyl-L-cysteine Ginkgo biloba enhances cognitive function in adults. Suitable for vegetarians and vegans.



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## CHOICES MARKET LOCATIONS

### Kitsilano

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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

### Parksville – NOW OPEN

319 Island Hwy East  
250.947.8000

### Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

**Tree(s):** 27

**Waste:** 1,199 kg

**Water:** 97,773 L

**Greenhouse Gas Emissions:** 3,932 kg CO2

**Smog:** 5 kg NOx

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

# CHOICES MARKET

## NOW OPEN

## PARKSVILLE, BC

### 319 Island Highway East

# DISCOVER LOCAL CHOICES



## Discover the LARGEST Selection of Wellness Choices on Vancouver Island



### Your Choice for Wellness

Discover the largest number of vitamins, supplements and natural body care items on Vancouver Island to balance, restore and rejuvenate your body and mind.



### Need Help?

We're here to help you navigate our extensive collection of wellness products. Simply speak to a member of our Wellness Team for one-on-one advice that's suited to your health needs.



### Live Pure

Stop by Pure Integrative Pharmacy for your prescription compounding and explore the widest assortment of professional-grade supplements you will find on the island to ensure your optimal health solutions.



*Pure* INTEGRATIVE  
PHARMACY

Phone: 250-947-8001

Pharmacy Hours: Monday - Friday 9am - 6pm |  
Saturday 9am - 5pm | Sunday 10am - 4pm