



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



September 2019

WHAT'S GOING ON THIS MONTH?

Demos & Sampling

Friday, September 6th
Clif Smoothie Bars
11am - 2pm

Friday, September 13
Laiki Crackers
11am - 2pm

Wednesday, September 18
Whole Earth & Sea
Proteins & Greens
11am - 3pm

Saturday, September 28
Purica Zen Beverages
& Magnesium
11am - 2pm

Featured Flyers:
Assured Natural's
Supplement Flyer Sale
on until September 30th

*If you haven't already done so,
please sign up for our loyalty
program to get the newsletter
and specials emailed to you.*

rootsnatural.ca



Hello Fellow Shoppers,

Who else is excited for fall?! While it's always a little bittersweet to say goodbye to summer, fall has so much to offer. Just picture the beautiful colours, the crisp mornings, cozy sweaters, and the kids are back in school! On that note, we hope everyone got their kiddos back to class with ease. If you have a child that struggles with social anxiety, and is having a hard time at school, there are many safe, natural supplements available that can help keep them calm and relaxed in the classroom. Magnesium, fish oils, Rescue Remedy and chewable L-Theanine are a few of our favourites.

Now that the weather is slowly starting to cool off and we're seeing a little less sunshine in the forecast, it's a good idea to start preparing your immune system for cold and flu season. Supplementing with Probiotics, Vitamin C & D, and a good quality multivitamin can be very helpful along with immune stimulating herbals and medicinal mushrooms. We have information on two fantastic formulas located on the back page of the newsletter, and so many more in store. Please talk to one of our knowledgeable staff members in the vitamin department to help determine which products are best suited for you and your family.

The Roots Crew

Superseed Baru Butter



Say hello to your new favourite superseed butter! Get the delicious taste of peanuts, without peanuts!

Ingredients:

- 1 C Roasted Baru Seeds
- 4 tbsp Coconut Oil, measured solid
- 1 tsp Yacon Syrup or sweetener of choice
- ¼ tsp salt
- ¼ tsp cinnamon

Preparation:

1. Melt coconut oil.
2. Combine melted coconut oil, roasted baru seeds, yacon syrup or sweetener of choice, salt and cinnamon in a food processor or high powered blender. Blend until smooth or until you reach desired consistency.

TIP: For a creamier texture, try peeling your baru seeds prior to blending OR increase the quantity of melted coconut oil!

Store your baru butter in an airtight jar, out of direct sunlight. Do not refrigerate, as the butter will solidify! Keep for up to 2 weeks



STAFF PICKS

A Few of Our Favourite Things This Month



Reduce Stress, and Boost Immunity!

Keeping your immune system strong can be an uphill battle when faced with physical, psychological, and environmental stress. Pure Food Super Mushroom combines six organic mushroom superfoods with Wellmune beta-glucan and nutrient-dense Farm Fresh Factors, for an immune and energy support formula charged with the vibrant energy and goodness of nature.

Reishi is one of the most studied and widely used of all the medicinal mushrooms. Super Mushroom contains a 30:1 extract made from organic reishi. The maitake, shiitake, cordyceps, chaga, and lion's mane mushrooms are MycoFusions superfoods, created using a patented fermentation process that results in high levels of beta-glucan polysaccharides, antioxidants, and anthocyanins. All six mushrooms have well-known health benefits for immune, antioxidant, and cognitive support, as well as adaptogenic activity for increased energy and resistance to stress. The addition of clinically studied Wellmune beta-glucan primes and strengthens the immune system to better manage everyday stress.

Farm Fresh Factors adds the best in whole food nutrition. Made with fresh, raw earth and sea vegetables, cruciferous sprouts, polyphenol-rich fruits, and herbs, the vital bioenergetic formula is carefully processed using EnviroSimplex technology to retain and intensify the total goodness of whole food. This non-GMO, 100% vegan formula is ideal for vegans and vegetarians.

Support Your Child's Immune System with Chewable Echinacea

A.Vogel's Echinaforce Junior is the perfect remedy for all kinds of infections. Like other A.Vogel products derived from Echinacea purpurea, Echinaforce Junior is an immune system stimulant that has been proven to help fight off both viral and bacterial infections.

It also has anti-inflammatory and anti-fungal properties. Research clearly shows that Echinacea purpurea helps rid children of cold and flu symptoms faster and reduces the risk of recurrence.

Taken preventively, it also increases the time between infections. Teach your children to wash their hands thoroughly and try to convince them to do so on a regular basis!!!!

It's important to drink plenty of water, rather than juice. Make sure your kids get sufficient rest when tired and that they eat only when hungry. It also helps to avoid mucus-forming foods such as dairy products, oats, white flour and bananas. Reduce their intake of refined sugar as it can suppress their immune system, making it less effective. Echinaforce Junior can be taken with conventional medications such as antibiotics, children's acetaminophen, etc.



Replenish Dry Damaged Skin with Marula

Cold-pressed from the kernels of hand-harvested marula fruit, South African-sourced marula kernel oil delivers a mosaic of nutrients that will make your skin glow.

Archaeological evidence has the marula tree being used as a source of nutrition and healing dating back as long as ten thousand years. Marula oil has a fine molecular structure, which lends it a light texture that penetrates the skin to strengthen its lipid layer. Once the lipid layer is quenched, it can lock down moisture to reduce the appearance of fine lines and wrinkles. It also improves the skin's elasticity to retain a youthful appearance with each and every facial expression. Succulent skin is also more resistant to environmental toxins and fluctuations in temperature and humidity. As a rich source of naturally occurring vitamins and minerals, its antioxidant action helps protect sensitive skin from free radicals and UV exposure. It applies well to skin, with a nongreasy feel suitable for all skin types-perhaps even yours...

September

Featured Specials & many more instore

WOLFGANG PUCK 

Organic Homestyle Soups
These restaurant quality premium soups are made with the finest all natural ingredients. USDA certified organic.

Reg \$3.99 **\$3.49** 

 **ALTER ECO** 

Organic Chocolate Bars
Plucked from organic trees in the Peruvian Amazon and Ecuadorian Coast, our cacao beans journey to Switzerland, where they are transformed into some of the world's finest chocolates.

Reg \$5.39 **\$4.29** 

 **Hardbite** FARMER GROWN • FARMER OWNED 

Natural Potato Chips
Made in Maple Ridge from GMO-free Fraser Valley potatoes. Naturally seasoned, free of trans fats, gluten-free and cholesterol-free.

156g
Reg \$3.29 **\$2.99** 

Organic Z Bars
An organic baked whole grain snack made with a nutritious blend of carbohydrates, fibre, protein, and fat to maintain kids' energy...so kids can keep zipping and zooming along.

6 bars
Reg \$5.49 **\$4.49** 

 **natera sport** 

Vegan Keto Bars
These bars are intentionally high in fat, 1g of sugar and have very low net carbs. Made locally in Pitt Meadows.

48g
Reg \$2.99 **\$2.49** 

POP TIME 


Natural Popcorn
Crafted with care and simple ingredients to ensure outstanding flavour and ultimate satisfaction.

Reg \$4.99ea **\$3.99** 


  

Natural Peanut Butter
Made in small batches since 1986 with only the highest quality ingredients, our PB is as fresh as the air we breathe here on the west coast.

750g
Reg \$7.99 **\$6.99** 

welo 


Kids Probiotic Bars
80% of the immune system is in the gut. 1 Billion live cultures per serving, Plant based protein, GF and only 2g of sugar.

5x20g
Reg \$6.99ea **\$5.99** 

Imagine 

Chicken Bone Broth
Imagine's blend of chicken, beef and turkey Bone Broth is a delicious sipping broth to give you a nutritious boost to your day with a good source of protein.

946ml
Reg \$7.99 **\$4.99** 

Annie's 

Classic Mac and Cheese
Macaroni and cheese, made Annie's way. 100% real cheese, no artificial flavors, synthetic colors, or preservatives. A classic for the family!

170g
Reg \$3.49 **\$2.69** 

 **earth's own** 

Fresh Oat Beverage
Oat Fresh effortlessly fits in your day, whether it's a refreshing glass to wake you up, in your midday smoothie or alongside an evening snack. Nutritious and delicious.

1.89L
Reg \$5.99 **\$5.39** 

 **WESCANNA FOODS**  CREATING EXCEPTIONAL FOODS

Pure Gluten Free Oats
Wescana Oats is a guaranteed gluten free oat line. Choose from steel-cut, old fashion and quick cooking. More flavourful than traditional oats.

1kg
Reg \$8.99 **\$7.99** 

Traditional Medicinals

Organic Herbal Teas
Cup of Calm, Heart w/Hawthorn, Nighty Night, Nighty Night Valerian and Weightless

16ct
Reg \$6.99 **\$5.99** 

GOLD RUSH 

Organic Hash Browns
Gold Rush Brings good old fashioned natural ingredients to your table like mom intended. Diced or Shredded.

454g
Reg \$6.29 **\$5.29** 

Spectrum 

Eggless Mayonaisse
Expeller pressed oil. 68% Less fat. Enjoy a rich, creamy spread that's cholesterol free with less than 1/2 the fat and calories of regular mayonnaise.

473ml
Reg \$5.79 **\$4.99** 

earth balance 

Soy-Free Buttery Spread
Earth Balance spread is 100% natural, non-GMO, and free of trans fat, hydrogenated oils, and artificial ingredients.

425g
Reg \$7.29 **\$5.99** 