



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



February 2020

WHAT'S GOING ON THIS MONTH?

New & Noteworthy

Demos

February 7th

Good To Go Keto Bars
11am-2pm

February 11th

New Roots
Fermented Ginger
11am-3pm

February 14th

New Roots
Fermented Beet
10am-2pm

February 28th

Barbara's Cheese puffs
11am-2pm

Have you signed up for our Loyalty Program? Sign up in store and start collecting points and receive extra savings.

rootsnatural.ca



Hello Fellow Shoppers

February is known as the month of love, so here at Roots we're thinking of our hearts! Of course, we're here to help you take care of your heart, too. Exercising, eating well, and taking carefully selected supplements can help keep your ticker in tip-top shape. Remember, don't be fooled by low-fat diets. When planning your meals, embrace healthy fats such as oily fish and avocados. Avoid trans fats, and instead choose plant oils such as coconut and olive. When it comes to heart-healthy supplements, we've got it all-from omega-3s and garlic, to niacin and coenzyme Q10, plus much more! For more tips, including personalized supplement suggestions, just pop by the store and ask us.

Have you been struggling with a particular health concern and debating whether you should try seeing a Naturopath? Why not give it a try for free! Sunday, March 1st we'll have Dr. Faaria Karim (from Selkirk Naturopathic Clinic) in store doing free 15 minute consultations. These consults always book up fast, and there are limited spaces available so call us at (604) 467-1822 as soon as possible to book your appointment.

The Roots Crew



Raw Maca Chocolate Bark With Nut Butter Swirl

INGREDIENTS

- 1/4 cup raw cacao
- 1/2 cup coconut oil, melted
- 2 tsp maple syrup
- 1-2 tbsp maca powder
- 1 tbsp nut butter



Recipe from Food Matters

WHAT TO DO

1. Mix together cacao, melted coconut oil, maple syrup and maca powder.
2. Pour into a small tray or chocolate molds, lined with parchment paper.
3. Drop in teaspoons of nut butter randomly.
4. Using a skewer or knife, swirl the nut butter throughout the chocolate mixture.
5. Place in the freezer to set for 1/2 an hour.
6. When serving, remove from freezer and break up into bark pieces.
7. Store in the freezer and snack on when you are feeling a little low.

STAFF PICKS

A Few of Our Favourite Things This Month



Reduce Blood Pressure and Increase Energy!

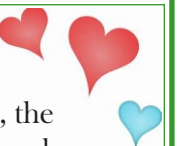
When it comes to cardiovascular health, one of the most important tissues of body is the inner lining of our blood vessels (called the endothelium). It regulates blood flow, the delivery of nutrients to organs and tissues and removal of wastes, but unfortunately it is also very sensitive to inflammation and oxidative damage. Nitric oxide is the key molecule that regulates and protects the endothelium, and thus the body has developed an elegant way to maintain a steady supply of it by converting it from nitrates found in numerous vegetables like beetroot, spinach and arugula. AOR's NOx family of products are designed to enhance the production of nitric oxide in combination with well-studied nutrients. CardioNOx contains Coenzyme Q10 and potassium nitrate, a precursor to nitric oxide, both of which are highly important nutrients for cardiovascular support.

CoQ10 is a powerful antioxidant that protects the mitochondria from free radical damage and supports energy production. Energy-producing mitochondria are found in abundance in the heart because the heart requires massive amounts of energy to function properly. Both CoQ10 and supplemental Nitric Oxide have been found to lower blood pressure, since both support healthy function and dilation of blood vessel cells. The combination of CoQ10 and Nitric Oxide creates an excellent heart health and anti-aging formula.

AOR was the first in the world to capitalize on the direct conversion of nitrate and nitrite to nitric oxide within the body. Cardio NOx not only delivers the combined benefits of CoQ10 and Nitric Oxide, it is also convenient to take as the effective dose is just one capsule per day. Those concerned with aging, cardiovascular health, blood pressure support, and those desiring greater energy production will benefit from CardioNOx.



Improve Gut Health With New Lactospore!



Lactospore works on restoring gastrointestinal balance through competitive inhibition of pathogens, the production of L-(+) lactic acid and hydrogen peroxide, and production of bacteriocins, a sort of natural antibiotic that suppresses the growth of putrefactive bacteria. Being in spore form, this culture survives and proliferates in the gastrointestinal environment more easily than most other probiotics. Lactospore also produces only the beneficial L-(+) form of lactic acid in the gastrointestinal tract, unlike some other probiotics that also produce D-(-) form of lactic acid, which has been associated with metabolic acidosis.

Why Choose Lactospore?

1- There is no need for LactoSpore to be enteric coated. The strain survives stomach acid and travels to the gut where it becomes active, and Lactospore, because it is a spore and not bacteria, does not need to have high numbers in order to be effective. In fact the 400 Million spores in each capsule, is far more than the amount required in most studies to show clinical effectiveness.


2- Usually when one buys a probiotic supplement, they are consuming a mixture essentially put together by a committee (scientists, researchers, marketers), and those work well for some people. But we all have a unique mix of probiotic bacteria in our digestive system and other people find that probiotic products actually disturb their digestive well being, giving them symptoms of gas, bloating, constipation, and/or loose stools.

3- A product like Lactospore, simply encourages the thriving of all the good bacteria that is already resident in your digestive system, and discourages the bad bacteria present from colonizing. This supports your unique microbiome, returning it to the healthful balance required for your body, not imposing other bacteria in ratios that may not be ideal for your system.



February

Featured Specials & many more instore



VortexTM 9.5^{PH}

High PH Glacier Water

Vortex 9.5 has an active pH of 9.5 to provide the benefits of natural anti-oxidants and naturally occurring electrolytes.

1.5L
Reg \$3.29 **\$2.79**



BUBBIES
OF SAN FRANCISCO, INC.

Natural Sauerkraut

Bubbies Sauerkraut is made from the crisp, center leaves of the finest quality winter cabbages, which are shredded, salted and naturally fermented for several weeks.

750ml
Reg \$10.99 **\$9.49**



NATURE'S PATH
GENERATION ORGANIC

Love Crunch Granola

Premium organic granolas - Dark Chocolate Strawberry, Macaroon, Apple Crumble, Gingerbread, Carrot Cake and

325g
Reg \$6.69 **\$4.99**

LAIKI
rice crackers

Laiki contains all of the nutrients and none of the Gluten, GMO's or artificial flavours that permeate most of what you see in the snack aisle.

100g
Reg \$4.49 **\$3.49**



eco max

Household Cleaners

All purpose cleaner, Bathroom Cleaner, Fruit n' Veggie Wash, Glass Cleaner and Air Purifier.

710ml
Reg \$5.29 **\$4.79**



SO DELICIOUS
DAIRY FREE

Coconut "Ice Cream"

So Delicious Dairy Free coconut milk desserts are so rich and creamy you'll never want to go back to dairy ice cream.

473ml
Reg \$8.19 **\$6.49**

GOOD TO GO

Keto Bars

Vegan, Grain free, Gluten free, Peanut free, Kosher and Keto friendly. These bars have just 160 calories and a whopping 13g or more of plant based fat.

39g
Reg \$2.99 **\$1.99**



udi's
GLUTEN FREE FOODS

Gluten Free Breads

For hearty bread with bold, wholesome flavors, try Udi's Gluten Free Whole Grain. No need to toast this bread, go ahead and eat straight from the bag.

340g
Reg \$7.49 **\$5.99**



BLUE DIAMOND
GROWERS

Nut Thin Crackers

Wonderful as an appetizer and ideal for snacking, with three grams of protein per serving, they're a great afternoon pick-me-up. Gluten-Free

Reg \$4.79 **\$4.49**




PRAIRIE
HARVEST

Organic Popping Corn

A pantry essential, Organic Popcorn is easy to pop for at-home movie nights, snacks, fun family gatherings, and more!

454g
Reg \$3.79 **\$3.39**



Annie's

Organic Canned Pasta

Perfect for that toddler learning to feed themselves or for that late night snack in your college dorm room. Either way, they are fun for kids of all ages!

Reg \$5.49ea **\$4.49**



SO DELICIOUS
DAIRY FREE

Organic Coconut Milk

Slide over soymilk and move over milk! This delicious beverage goes great on cereal, in coffee, mix into recipes and poured into a tall glass.

946ml
Reg \$3.99ea **\$3.29**



theo

Organic Peanut Butter Cups

Organic, soy free, palm free. First fair trade peanut butter cup on the market. Simple, yummy, and irresistible!

Reg \$3.79 **\$2.99**



daiya
deliciously dairy freeTM

Non-Dairy Cheezecake

Rich, velvety and deeply satisfying, this New York Cheezecake is a classic favourite. A delicious, guilt-free indulgence infused with real fruit.

Reg \$9.19 **\$7.99**



ALTER ECO

Organic Chocolate Bars

Organic, Fair Trade cocoa from Ecuador transformed into amazing chocolate by Swiss chocolatiers. Velvet, Blackout, Mint, Quinoa, Coconut Toffee, Sea Salt, Brown Butter and Burnt Caramel.

80g
Reg \$4.49 **\$4.29**



BARBARA'S
All Natural Since 1971

Cheese Puffs

Packed with flavour, stone ground corn and carefully selected cheeses combine for the ultimate crunchy treat.

Reg \$3.99 **2 for \$6**