



# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

August 2019



## WHAT'S GOING ON THIS MONTH?

### Demos & Sampling

*Friday, August 9th*  
Welo Probiotic Bars

*Friday, August 16th*  
Simply7 Quinoa  
Curls

*Friday, August 23rd*  
Nature's Bakery  
Fig Bars

*Friday August 30th*  
Bounce Energy Balls

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

rootsnatural.ca



## Hello Fellow Shoppers

We hope you're all enjoying the summer so far! We've had some gorgeous weather lately, perfect for swimming, hiking, and camping. It's also perfect for our local farmers, which means we have lots of beautiful, locally grown produce in store right now! Tones of lettuces, kale, peppers, cucumbers, peaches, apricots, and cherries have been rolling in weekly with much more to come. With summer in full swing it's hard to stop and think that back to school is right around the corner, but we are just a few short weeks away! If you want your little ones to bypass the surge of viruses at the beginning of the school year, now is the time to start supporting their little immune systems! We suggest a good quality Multivitamin, Vitamin D, Vitamin C, and a live cell Probiotic. Ask one of the knowledgeable staff in our vitamin department for assistance in finding the right products for you and your family.

The Roots Crew



## Peach, Apricot Chia Jam

### Ingredients:

4 large peaches - peeled and roughly chopped  
6 medium apricots - roughly chopped  
1/4 cup water  
1/2 juice of a lemon  
1/2 juice of an orange  
4 tablespoons chia seeds - white or black  
pinch of sea salt  
1 teaspoon vanilla extract  
4 tablespoons raw honey

### Directions:

In a medium saucepan heat the peaches and apricots along with the water, juice of the lemon and orange.  
Bring it to a boil and lower to simmer for about 10 minutes.  
Using a potato masher, mash the fruit mixture in the saucepan. Don't make the whole mixture into a puree, leave some pieces of the apricot and peach in there. Stir in the chia seeds, salt, vanilla extract and honey. Remove from the heat and allow to cool while the mixture thickens.  
Transfer the jam into an airtight glass container and store in the fridge.  
Enjoy the jam within 10 days.



Recipe from Karlene Karst

# STAFF PICKS

## August is Psoriasis Awareness Month

Psoriasis is a common skin condition that affects four percent of the U.S. population. Psoriasis is caused by a pileup of skin cells that have replicated too rapidly. It appears that rather than a disorder of the skin, psoriasis is primarily a condition that owes its origins to defects in the gastrointestinal tract and immune system. The primary factor appears to be an increase in cell signaling via compounds secreted by white blood cells on skin cells.

When you read the various announcements on National Psoriasis Month on conventional medical websites, do not be surprised to see the false claims that there is no cure for psoriasis and that the cause is largely unknown or that there is no mention of the link between diet and psoriasis. Everything in the conventional medical approach to psoriasis focuses on the use of drug therapy to suppress symptoms.

The effective treatment of any health condition involves addressing the underlying disease process - not suppressing the symptoms. In psoriasis, current medical treatments do not focus on correcting the problem - that is why the medical community says there is no cure. But, if you focus on correcting the key underlying defects by addressing the "leaky gut" seen in most patients, reducing inflammation with diet and natural products, and improving digestion a cure is definitely possible.

## New Magnesium Citrate Chews!



Natural Factors Magnesium Citrate - 150 mg - Provides a daily-dose of high-quality, bioavailable magnesium citrate in a delicious, sugar-free, Key lime flavoured chewable tablet. Magnesium is often known as a relaxation mineral, but is also an essential nutrient needed for hundreds of other biochemical processes throughout the body. It is critical to the development and maintenance of bones and teeth, as well as the metabolism of carbohydrates, proteins, and fats. Magnesium is also needed to maintain normal electrolyte balance and proper muscle function, including the heart muscle. Natural Factors Magnesium Citrate 150 mg is a great choice for people who would like a daily supplemental source of magnesium, suffer from muscle cramps, or want to improve bone density, sleep and relaxation. The easy-to-take chewable tablets are sweetened with tooth-friendly xylitol, and an enjoyable format for anyone with difficulty swallowing pills.



## Nature's Most Potent Dairy-Free Probiotic!



The Cultured Coconut's exceptionally high concentration of live bacteria and yeast strains contribute to healthy gut flora. Organic coconut milk that has been handmade, offers the additional benefits of anti-bacterial, anti-viral and anti-fungal properties. Just one tablespoon daily provides over 4 trillion Colony Forming Units (CFU) of probiotic bacteria and over 40 active strains. Taken on its own, added to smoothies or over cereal. Beneficial for humans and pets alike. Nature's finest probiotic that's dairy-free, sugar-free, cholesterol-free and gluten-free. And it's also the most cost effective probiotic available on the market. Compared to yogurt, The Cultured Coconut is over 170% more potent as a probiotic, per serving (based on 1.75 billion CFUs in 3/4 cup of Danone Active Probiotic Yogurt versus up to 300 billion CFUs in 2 TBSP of The Cultured Coconut). And astoundingly, 3 times more effective than probiotic supplements (based on 100 billion CFUs in 1 probiotic capsule of Ultimate Flora, Ultra Potent).





& MANY MORE IN STORE

# FEATURED SPECIALS



## Electrolyte Sports Drink

We believe what you put into your body is as important as what you don't. We believe nature makes the best sports fuel.

500ml  
Reg \$2.99

2 for \$5



## Premium Natural Sodas

Real Brew is brewed in small batches allowing the ingredients to blend together forming a full, rich flavour, free from any artificial additives or preservatives.

355ml  
Reg \$2.69

\$2.19



## LAIKI<sup>®</sup> rice crackers



### Red & Black 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

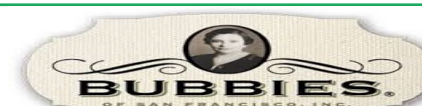


## Dish Washing Liquid

Natural dish soap and detergent. Free of petroleum bi-products. With essential oils and botanical ingredients making dish washing a joy.

120g  
Reg \$4.99

\$3.99



## 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



## Grain Free Tortillas

Change the way you eat, yet eat what you love. Organic, Non GMO, Paleo and Vegan. Changing the way we wrap!

12 tortillas  
Reg \$6.79

\$4.99



## Cashew "Ice Cream"

These new cashew milk frozen desserts are smooth and most decadent non-dairy dessert ever created. Soy-free & gluten-free.

500ml  
Reg \$8.19

\$6.49



## Organic Grain Breads

Great bread starts with great grain. We believe you'll thank our sprouted grain for adding generous measures of flavour and nutrition to each loaf we bake.

Reg \$5.99

\$5.49



## Probiotic Coconut Milk

1 Tbsp contains 4+ trillion live bacteria and 40+ strains including Lactobacillus and Bifidobacterium.

500ml  
Reg \$29.49

\$23.49



## blue monkey Coconut Water

Contains the same amount of electrolyte balance as human blood, and also contains the natural sugars and vitamins for replenishing the body.

520ml  
Reg \$2.99ea

2 for \$5



## Organic Fig Bars

Nature's Bakery stone ground whole wheat fig bars are a wholesome snack baked with simple, clean ingredients.

340g  
Reg \$7.49

\$5.99



## Organic Lemonades

A long time favourite summertime treat. Try Cherry, Peach, Mango, Raspberry, Half n' half, and Original Lemonade beverages today!

946ml  
Reg \$4.49ea

2 for \$5



Nuts to You Nut Butter Inc.

## Organic Almond Butter

Boost protein and flavour of hot cereal, oatmeal and smoothies by simply adding a teaspoon of almond butter.

360g  
Reg \$18.49

\$14.99



## Vegetarian Sausages

From our family to yours! Field Roast sausages are made using traditional, old-country, sausage making practices.

360g  
Reg \$8.99

\$6.79



Bounce Energy Balls are an amazingly convenient and tasty way to nourish your body, satisfy your hunger and sustain your energy.

Reg \$3.49

\$2.49



## Good Fats Bars

With only 1-2g of sugar and 9-10g of protein per bar, they are loaded with as many good and healthy fats as we could possibly get in there.

39g  
Reg \$2.99

\$2.29



## Organic Fruit Freezies

100% organic with no refined sugars, artificial flavours, colours or preservatives. Available in Tropical, Strawberry and Grape.

14/12x53ml  
Reg \$8.99

\$6.99



## Sport Cap Bottled Water

Canada's Whistler Water, sourced from a unique aquifer in the heart of BC's Coast Mountains, has been providing premium glacial spring water since 1993.

Reg \$2.29ea

2 for \$3

