



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

June 2020



WHAT'S GOING ON THIS MONTH?

Please Note:

Due to higher than usual out of stocks from suppliers as a result of the Covid 19 pandemic, we will not be able to honour any rain checks on sale items or items that are special ordered on sale. We are sorry for the inconvenience and appreciate your cooperation.

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

We hope everyone is keeping well and staying healthy during these unusual times! We truly appreciate your continued support as we work our way through this pandemic.

As restrictions begin to lift in our community, we have decided to follow suit in store as well! We are now welcoming the use of reusable bags as long as staff aren't handling them, and you may also start returning your clean Avalon bottles as well with a max of 12 bottles per household, per visit for the time being. Our goal remains to provide a safe and healthy environment for our customers to shop, so we're working diligently to clean high traffic surfaces frequently, and we're continuing to monitor the number of customers in the store at one time. Should we meet our max capacity, you may be asked to wait a moment before entering the store, otherwise our doors are open so please come on in! If you're not feeling comfortable with in store shopping, please know we will happily continue to provide free curb side pick ups for the duration of this pandemic, simply send your orders to rootsnatural2@hotmail.com!

Take care & stay safe,

The Roots Crew

Beet & Berry Chia Cups

Recipe By Joy McCarthy

Ingredients:

- 2 cups nut milk
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1/4 cup chia seeds
- 1 beet, juiced in cold-pressed juicer
- 1 tsp pure vanilla extract or 1 vanilla bean pod
- 1 tsp maple syrup (optional)

Directions:

- 1- In a mason jar, add the chia seeds, nut milk, beet juice, vanilla and maple syrup (if using) and shake well.
- 2- Let sit in the fridge for at least 1 hour and stir well once removed.
- 3- Add the raspberries and blackberries on top and serve fresh or take with you as an on-the-go snack.
- 4- Top with basil for an extra pop of colour and goodness!



STAFF PICKS

A Few of Our Favourite Things This Month

Take A Break From Stress, Send Your Mind On A Retreat!



Natural Factors Stress-Relax Mind Retreat is a comprehensive formula that helps create an oasis of calm amid the stress of everyday life. Mind Retreat features key nutrients that can be depleted by stress, including natural Pharma GABA, a unique, clinically tested form of GABA shown to be more effective than synthetic GABA to help calm a racing mind.

GABA (gamma-aminobutyric acid) is a naturally occurring amino acid in the brain that acts as an inhibitory neurotransmitter. GABA increases the production of alpha brainwaves (associated with meditation, a sense of calm, relaxed alertness, and mental clarity) and decreases beta brainwaves (associated with hyperactivity, scattered thoughts, and nervousness).

Mind Retreat also includes calming lemon balm (*Melissa officinalis*) and magnesium glycinate, for added support at times of acute stress. Lemon balm is traditionally used to foster a sense of calmness and general well-being, while magnesium supports muscle relaxation and healthy nerve signalling. This all-round formula also includes highly absorbable vitamin B6 as pyridoxine HCL to support energy metabolism and neurotransmitter production.

In times of stress, Mind Retreat helps to temporarily promote relaxation and relieve occasional restlessness. It can also be used as a sleep aid for occasional insomnia. This fast-acting, non-habit-forming formula is suitable for vegetarians and vegans.



Tackle Seasonal Allergies Naturally



Pascallerg is a non-drowsy homeopathic remedy to relieve symptoms of hay fever, and other allergies including spring allergies. Made with a homeopathic combination of chromium kali sulphuricum, acidum formicicum, and gelsemium, it is not a natural antihistamine, but acts like one by relieving symptoms of allergic rhinitis and stimulating the body to heal itself. This allergy remedy is very gentle acting on the body. The small tablets can be used for children and adults!

Pascallerg has been used for decades and works effectively to relieve the symptoms associated with allergies and hay fever including skin reactions, stuffy nose, watery eyes, sneezing and wheezing. It is useful for seasonal allergies (pollen, ragweed), allergic rhinitis and many other allergic reactions, including skin and food allergies.

It can also help with allergies and allergic rhinitis from multiple causes. Some causes include animal dander, pollen from plants during allergy season (tree pollen, ragweed) and indoor allergens like dust.

While conventional medications such as antihistamines, allergen immunotherapy and decongestants can help with the symptoms of spring allergies and rhinitis, there are other options that act like antihistamines.

Pascallerg is one of these, relieving symptoms of spring allergies and allowing your body to continue to function throughout the day.

Keep Your Kids Calm With Magnesium

Is the pandemic causing stress and anxiety in your little ones? Are they more restless, and having difficulty sleeping? Magnesium can help keep them calm and relaxed while providing many other benefits! BigFriends Magnesium Citrate is an easy, chewable way to support children's healthy growth and development. Each delicious bubble gum-flavoured chewable tablet contains 50 mg of magnesium citrate needed to support proper energy metabolism, tissue formation, muscle function, and bone development. This easy-to-take one-per-day formula is gently sweetened with xylitol and stevia.





FEATURED SPECIALS & MANY MORE INSTORE

POP TIME

Natural Popcorn

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

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

Santa Cruz ORGANIC

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**

NATURE'S PATH GENERATIONS ORGANIC

Love Crunch Granola

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

325g Reg \$6.69 **\$5.69**

MANITOBA HARVEST hemp foods

Organic Hemp Bliss

A blissful substitute for dairy milk. Drink on its own either hot or cold. Hemp Bliss froths well for lattes, add to smoothies or any other recipes.

946ml Reg \$4.99 **\$3.99**

ALEXIA

Sweet Potato Fries

Here's an idea - Pop Alexia Sweet Potato Fries in the oven with broccoli or other fresh vegetables, lightly seasoned and drizzled with olive oil.

325g Reg \$5.39 **\$4.49**

SO DELICIOUS DAIRY FREE

Oat Milk Dessert

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

500ml Reg \$7.99 **\$6.99**

GT'S

Kombucha Drink

Traditional Kombucha delicately brewed and cultured for the one of the healthiest beverages available.

480ml Reg \$4.99 **\$3.99**

blue monkey COCONUT COLLECTION

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**

Vortex 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**

naked coconuts

Organic Soy Free Sauces

Naked Coconuts' soy-free seasoning sauces are enzymatically alive and made from fermented coconut sap mixed with hand-harvested, unrefined, unbleached, naturally-white sea salt.

Reg \$9.99 **\$8.49**

ARTISAN VEGAN ORIGINAL FIELD ROAST GRAIN MEAT CO.

Vegetarian Sausages

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

360g Reg \$8.99 **\$6.29**

MANITOBA HARVEST hemp foods

Hulled Hemp Hearts

Easy to use - Simply sprinkle Hemp Hearts on salad, cereal & yogurt, add to smoothies and recipes, or eat them straight from the package!

227g Reg \$9.99 **\$8.49**

Simply Organic

Organic Grilling Spices

Beef and Chicken grilling spices provide a simple, affordable solution for bringing the goodness of organic into everyday meals.

Reg \$8.29 **\$4.99**

RN Garcia

Organic Crackers

We want you to feel better about indulging your salty snack cravings. That's why all our products are not only delicious, but also Non-GMO and Gluten Free.

155g Reg \$7.99 **\$6.49**

DEEBEE'S ORGANICS

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 **\$7.99**

zevia

Organic Sugar Free Teas

Zevia organic tea is the first and only zero calorie and zero sugar tea platform. Naturally sweetened with a delicate balance of flavour.

355ml Reg \$3.29 **\$2.69**