



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

January 2020

WHAT'S GOING ON THIS MONTH?

New & Noteworthy

Friday, January 10

Sensible Portions
Cheddar Cheese Puffs
11am - 2pm

Friday, January 17

Vegi-Day & Sea Licious
11am - 3pm

Wednesday January 22

Total Body Collagen
11am - 3pm

Friday January 31

Good To Go Bars
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

Welcome 2020! We hope everyone had a wonderful holiday season. The beginning of a new year (and new decade) naturally spurs people on to make changes to improve their wellbeing. So, what are your goals for the new year? Whether it's switching to a plant-based diet, losing weight, becoming more active, or reducing your carbon footprint, we can help. If you're simply looking to reset your system after an indulgent holiday season, you may want to consider doing a cleanse. We're well stocked with a variety of cleansing products, from gentle detox kits for beginners, to longer, whole-body cleanses for the seasoned pros. If losing weight is your goal, we can help provide nutritional advice, healthy recipe ideas, and natural weight loss aids. Of course, we always carry a wide assortment of healthy snacks, organic produce, and pantry staples.

Wishing everyone a happy and healthy year ahead! We're looking forward to serving you all in 2020.

The Roots Crew

Ayurvedic Detox Tea

Ayurvedic Detox Turmeric Tea- a "daily" drink made with fresh turmeric root, ginger, and whole spices to help aid the liver, flush out toxins and restore balance in the body. Healing and restorative.

Ingredients:

- 1 Quart boiling water
- 1-2 Tablespoons thinly sliced ginger
- 1 Tablespoon thinly sliced fresh turmeric (or ½ -1 tsp ground)
- 1-2 teaspoons coriander seeds
- 1-2 teaspoons cumin seeds
- 1-2 teaspoons fennel seeds
- 1-2 bags (or Tablespoons) green tea, tulsi tea, mint tea, chamomille, ginger tea, and a squeeze of lemon

Other additions: use other whole spices if you like- cinnamon, clove, cardamon, pink peppercorns, or anise

- 1-Boil water.
- 2-Place seeds, turmeric and ginger and tea in a french press, let stand 5 minutes before plunging.
- 3-Refill french press reusing the same ingredients. Try to drink a total of two quarts in a day.
- 4-Alternatively, simmer all ingredients together for 5 minutes in a large pot. Strain, before drinking.

**This can be made ahead and refrigerated, then reheated as needed.*



STAFF PICKS

A Few of Our Favourite Things This Month

Keep Candida in check with Natural Factors ClenzDida

Natural Factors ClenzDida is a unique formula - to be taken between meals - specially designed to support digestive function and intestinal balance for optimal colon health. This comprehensive intensive-strength formula provides key enzymes to help break down food for better nutrient absorption, while supporting a healthy balance of intestinal microflora to keep opportunistic microorganisms, such as Candida albicans, in check. A healthy colon helps cleanse and detoxify the body, while supporting optimal absorption of nutrients from foods. Incomplete digestion can lead to a buildup of poorly digested, toxic, or putrefying food waste, and encourages the overgrowth of potentially harmful organisms, including undesirable yeasts and bacteria. ClenzDida provides key digestive enzymes needed for complete digestion and to further digest food particle that may remain in the intestines. These include alkaline and neutral pH-acting enzymes -carbohydrases, proteases, lipase, cellulase, hemicellulase, and proteolytic enzymes bromelain and papain. Together, this unique blend of enzymes supports detoxification and cleansing to reduce the growth of fungal infections, support healthy digestion, and relieve symptoms of indigestion such as gas, bloating, abdominal pain, and discomfort.



Improve Your Child's Oral Health With Candy?? Yes!



Your child's first line of defence is their mouth and as parents, you know that children are already at a higher risk of catching unwanted bugs. Protect their oral health and immunity by promoting the growth of healthy bacteria and preventing the growth of harmful bacteria, which can leave your child more susceptible to ear, nose and throat infections, oral decay, and serious health conditions beyond bad breath. Good oral health starts in childhood but the increased use of antibiotics, harsh mouthwash, sugar, and processed food makes it hard for good probiotics to survive in the mouth.

LavaRox Oral-Biotic offers a fun way to fortify the health of your child's mouth using Streptococcus salvaris K12, a patented probiotic specifically developed to support oral health. These candy-like granules with the fizzy sensation that you remember from childhood are naturally sweetened to prevent tooth decay and excessive spikes in blood sugar. They're a great way for parents or dentists to ensure kids are getting a healthy dose of a clinically tested oral probiotic without damaging their teeth or gums. And when your child's mouth is healthy and happy, they're happy, and you (and probably your dentist) are happy too! Now that's what we call a sparkling success!

What Type of Collagen Should You Be Using?

Collagen is one of the major proteins found in the soft tissue and connective tissue of humans and other mammals. As a supplement, collagen acts as a source of amino acids for use in making and repairing connective tissue all over the body.

But with so many types, which one is right for you? Here's a brief breakdown of the 3 main types of collagen and their sources:

Type 1 Collagen:

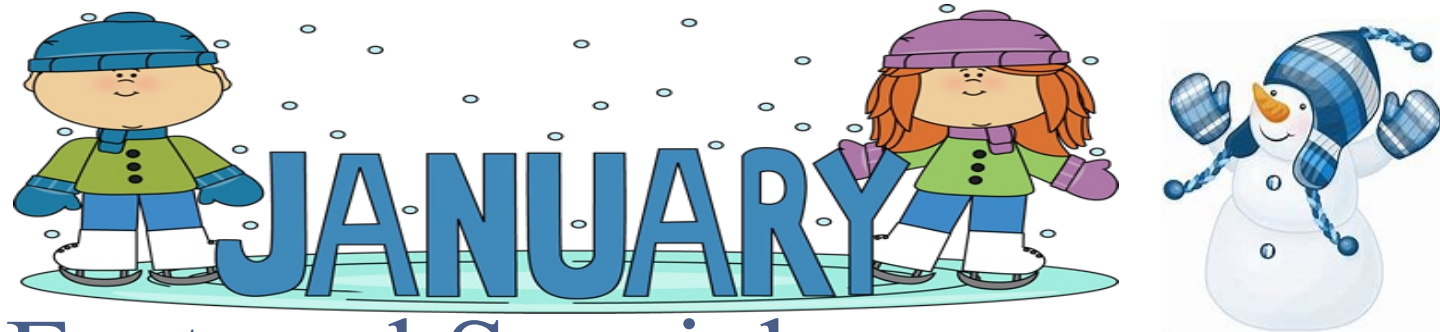
Minimize fine lines and wrinkles and improves skin elasticity and hydration. Not only does it help rebuild your muscles, eyes, bones, and spine, it's also good for strengthening your nails and helping you grow stronger, thicker hair. Type 1 collagen is most abundant in Marine Collagen.

Type 11 Collagen:

Makes up a majority of the protein molecules in your cartilage, the connective tissue that protects your bones at the joints, in your spinal disks, and your eyes, making it a potent way to support joint health. One of the best sources is Organic Bone Broth Protein.

Type 111 Collagen:

Is found in large quantities in your intestines, muscles, blood vessels, and the uterus. It's most often used with type I collagen for gut healing and to improve skin elasticity and hydration. Bovine Collagen Peptides is a great source of type 1 and 3 collagen.



Featured Specials & many more instore

Yogi Tea 

Organic Herbal Teas

Yogi is dedicated to sourcing the highest quality ingredients from around the globe so that every delicious cup is rich with flavour and healthful purpose.

 Reg \$6.29 **\$5.29**

LAIKI 

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** 

NATURAL BREW 

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** 

Bob's Red Mill

Gluten Free 1 to 1 Flour

Gluten Free 1-to-1 Baking Flour makes it easy to transform traditional recipes to gluten free. Ideal for cookies, cakes, brownies, muffins, and more.

623g Reg \$6.99 **\$5.99** 

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 \$4.49 **\$3.49**


CROFTER'S 

ORGANIC

Fruit Juice Spreads


Just fruit spreads are made with 100% fruit ingredients using concentrated grape juice as a sweetener.

Reg \$4.79 **\$4.29** 

GT'S 

Kombucha Drink

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

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

Lakewood 

100% JUICE

Organic Lemon & Lime Juice

Fresh Pressed - Not from Concentrate Unsweetened Juices - No Sugar Added - GMO Free - GLASS Non-Toxic | BPA Free

370ml Reg \$6.29 **\$5.79** 

 **daiya** 

deliciously dairy free™

Greek Yogurt Alternative

Daiya, the leader and creator of deliciously dairy-free foods, is expanding its line of plant-based offerings to include a new Greek Yogurt.

150g Reg \$2.19 **\$1.79** 

Simply Natural 

Organic Chunky Salsas

A chunky traditional salsa with just the right amount of heat. Perfect for chip dipping, a side for any dish, or a dallop on a hearty soup.

 470ml Reg \$6.99 **\$5.99**

Imagine 

Organic 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 **\$5.99**

Sensible Portions 

Cheddar Cheese Puffs

Made with real cheddar cheese and organic corn, proving that not all puffs are created equal. Enjoy the creamy cheesy flavour!

113g Reg \$4.49 **\$3.99** 

Simply Natural 

Organic Salad Dressings

Simply Natural is committed to producing "Only the Finest" using the freshest ingredients, recipe expertise, and manufacturing in small batches for quality control. They take no shortcuts in preparing delicious, organic foods.

 354ml Reg \$5.49 **\$4.69**

eco max 

Laundry Liquid

Made entirely from plant-based ingredients. Biodegradable, renewable, and sustainable for a minimal impact on our environment.

 3L Reg \$18.29 **\$16.69**

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 \$7.49 **\$6.49** 

Annie's 

HOMEGROWN

GF Macaroni & Cheese

Made using brown rice to make these tasty shells, which are topped with 100 percent real creamy cheese from cows that have not been treated with growth hormones such as rBST.

453g Reg \$4.29 **\$3.29** 