



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



January 2021

WHAT'S GOING ON THIS MONTH?

Store Notice

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 yet? Sign up in store and start collecting points and receive extra savings.

rootsnatural.ca



Hello Fellow Shoppers

We hope everyone enjoyed the quiet holiday season, and is off to a good start for 2021! In chatting with customers over the last couple days, it seems there's quite a few people suffering with digestive disturbances. This is the typical fallout we all face from indulging in yummy sweet treats, and heavy meals over the last few weeks. If you're feeling bloated and uncomfortable, we can help you get back on track. There are several ways to help get your digestive system back to normal, and the number one way is to do a gentle cleanse. Not only does cleansing help to remove unwanted toxins from the body, but it also encourages us to follow a healthy meal plan for the duration of the cleanse which helps us shed those extra holiday lbs and can alleviate that feeling of constant fullness or indigestion. If you've never done a cleanse before, talk to someone in our vitamin department for assistance in choosing the appropriate program for you.

As always, thank you so much for your support, especially through these extraordinary times. We look forward to serving you in 2021!

The Roots Crew

Cozy Millet Bowl w/ Mushrooms

1/2 cup uncooked millet (makes 2 cups cooked)
1/2 tsp extra virgin olive oil
2 cups chopped sweet onion (1 medium onion)
3 garlic cloves, minced
4 cups sliced crimini mushrooms (300 grams)
1.5 tbsp minced fresh rosemary
2 tbsp nutritional yeast
1.5 tbsp low-sodium tamari (soy sauce)
1/2 tbsp cornstarch
1 & 1/4 cup vegetable broth
1 cup fresh chopped kale, stems removed
Freshly ground black pepper & kosher salt, to taste

Bring a medium-sized pot of 1 cup water, a pinch of salt, and 1/2 cup uncooked millet to a low boil. Reduce heat to low and cover with tight-fitting lid (with no air holes). Simmer for 15-20 minutes or so. Remove from heat and let sit for 5 minutes covered. Remove lid and fluff with fork. Set aside. Meanwhile, grab a large skillet and heat oil over medium heat. Add in chopped onions and garlic and sauté for about 5 minutes. Add the sliced mushrooms and sauté for about 12 minutes longer, stirring as necessary. Now stir in the rosemary, nutritional yeast, and tamari. Cook for a few minutes. In a small bowl, whisk together the broth and cornstarch until clumps are gone, and then stir into the mushroom mixture. Stir in kale. Cook for another 5-6 minutes or so, until slightly thickened. Portion millet into two bowls and serve the mushroom gravy on top.



Recipe from Oh She Glows for Dinner

STAFF PICKS

A few of Our Favourite Things This Month



Balance Hormones, and Shed Unwanted lbs Naturally



What makes Löse It Unique?

Löse it is a weight-loss supplement that's specifically formulated for a woman's unique hormonal system. Löse it works with the female body to reduce and balance estrogen while activating metabolic pathways for enhanced fat burning.

Estrogen is the dominant sex hormone in the female body. It's considered a fat-storing hormone. Subcutaneous fat, which is the fat you develop just under your skin, has estrogen receptors. When your estrogen levels are too high and not in balance your body is more likely to store fat instead of burning it off.

How does Löse it work?

Löse it works by promoting estrogen metabolism and a healthy balance of estrogen in the body, while supporting fat loss through increased thermogenesis and calorie burning. Unlike other fat burners that only boost thermogenesis, Löse it works to balance out the female hormonal system and unlock estrogen's hold on your fat-burning potential.

Löse it works on the first dose. Take 1 capsule 2 to 3 times daily, every 3 to 4 hours. If you want to experience maximum results, it's important to combine Löse it with a healthy calorie-reduced diet and a consistent workout program that includes resistance training and cardiovascular activity.



Reduce Harmful Toxins & Improve Energy

Energy Cleanse is a comprehensive, 30-day internal body cleanse that focuses on eliminating potentially pathogenic toxins from the digestive tract and supporting critical liver function essential to overall health. "Detoxification" is a common term associated with any cleansing program: the 24 specialized herbs and standardized extracts have been selected for their ability to clear, neutralize, and eliminate toxins that accumulate within your body and threaten your well-being. The human digestive tract is ill-equipped to evolve and cope with the drastic changes in the processed food we eat that include additives, hormones, and environmental toxins that have emerged in the past century.

Energy Cleanse targets toxins and accumulated waste material within the colon that sap energy and compromise immune response, and removes them. Hepatic Help: "Throw Your Liver a Lifeline" The liver is the most important internal organ dedicated to detoxification. The liver filters in excess of 2,000 litres of blood on a daily basis. This highly specialized "chemical treatment plant" cannot be replaced on a routine basis, as we do with filters in engines and motors that we rely upon. The ingredients in Energy Cleanse facilitate the elimination of toxins within the liver to improve its role in bile production, vitamin and mineral storage, and the conversion of glucose to glycogen for short-term energy storage.

Goodbye dull and boring. Hello vibrant and dynamic world of Benecos cosmetics!

Benecos was founded in 2008 by Silke and Stephan Becker in Aschaffenburg, in the heart of Germany. Their goal was to create an organic cosmetics brand combining the best of glamorous "conventional" cosmetics with certified, resource-conserving organic cosmetics. And the most important thing was to offer Benecos at a very smart price, so that everyone could afford organic cosmetics. This led to Benecos, a made up brand name create from bene = "good" in latin, and cos = "cosmetics". With their strict quality standards, Benecos has been one of the top 3 selling makeup brands in Europe for the last several years!





Featured Specials & many more instore

CROFTER'S ORGANIC NON GMO VERIFIED

Organic Fruit Spreads

Premium Spreads are sweetened with organic grape juice. Contains one-fourth less sugar than standard jams.

237ml
Reg \$4.79 **\$4.29**

Imagine NON GMO VERIFIED

Chicken Bone Broth

Chicken 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**

OneCoffee NON GMO VERIFIED

Organic Single Serve Coffee

Organic Coffee Pods

Certified organic. Certified Fair-trade. Roasted and packaged in Canada. 98-percent compostable. 100-percent delicious!

12pods
Reg \$10.39 **\$8.99**

wildbrine NON GMO VERIFIED

Fermented Vegetables

Fermentation is a natural, traditional method of preserving the health benefits of raw food.

Reg \$9.29 **\$7.99**

ALEXIA All Natural NON GMO VERIFIED

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**

Fody LOW FODMAP & GUT FRIENDLY NON GMO VERIFIED

Low Fodmap Pasta Sauce

Fresh From Italy, the homeland of pasta. Made with simple ingredients. One serving has been tested and certified Low Fodmap.

550g
Reg \$6.49 **\$4.99**

GT'S NON GMO VERIFIED

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 NON GMO VERIFIED

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**

Bob's Red Mill NON GMO VERIFIED

1:1 GF Baking Mix

Gluten free baking made easy! Ideal for cookies, cakes, brownies, muffins, and more. Use as a direct replacement for all-purpose baking flour.

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

Go Bio! NON GMO VERIFIED

Organic Bouillon Cubes

Made with the best organic ingredients, our range of flavours and dietary options make it simple for people to prepare great-tasting, better-for-you meals at home.

54-66g
Reg \$3.99 **\$3.29**

ALTER ECO FAIR TRADE CERTIFIED NON GMO VERIFIED

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 \$4.69 **\$4.29**

Amy's NON GMO VERIFIED

Organic Homestyle Soups

These restaurant quality premium soups are made with the finest all natural ingredients.

Reg \$4.29 **\$3.49**

natura NON GMO VERIFIED

Natural Almond Beverage

A satisfying non-dairy way to help stay healthy, happy & strong. Great hot or cold, over cereal, in recipes or as a delicious non-dairy creamer. Carrageenan-free!

946ml
Reg \$3.49ea **2 for \$6**

One Degree ORGANIC FOODS NON GMO VERIFIED

Organic Grain Cereals

One day you wake up, tilt a box toward your breakfast bowl, and suddenly the world is different: Sweetened by coconut palm sugar. Revitalized by sprouted grains.

Reg \$6.29 **\$5.49**

earth balance NON GMO VERIFIED

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 **\$6.79**

Annie's HOMEGROWN NON GMO VERIFIED

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**