



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

April 2022



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 understanding.

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

Spring has finally arrived! Even though we're expecting a few more rainy weeks, I'm sure everyone is just happy have some longer, brighter and warmer days. I don't know about you guys, but these longer days have given me just enough energy & inspiration to begin spring cleaning!

With Earth Day upon us, it's a great time to remind everyone that the products you choose to clean your homes will not only affect you and your family, but can also directly impact the environment. Unfortunately, there are a lot of harmful ingredients in conventional cleaners-giving off toxic fumes, aggravating allergies, polluting the water, and endangering wildlife. We're pleased to carry a wide variety of eco-friendly cleaners to help you with your spring-cleaning efforts around the house-from laundry detergents and recycled paper products to bathroom cleaners and natural air fresheners.

Choosing eco-friendly cleaning products is an easy and effective way to go green on a daily basis!

The Roots Crew



Vegan Spinach & Artichoke Dip

Ingredients:

- 1-2 cups spinach
- 1 cup raw cashews
- 1 small potato (at least 1/2 cup)
- 1 jar artichoke hearts
- 2-3 cloves garlic
- 1/4 cup nutritional yeast
- 1 squeezed lemon
- 1/2-1 cup unsweetened coconut milk
- 1 tsp red pepper flakes
- pinch of sea/rock salt and pepper

Directions:

- 1) Soak cashews for 4-6 hours or overnight. Preheat oven at 375 degrees. Bring a medium pot to a boil and add chopped up potato and boil until soft. Do not use a very large potato as the more starch you add will change the consistency of the sauce at the end.
- 2) Begin dicing up spinach and artichokes and add to a large casserole dish.
- 3) In a blender or food processor add cooked potato, cashews, nutritional yeast, garlic, lemon, red pepper flakes, coconut milk and pepper and salt. Blend while slowly adding just enough coconut milk until thick and creamy, be careful not to add too much or the desired consistency will not be achieved.
- 4) Pour into a casserole dish then bake in the oven for 20-25 minutes. Let it sit out to cool and enjoy!



Recipe by Megan Luder CNP, ROHP
@ Liberty Nourished Nutrition

STAFF PICKS

A few of Our Favourite Things This Month



Have You Been Experiencing Hair Loss?



Hair and Scalp provides broad-spectrum protection from hair loss and thinning for both women and men, with special nutraceuticals and critical B-complex vitamins that promote productive hair follicles and healthy hair.

Hair and Scalp is formulated with standardized extracts, amino acids, specialized nutraceuticals, and B-complex vitamins critical for stopping thinning hair and loss for both women and men.

The conversion of testosterone to dihydrotestosterone is considered the major cause of male pattern baldness, and a contributing factor for thinning hair in women. Stress, iron deficiency, low thyroid function, and viral infections can also cause significant hair loss. Hair and Scalp contains therapeutic amounts of several ingredients that include saw palmetto extract, flax seed lignans, and pumpkin seed oil that block the enzyme responsible for DHT formation.

Silica-rich horsetail and wild fish oil favour hair growth with their positive effect on microcirculation that improves the delivery of nutrients to hair follicles. A comprehensive range of B-complex vitamins provide many benefits for healthy hair that include improved microcirculation; effective metabolism of proteins specific to the health of hair, skin, and nails; and improved overall bioavailability of the ingredients in Hair and Scalp.

Hair and Scalp can promote healthy and favourable conditions that can stop hair loss and revive dormant hair follicles for a healthier, more youthful appearance.



Surprising Mood Boosting Benefits of Saffron

Saffron began to be investigated as an antidepressant agent beginning in 2001. Preclinical and pilot studies quickly demonstrated activity on par with conventional antidepressant drugs like Zoloft, Prozac, and Tofranil. This has led to what is now a total of at least 21 double-blind, controlled clinical trials comparing saffron to either a placebo or a conventional antidepressant drug. In a detailed review of these studies, researchers concluded "Saffron could be considered as an alternative to synthetic antidepressants in the treatment of mild to moderate depression."

Most of the research has been conducted with extracts of saffron standardized for the compound safranal (2%), but also containing other important phytochemicals like crocin and safronotivins. Saffron's antidepressant effects are due to multiple sites of action. For example, it increases the levels in the brain of important mood-elevating neurotransmitters like serotonin and dopamine. It also modulates the stress response and regulates the hypothalamic-pituitary-adrenocortical (HPA) axis activity to lessen the effects of cortisol.



Breathe Easier with RespirEssence

Breathing. It's a vital reflex, yet one many of us take for granted. Thankfully, if you suffer from respiratory issues, there is a natural solution that can help you breathe a little easier. All natural RespirEssence contains a traditional herbal blend of thyme, licorice root, English plantain, stinging nettle, Cowslip Primrose flower, and elecampane, formulated to support respiratory functions and alleviate the symptoms of a variety of chest complaints including upper respiratory tract infections, and seasonal allergies.

- * Natural herbal blend for respiratory relief
- * Supports lung and respiratory function
- * All-natural and in a delicious base of pear juice
- * Gluten-Free, Vegan, Non-GMO



FEATURED SPECIALS & MANY MORE INSTORE



PUKKA
Fair Trade Herbal Teas

Organic and bursting with the very best nature has to offer. Explore all of our teas and find your herbal hero.

Reg \$8.99 **\$7.99**

CALIFIA FARMS
Unsweetened Oat Milk

Our lovable Oatmilk has no gums or stabilizers, and is made from gluten-free oats that are grown in North America.

1.4L
Reg \$6.99 **\$5.99**

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**

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 **\$6.99**

Bob's Red Mill

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 **\$5.29**

Go Bio!

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**

SIMPLY ORGANIC

Organic Gravy Mixes

For simple, yet satisfying gravy, Simply Organic's old-fashioned Gravy Mix is the perfect time saver. Available in Chicken, Turkey, Brown and Vegetarian.

1 oz
Reg \$2.39 **\$1.99**

ANGIE'S BOOMCHICKAPOP

Artisan Popcorn

Angie's has a simple belief: The best way to get out there and crush it every day is by making a snack you can feel good about eating.

Reg \$5.49 **\$4.99**

One Degree
ORGANIC FOODS

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**

STAHLBUSH ISLAND FARMS

Frozen Vegetables

Located in the heart of Oregon's lush Willamette Valley, we have a hand in the entire farming process of our line of

Reg \$3.99 **\$2.99**

Spectrum
ORGANIC PRODUCTS INC.

Eggless Mayonnaise

Expeller pressed oil. 68% Less fat. Enjoy a rich, creamy spread that's cholesterol free with less than 1/2 the fat and calories of regular mayonnaise.

473ml
Reg \$5.99 **\$4.99**

HAPPY PLANET

Organic Orange Juice

The perfect orb of sunshine. We stuff this little bottle full of summer C goodness made from oranges, just oranges. Nothing more.

1.89L
Reg \$6.79 **\$5.99**

eco max

Laundry Liquid

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

3L
Reg \$19.69 **\$16.69**

we dig plants. EARTH'S OWN

Oat Café Creamer

Made with 100% Canadian whole grain oats, it's a deliciously smooth and creamy alternative to milk like no other.

473ml
Reg \$4.69 **\$3.69**

the cultured coconut

Probiotic Coconut Milk

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

500ml
Reg \$29.49 **\$23.49**

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**

ARTISAN + VEGAN FIELD ROAST

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**

Fody
LOW FODMAP & GUT FRIENDLY

Low Fodmap Dressings

Dress up any meal with the mouth watering flavour of our low fodmap salad dressing formulas.

236ml
Reg \$7.99 **\$6.99**