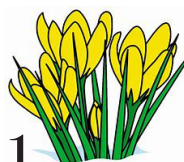




# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

March 2021



## WHAT'S GOING ON THIS MONTH?

### Curbside Pick Up

We've had many customers inquire about ordering for curbside pick up, and if you're also wondering, the answer is yes! We're still offering free curbside/contactless picks ups! It's very easy to do, simply email us at [rootsnatural2@hotmail.com](mailto:rootsnatural2@hotmail.com) with your order and be as specific as possible if you have a preference on brands, as well as quantities. Please keep in mind orders should be placed by 4pm for next day pick up.

\*Please include your phone number so we can reach you when it's time to process your order.

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

[rootsnatural.ca](http://rootsnatural.ca)



## Hello Fellow Shoppers,

So long winter, hello spring! I'm sure everyone is looking forward to seeing a little more sunshine and daylight in the weeks to come. Spring is our favourite (and most ideal) time to do some cleansing, and we don't mean around the house, we mean our bodies! Not to mention, I'm sure most of you already have a squeaky clean house after the year we've had stuck at home.

There are many ways to help the body eliminate toxins, but the simplest way to do this is with a detox kit. We have various kits and programs available to suit any and all needs. For first time cleansers, we recommend sticking to a gentle program like ReCleanse, a 7 day kit with a detailed meal plan so there's no second guessing what to, and what not to eat. Please see our features of the month on the back page for more information and the special promotion on ReCleanse, or talk to someone in our supplements department for assistance.

The Roots Crew



## Snappy Spring Salad

### Ingredients:

- 1 cup shelled sugar snap peas
- 1 bunch asparagus
- ½ cup pumpkin seeds
- 1 cup cooked quinoa (I used red quinoa for a change)

### Dressing:

- juice and zest of one lemon
- half cup chopped mint
- 3 dates
- 2 Tbsp. Olive oil

1. To make the dressing, puree the mint, dates, and lemon juice and zest using a food processor. Thin it out by adding a tablespoon of oil at a time, and then thin with a little dribble of water until it is a consistency that you can drizzle.
2. Fill a big bowl with ice water and set aside. Bring 5 cups of heavily salted water to a boil. Add the peas and boil for 20-40 seconds. Quickly drain and dunk the peas in the bowl of ice water.
3. To cook the asparagus, bring water to boil in shallow saucepan. Cook just until tender. Dunk the asparagus in ice water with the peas. Drain both.
4. Toast the pumpkin seeds by placing them in a dry frying pan over high heat. Toss until fragrant. Remove from heat.
5. Just before serving gently toss the peas, asparagus, cooked quinoa and pumpkin seeds with about half of the dressing and a couple pinches of salt. Taste and add more dressing if you like. Finish with a pinch or two of your favourite finishing salt.



Recipe From My New Roots

# STAFF PICKS



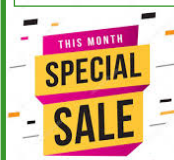
## ReCleanse 7 Day Full Body Detox

Take your first step towards better health, and feel leaner and cleaner in just 7 days!

ReCleanse Herbal Cleanse is a gentle and effective 7 day cleansing program that supports our natural detoxification and elimination processes without the use of any harsh or stimulating laxative herbs. It is a multi-systems and colon cleansing formula designed to provide a 7-day cleanse to remove unhealthy toxins in your system and nourish your liver, colon and kidneys with the right nutrients. ReCleanse Herbal Cleanse, coupled with a healthy eating lifestyle can help the body unburden itself of excess toxins. This kit also provides you with a food chart to guide you during grocery shopping and meal planning. Gently cleanses more deeply with regular use, enabling your body to heal and function optimally while promoting excess weight loss. Improved general health, digestion and energy levels in just 7 days!

- Easiest, gentlest & most simple-to-use internal cleansing product available
- Cleansing herbs support the body's natural detoxification system
- Complete ready-to-go kit includes 7-day meal plan
- Supports the gentle elimination of toxins
- See & feel the difference in just 7 days
- Enhances concentration & mental acuity
- Lose extra pounds & gain extra energy
- Improves digestion & eating habits
- The perfect cleanse for first-timers
- Reduces allergy-related symptoms
- Promotes healthy skin tone

**Cleanse with a friend - Buy One Get The Next One For 1/2 Price**



## Featured Special This Month Only!!



Natural Factors Women's Multi Probiotic is a 10-strain formula providing a guaranteed total of 12 billion colony forming units right up to the expiry date. This comprehensive formula also features 300 mg of CranRich cranberry 36:1 concentrate, to support intestinal, vaginal, and urinary tract health, helping to prevent recurrent urinary tract infections (UTIs).

The 10 probiotic strains in Women's Multi Probiotic are derived from human, plant, and dairy sources. Each strain is selected for its ability to inhibit pathogens that commonly cause UTIs from sticking to the walls of the intestinal, vaginal, and urinary tract. Cranberry extract also inhibits bacterial adherence, which reduces the likelihood of recurrent UTIs.

Women's Multi Probiotic offers a simple and convenient way to help restore natural flora and natural defences against UTIs. These carefully selected naturally acid-resistant probiotic strains may be taken with or without meals for optimal absorption and effectiveness.

60 Vegi Caps **Save \$4.00!**

## Safe and Effective Natural Treatment for Seasonal Allergies



Unlike conventional medications that mask full-blown symptoms, Boiron RhinAllergy tablets target specific symptoms of hay fever or other upper respiratory allergies. These non-drowsy, quick-dissolving tablets are easy to take at the first sign to relieve itchy, watery, burning and irritated eyes; sneezing; runny nose; and itchy throat and nose.

- \* Homeopathic multi-symptom allergy medicine.
- \* Non-drowsy, non-habit forming.
- \* No risk of a rebound effect or interaction with other medications or supplements.
- \* Won't mask symptoms of a more serious condition.
- \* Dissolve quickly under the tongue without water, chewing, or swallowing pills.
- \* Recommended for everyone ages 2 and up.





# FEATURED SPECIALS & MANY MORE INSTORE

**Imagine**

## 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 **\$5.99**

**GT'S**

## Alive Adaptogenic Tea

Inspired by Ayurvedic tradition, this offering pairs loose leaf tea with an infusion from a trio of adaptogenic plants (reishi, chaga and turkey tail)

Reg \$4.99 **\$3.99**

**alternative KITCHEN**

## Meatless Cold Cuts

These meatless cold cuts are perfect for vegetarians and meat reducers. Made from Pea and Wheat proteins, they are GMO Free and Nitrite Free

Reg \$4.49 **\$3.49**

**wildbrine**

## Fermented Vegetables

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

Reg \$9.29 **\$7.99**

**LILY'S**

## Sugar-Free Chocolate Bars

Stevia sweetened with no added sugar, are the perfect guilt free snack. Certified Gluten Free, Vegan and Non GMO.

Reg \$6.49 **\$5.49**

**BOBO'S**

## Gluten Free Stuff'd Bites

Every bite harkens back to snacking care-free and flavour-full in Bobo's home kitchen. The secret? Home baked with 100% whole grains.

Reg \$4.99ea **\$4.49**

**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**

**CLIF BAR**

## Nut Butter Stuffed Bars

A delicious, creamy nut butter center tucked inside an organic energy bar.

Reg \$2.29 **\$1.69**

**love goodfats**

## 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**

**eco max**

## Dishwashing Soap

An all natural, plant-based, hypoallergenic dish washing liquid which uses only biodegradable, renewable and sustainable ingredients.

740ml  
Reg \$6.19 **\$4.99**

**SOL CUISINE**

## Vegetarian Burgers

Sol Cuisine focuses on organic, Non-GMO, Kosher, wheat-free, gluten-free, nutritious, delicious, vegetarian and vegan protein products.

4 pk  
Reg \$6.99 **\$5.99**

**FIELD ROAST**

## Vegetarian Frankfurters

Fresh garlic, fresh onions and our own traditional blend of spices make the difference. Grill on the barbeque, sauté in the pan or steam in the oven to perfection.

340g  
Reg \$7.99 **\$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 **\$5.99**

**Farmer's Market Collection**

## Organic Canned Pumpkin

Rich, smooth & delicious. Ready to use in everything from baked delights to entrees. Use it in a variety of recipes including pies, muffins, cookies, soups & chili!

397g  
Reg \$4.49 **\$2.99**

**earth balance**

## Organic Buttery Spread

This light and airy buttery delight is sensationally spreadable and made with all organic ingredients.

369g  
Reg \$7.49 **\$6.99**

**Amy's**

## Organic Homestyle Soups

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

Reg \$4.29 **\$3.49**

**eco max**

## Laundry Liquid

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

3L  
Reg \$19.99 **\$15.99**

**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**