



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



March 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,

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!

There are many ways to encourage and support the body's detoxification processes, but the simplest way 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 

Lemony Spring Vegetable Stew

Ingredients:

2 Tbsp (30 ml) extra-virgin olive oil
1 onion, halved and cut into thin rounds
2 medium carrots, cut on the diagonal into thin slices
2 cups (500 ml) halved radishes
2 cups (500 ml) cooked chickpeas
1 cup (250 ml) vegetable broth
1/2 tsp (2 ml) sea salt
1/4 tsp (1 ml) ground pepper
2 cups (500 ml) fresh spinach
1 cup (250 ml) fresh or frozen peas
Zest of 1 lemon
2 Tbsp (30 ml) lemon juice



Recipe From Allison Day, RHN

Directions:

In large pot or Dutch oven, heat oil over medium heat. Add onion, carrots, and radishes. Sauté for 10 minutes, or until vegetables become slightly tender. Add chickpeas, broth, salt, and pepper. Bring to a boil, reduce to a simmer, cover, and cook for 20 minutes, or until vegetables are very tender. Immediately before serving, stir in spinach, peas, lemon zest, and lemon juice. Once spinach is bright green and wilted, about 1 minute, serve.

Serves 4

STAFF PICKS

The Powerful Detoxifying effects of Zeolite

Zeolite is the mineral that forms when volcanic lava comes in contact with water. The name itself comes from the Greek words zé?, "boiling," and lithos, "stone." Zeolites are composed of various elements, including aluminum, silicon, oxygen, zinc, and titanium. The ability for zeolites to detoxify the human body is probably the most studied and scientifically supported benefit. Thanks to its negatively charged porous structure, zeolites attract and bind to positively-charged toxins. It can be useful to picture zeolites as magnets for toxins, which then get eliminated as zeolites exit the body.

Zeolites have a powerful negative charge, which ensures that once bound to toxins, it doesn't let go. This charge is one of the problems with weaker "detoxifying" agents like chlorella or cilantro- these binders are weak, and more often than not, will bind to a toxin, only to drop it before exiting the body. Ineffective binding agents can wreak more havoc on the body, by acting like a street sweeper for toxins instead of picking them up and disposing of them outside the body.

Thanks to its unique cage-like composition and negative charge, zeolite can trap:

- *Heavy metals
- *Radioactive elements
- *Poisons (both natural and chemical)
- *Metabolic waste
- *Microbes
- *And more



In doing so, zeolite has a profound impact on various systems of the body. It can reverse oxidative damage, promote longevity, promote a healthy microbiome, kill viruses and bacteria, boost levels of minerals in the body, and promote healing.



ReCleanse 7 Day Full Body Detox

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 contains a multi-system 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!

- Lose extra pounds & gain extra energy
- Improves digestion & eating habits
- The perfect cleanse for first-timers
- Reduces allergy-related symptoms
- Promotes healthy skin tone



Reg \$24.99

Sale \$18.99

Benefits of Spruce Tip Tea

Canadian Pine Pollen Co spruce tips are sustainable & wild-harvested in Western Canada's pristine forests. After harvest, they are freeze-dried to maintain their freshness and nutrient profile - most notably high levels of Vitamin C. Spruce tips are also rich in potassium, magnesium, chlorophyll, and other nutrients like:

Polyphenols: These antioxidants provide energy to mitochondria and can improve digestion, weight management, neuro-protection and cardiovascular health.

Flavonoids: Powerful antioxidants with anti-inflammatory and immune benefits.

Carotenoids: Anti-inflammatory and immune benefits, as well as potential heart healthy effects.

Pinenes: Aromatic oil with anti-inflammatory properties.

Shikimic Acid: A natural organic compound, generally utilized as a starting material for industrial synthesis of antivirals.



March


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 \$7.49 **\$6.99**

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**

Eat wholesome  food co

Organic Baked Beans

These rich and delicious beans are rich in fibre, low in fat and a great source of vitamin C.

398ml
Reg \$3.49 **\$2.99**

Sunflower Kitchen 

Vegan Basil Pesto

Our fresh vegan pesto adds a fabulous elegant flavour that you wont soon forget.

227g
Reg \$6.99 **\$6.49**

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**

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**

Lucky FOODS

Kimchi Hot Sauce

We took all the bold flavour from our grandma's kimchi and bottled it up to make an easy to add kimchi flavour to anything.

374g
Reg \$8.49 **\$6.49**

Imagine 

Chicken 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

946ml
Reg \$7.49 **\$6.99**

Frontera 

Mexican Seasoning Sauces

Robust and spirited regional flavors that represent the very soul of Mexican cuisine. Based on authentic recipes, Frontera products are handmade in small batches from fresh, classic ingredients.

Reg \$3.99 **\$3.49**

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 ingredi

Reg \$4.29 **\$3.49**

zevia 

Sugar Free Energy Drinks

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

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

QUE PASA  MEXICAN FOODS

Grain Free Tortilla Chips

Deliciously crunchy, tasty, and nutty with a touch of sweetness and a sprinkling of sea salt, these tortilla chips are made with the goodness of grain-free cassava flour.

156g
Reg \$5.99 **\$4.49**

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 **\$16.69**

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**