

ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

October 2020 

WHAT'S GOING ON THIS MONTH?

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.



Fresh, Free Range, Non-Medicated Turkeys
Pre-order Today
\$4.79/lb



rootsnatural.ca



Hello Fellow Shoppers,

Fall has officially arrived, and although things look a little different this year, one of our most favourite ways to kick off the season is to plan a fantastic Thanksgiving feast! At Roots we have everything you could possibly need to put out a delicious turkey dinner for your family. Everything from fresh organic brussel sprouts and cranberries, stuffing, gravy, gluten free pie crusts and filling, and of course turkeys are available in store! We're still taking orders for our fresh, free range, non medicated turkeys, so if you haven't reserved your bird yet please give us a call today at (604)467-1822 while quantities last.

As the weather continues to cool off, and we see fewer sunny days, we're preparing for the usual up-tick in viruses along with the added anxieties of the pandemic. This year, it's more important than ever to take care of your health, both physical and emotional. If you need help figuring out which supplements would be best suited for you and your family, we're more than happy to provide information regarding our products so you can feel confident in your choices. Take care, and stay healthy.



The Roots Crew 

Dairy Free Pumpkin Spiced Latte

Ingredients:

- 2 cups unsweetened nut milk
- 4 tbsp pureed pumpkin
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground nutmeg
- 2 tbsp real maple syrup

Directions:

- 1-Warm nut milk with a milk steamer or on low heat on stove top. (Be careful not to scald the milk)
- 2-Once warmed, pour into a blender and add pureed pumpkin, spices and maple syrup.
- 3-Blend until fully combined.

Divide between 2 glasses, sprinkle with cinnamon and enjoy!



Recipe from Joyous Health



STAFF PICKS

A few of Our Favourite Things This Month



Nature's Remedy for Breathing Problems



Respiratory conditions directly impact our quality of life and an increasing number of Canadians are experiencing breathing issues. Deep breathing is essential to our health and wellbeing. Being able to breathe without pain or constriction is one of the things most of us take for granted in life - until we encounter noticeable breathing problems. Allergies, asthma, respiratory tract irritation and inflammation, air pollution, first and second-hand smoke, viral and bacterial infections such as colds, flu and pneumonia are just a few of the common threats to the quality of our breathing.

Respir Solution is collection of 10 herbal extracts which have been used traditionally throughout the world to alleviate and correct a wide range of respiratory system difficulties. Soothing, refreshing and healing, Respir Solution acts quickly to reduce allergic reactions and inflammation of respiratory passages and optimize unrestricted breathing.

Xylitol or Saline Nasal Spray? We Choose Xylitol for the Win!



Back in 1998, researchers decided to test how xylitol affected the bacterium *Streptococcus Pneumoniae*. Previous studies found that xylitol inhibited oral bacteria from adhering to tissue. In recent studies, researchers hypothesized that xylitol may also affect the adhesion of other bacteria, and they tested this hypothesis in vitro. They found that on average, *s. pneumoniae* had a stable adhesion of 41 bacteria per cell. However, when the cell and bacteria were exposed to xylitol, adherence reduced to 13 bacteria per cell, a decrease of over 68%. So, why is this important? In order to thrive and grow, bacteria stick to cells and go through a process called quorum sensing where they come together to create a colony. If an agent, like xylitol, can inhibit bacteria from sticking to cells, then the bacteria cannot thrive and will be washed out of the body.

Highest Potency Plant-Based Omega 3!



AquaOmega's High DHA Vegan Algae Oil is the highest concentrated plant-based Omega-3 supplement on the market today with a 1.5 tsp serving providing 4000mg pure algae oil, 2000mg DHA, and 3400mg Omega 3 fatty acids. Algae oil is the only plant-based source of Omega-3s that contains both essential fatty acids that are vital for your health. It provides the same benefit as fish oil and is a great choice if you don't eat fish. Our premium algae oil comes in an easily digestible triglyceride form, and is available in grape, orange, and unflavoured.

Keep Calm & Improve Mood With Probiotics



Natural Factors Calm Biotic is a unique and innovative formula featuring a specific ratio of two probiotic strains clinically shown to reduce occasional gastrointestinal symptoms due to moderate stress resulting from everyday life. *Lactobacillus helveticus* (R0052) and *Bifidobacterium longum* (R0175) have been recognized for their ability to modulate mood through their effect on the gut-brain axis and microbiome.


Probiotics influence emotional well-being in a variety of ways, including modulating inflammation that can affect brain function, and through effects on brain chemicals such as serotonin.

This convenient one-a-day formula provides a guaranteed minimum of 3 billion colony forming units (cfu) of two proprietary probiotic strains recognized for their ability to reduce stress, moderate general feelings of anxiety, and promote healthy mood balance. These strains are shelf stable and resistant to gastric acid, meaning that they survive to reach the intestine intact, can be taken without food, and do not require refrigeration.




October

Featured Specials & many more instore



Kids Probiotic Bars
 Try Welo (short for We Love)! 1 billion live cultures per bar, plant-based, non-GMO, tree nut/gluten/dairy/soy/corn free, and kosher.

5 x 20g
 Reg \$7.49 **\$6.99**




Coconut Milk Beverage
 This delicious beverage goes great on cereal, in coffee, mixed into recipes and poured into a tall glass.

946ml
 Reg \$3.99 **\$3.29**




OneCoffee
 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**




Organic Z Bars
 An organic baked whole grain snack made with a nutritious blend of carbohydrates, fibre, protein, and fat to maintain kids' energy...so kids can keep zipping and zooming along.

6 bars
 Reg \$5.49 **\$3.99**




STAHLBUSH ISLAND FARMS
 Frozen Vegetables

Located in the heart of Oregon's lush Willamette Valley. Wholesome, high quality vegetables grown without chemicals and pesticides.

Reg \$3.99 **\$2.79**




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**





Gluten Free Breads
 For hearty bread with bold, wholesome flavors, try Udi's Gluten Free Whole Grain. No need to toast this bread, go ahead and eat straight from the bag.

340g
 Reg \$7.49 **\$6.49**





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**

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

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




Fresh Almond Beverage
 Almond Fresh effortlessly fits in your day, whether it's a refreshing glass to wake you up, in your midday smoothie or alongside an evening snack. Nutritious and delicious.

1.89L
 Reg \$6.49 **\$5.39**




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 **\$1.79**




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**




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**




Sol Cuisine
 Meatless Meatballs

Filled with plant based Superfoods, Vegan, Kosher, Non-GMO. Makes a great snack, appetizer or add to any pasta dish.

300g
 Reg \$7.99 **\$6.99**




natura
 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**




daiya
 deliciously dairy free™
 Non-Dairy Cheezecake

Rich, velvety and deeply satisfying, this New York Cheezecake is a classic favourite. A delicious, guilt-free indulgence infused with real fruit.

Reg \$9.19 **\$7.99**




Fody
 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**




Amy's
 Organic Homestyle Soups

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

Reg \$3.69-\$4.79 **\$3.49**

