

THE

CHOICES MARKET



HEARTBEET

November, 2024

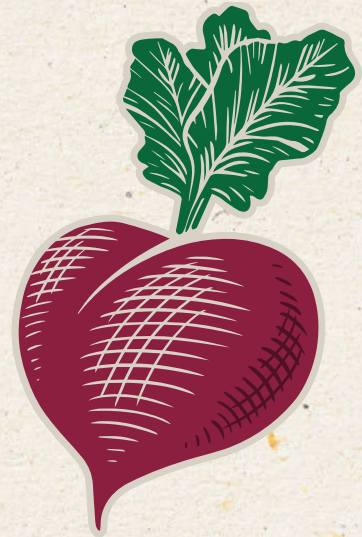
DISCOVER

MANDARIN ORANGES

pg 5

Nutrition Tips for Cold & Flu Season ~ pg 6

The Gut Microbiota and Immune Function: Why Does it Matter - pg 7



Remembrance Day!

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



Star of the Season!

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season.

From November 15th to December 24th, the cashiers at your local Choices Market will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we were able to raise over \$41,100.

To learn more, visit us online at Choices.Market.

I donated to
R of the SEASON



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

NOURISH & KNOWLEDGE NIGHTS

Hosted by: *The Choices in-store Nutritionists*

Join us for our monthly in-store interactive nutrition education events!

We will have snacks and giveaways so sign up to learn new nutrition tips and win prizes!

Dates, Times & Locations:

- **Kitsilano** - Nov. 5th • **Abbotsford** - Nov. 6th, 7th & 14th
- **North Vancouver** - (6pm - 7:30pm) Nov. 7th & 16th
- **Kelowna** - Nov. 14th

NOVEMBER

7pm - 8:30pm

IN-STORE

Scan the QR Code
to Register:



Free Event



NOVEMBER

6

2pm - 3:30pm

**IN-STORE
SOUTH SURREY**

Free Event

COOK ONCE, EAT MORE MEALS - COCONUT QUINOA FOUR WAYS

In a rut deciding what to eat? Join us at Choices Markets South Surrey for an informative cooking demo with D'Arcy, our in-store nutrition consultant.

The nutrition team's mantra is "eat whole food, as close to its source as possible, ideally prepared yourself at home." Preparing our own food is the best way we can nourish ourselves well, control ingredient quality and save money. To help you, D'Arcy will show you how to start with a coconut quinoa base and turn that into several different meals, breakfast, lunch or dinner, and eaten at various temperatures. Ingredients will be discussed and ways to modify recipes for specific eating styles.

You'll taste several dishes and leave with some great recipes to inspire your own creations! Numbers are limited to 20, sign up early!



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



HEAL YOUR GUT

This informative session focuses on easy-to-understand reasons why digestive issues are occurring and how to incorporate food, supplements and make lifestyle changes to relieve and heal digestive issues. Come prepared to leave feeling empowered and energized!

Recognized as a Woman of Influence in the natural health industry, Cheryl Grant is the President of VITALITY vitamins and supplements, an award-winning line of products made in BC, Canada. Cheryl has spoken across Canada on key health conditions and ways to incorporate food, supplements, and lifestyle changes to support good health.

Sponsored by: *Vitality*

Dates & Locations:

- **South Surrey** - Nov. 19th • **Kitsilano** - Nov. 21st

NOVEMBER

7pm - 8:30pm

IN-STORE

Scan the QR Code
to Register:



Free Event



NOVEMBER

27

7pm - 8:30pm

**IN-STORE
KITSILANO**

Scan the QR Code
to Register:



BRAIN DETOX - DISCOVER THE GLYMPHATIC SYSTEM THAT WE NEVER KNEW WE HAD

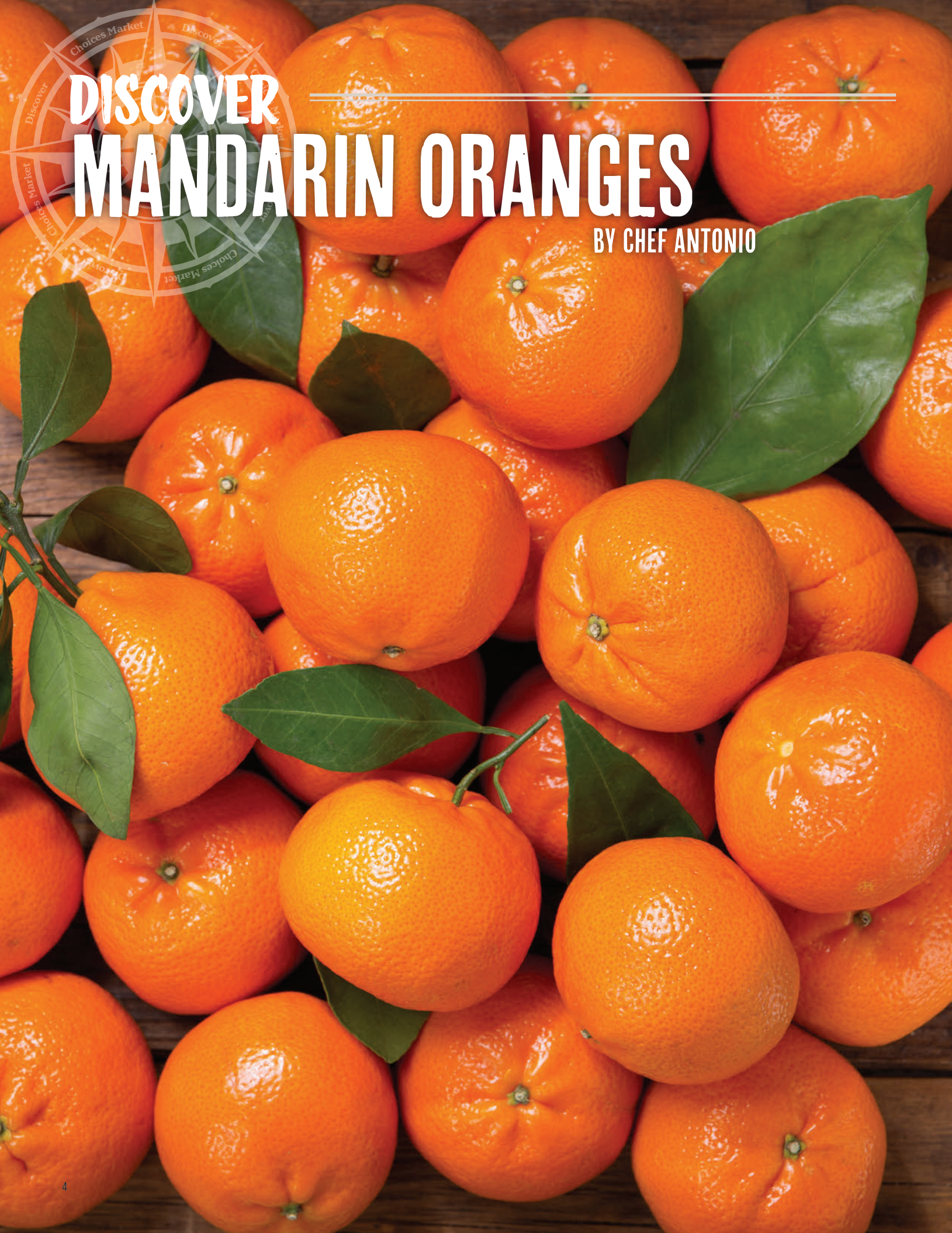
Have you heard about the Glymphatic System yet? Only discovered a decade ago, its critical role in brain and mental health is proving to be tremendous.

Join Dr. Miranda Wiley ND for an exciting discussion about your brain's waste disposal system for best prevention of many neurological diseases as well as optimizing cognitive function. Let's age gracefully together.

Dr. Wiley is a Vancouver-based Naturopathic Doctor and graduate of the Boucher Institute in New Westminster. She has over 30 years experience in the Natural Health industry.

Sponsored By: Botanica





Discover

MANDARIN ORANGES

BY CHEF ANTONIO

November and the first cold weather days indicate the start of winter in the northern hemisphere. It's also the start of citrus season. While lemons, limes and oranges are available year round, mandarins start appearing in November and stay on grocery shelves all the way to April and May.

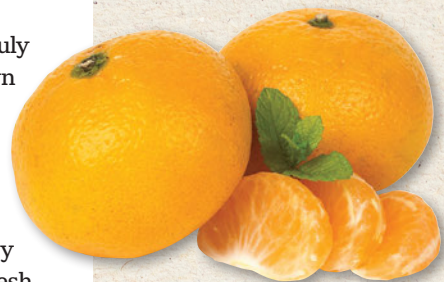
South China is believed to be the location of the initial Mandarin domestication. With documents dating back to 2200 BC. Mandarins start appearing on the west coast of North America in the late 1800, when Japanese families would ship fresh Mandarins to immigrant relatives to celebrate winter festivities. China still grows 60% of the world's 44 million tons of Mandarins produced yearly. Mandarins are 22% of the total citrus production worldwide.

Over the years many Mandarin hybrids have been created. Tangerines, Clementines, Satsumas, King Mandarins and even the tiny Kumquat can all trace roots back to Mandarins. When buying, choose fruit that feels heavy with firm shiny skin. Depending on farming conditions, sometimes a small part of the peel can be green. This doesn't indicate unripe fruit, but only that the temperature differences between night and day were not different enough to cause the skin to change colour fully. This is true for all citrus fruits.

Mandarins peels are what make them a truly wonderful snack. They come with their own biodegradable packaging. If a recipe calls for peel though, don't forget that all citrus is heavily sprayed, so only use the peel of organic fruit.

The use of mandarins in the kitchen is very broad. Fruit salad goes without saying. Fresh salad dressings with a twist of Mandarin juice is great, especially with kale or other strongly flavoured greens. Mandarin salsa anyone? It's a perfect sweet hint for some fusion inspired tacos. Use mandarin as an ingredient in pork or chicken marinades for a delightful flavour experience.

Whether you buy them in 5lb boxes or loose, don't miss out on the magic of Mandarin Orange season this holiday. Orange you glad you got the experience this great flavour?



MANDARIN ORANGES FACTS

Easily Peelable:

Mandarins are known for their thin, loose skin, which makes them easy to peel by hand. This makes them a popular snack, especially for children.

Nutritional Value:

Mandarins are rich in Vitamin C, providing a significant portion of the daily recommended intake in just one fruit. They also contain dietary fibre, vitamin A, and antioxidants.

Symbolism:

In Chinese culture, mandarins are considered symbols of good fortune and prosperity, especially during the Lunar New Year when they are often given as gifts.



CHEF ANTONIO



Chef Antonio's delicious creations are made fresh and on sale every day in the Choices Deli.

Pick something up today for a quick lunch or a meal for the whole family.

Inflammatory Bowel Disease: Crohns and Colitis

By: D'Arcy Furness, BA, RHN

Living with Crohn's or Colitis is no joke. Canadians have the highest rate of Irritable Bowel Disease (IBD) in the world. Globally the rate of diagnosis is increasing, particularly in children under six and older adults. In fact, according to Crohn's & Colitis Canada, in 2023, 322,600 Canadian's have been diagnosed with IBD.

Both Crohn's and Colitis are autoimmune diseases which cause inflammation of the GI lining (gastrointestinal tract) and interfere with digestion, nutrient absorption and elimination. The exact cause of these disorders is unknown, but it's thought that genetics, the environment and our gut health (microbiome) all play a part. There is no cure, just symptom management. These are lifelong diseases and people generally experience acute periods of flare ups (acute disease), and then remission (an absence of symptoms).

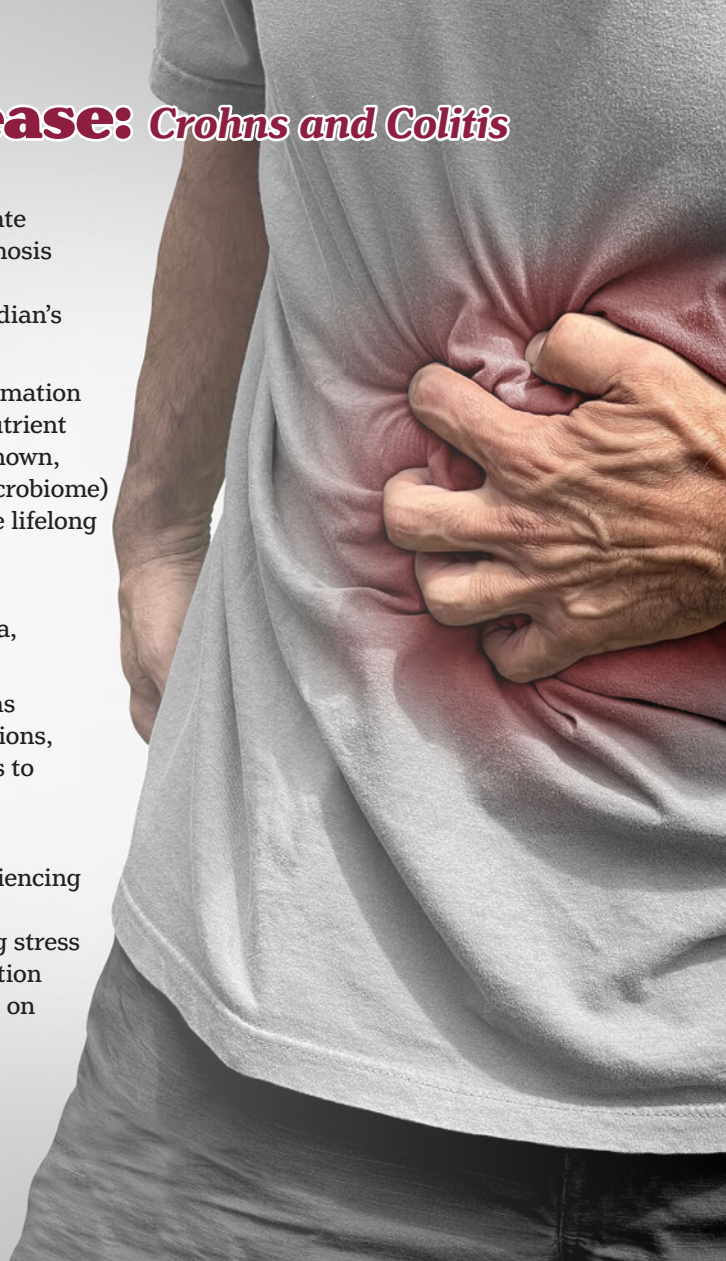
Symptoms may include abdominal pain and cramping, severe diarrhea, rectal bleeding, blood in stool, loss of appetite and weight loss.

Getting an accurate diagnosis of IBD is complicated because symptoms can be similar to other gastric conditions such as celiac disease, infections, diverticulitis and Irritable Bowel Syndrome (IBS). No single test exists to diagnose IBS, so a combination of blood and stool tests, endoscopy, colonoscopy, ultrasound, MRI and other imaging techniques are used.

Good nutrition is important whether a patient is in remission or experiencing a flare up of symptoms. Generally, eating nutrient dense, whole foods, getting regular exercise, sleeping well, staying hydrated and managing stress are all important components of managing IBD. Chronic GI inflammation impacts our ability to absorb nutrients so patients need to keep an eye on iron, zinc, vitamin D and calcium.

The future holds promise with genetic experts leading the way. Hopefully this will result in more effective and safer drug treatments to reduce and perhaps eliminate symptoms.

For more evidence-based information on IBD and food choices, reach out to a Choices' nutritionist!



Nutrition Tips for Cold and Flu Season

By: The Choices Market Nutrition Team

1. Stay hydrated: Water is important for many bodily functions like regulating temperature and digestion. Did you know when you are ill, adequate hydration helps to protect your cell membranes from bacteria entering? So how do you know if you are hydrated? Monitor your urine! Fluid needs vary for every individual depending on size, activity level and climate. Typically, light lemonade coloured urine indicates hydration. Drinking water regularly is a great way to stay hydrated but fruits, vegetables and low-sodium soups are also a good way to maintain hydration.

2. Get your Vitamin D! Adequate vitamin D is crucial for immune health as vitamin D deficiency may make you more susceptible to getting a cold or the flu. Getting enough vitamin D during the winter can be challenging as our bodies can not efficiently produce it from the sun in the winter. Vitamin D can be found in foods like milk, fortified plant milk and fish, however getting enough from food alone is challenging and healthcare providers may recommend a supplement. Talk to your doctor if you are concerned about your vitamin D levels.

3. Does Vitamin C help? While vitamin C has long been associated with improving illness, context is important. Vitamin C consumption from food or supplements is unlikely to prevent or treat the common cold. However, vitamin C supplementation may help reduce the intensity of symptoms and may help speed up recovery when taken in recommended doses. Typically, ~200mg daily during illness may help but always check with your healthcare provider prior to consuming supplements.

The Gut Microbiota and Immune Function: Why Does it Matter

By: *Chris Culhane, RD(t), Nutrition Operations Manager, Choices Market*

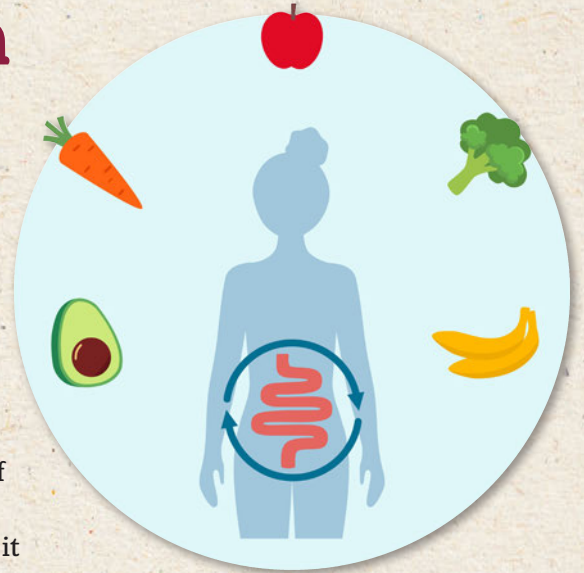
From supplements, to refreshing drinks, to cultural foods, claims of boosting your gut microbiota seem to be plastered everywhere. But what does that mean? What even is a microbiota – and what is it doing in your gut?

The term microbiota relates to microorganisms in a particular environment, in this case, the gut or digestive system. Without these microorganisms, or beneficial bacteria, we wouldn't be able to break down many complex carbohydrates and fibre or produce sufficient amounts of several B vitamins and vitamin K. Additionally, the microbiome plays a key role in regulating the immune system and blood, as well as preventing or treating infection within the body.

Studies have found that the most significant impact on our gut microbiota comes from the food we eat. A diet rich in processed foods, especially animal proteins, can damage intestinal lining, negatively impacting our microbiome. So, be mindful of how often we're choosing to eat fast food or convenience foods in a given month or week.

Foods rich in dietary fibre, often found in fruit and vegetables and complex carbohydrates, like oatmeal or whole grains, have been linked with stimulating the growth or activity of our microbiomes. Foods high in beneficial bacteria, those found in fermented foods like yogurt, Sauerkraut, or Kimchi, have also been found to be very beneficial to our microbiomes. Even pickles or pickled vegetables are a type of fermented food! However, not all fermented foods are created equally, so it's important to still be nutritionally mindful and choose yogurts or foods lower in added sugar.

For more information on microbiome-promoting foods and products carried at our Choices locations, talk to your store's nutritionist for a free consultation or grocery tour, where they can point out such products!





PREFERRED SHOPPER SPECIALS

NOVEMBER 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Bob's Red Mill
Gluten-Free Oats**
Selected Varieties
680g - 907g

\$9⁹⁹

Use these gluten free oats for a superior hot cereal, or stir them into cookies and other baked goods.



**Chosen Foods
Pure Avocado oil**
250ml

\$6⁹⁹

This all-purpose oil has a smooth, neutral taste that puts your food's flavor center stage (like it ought to be), has a high smoke point.



**Tree Island
Greek Yogurt**
Grass Fed
325g & 350g

\$4⁹⁹

Taste the difference. Made with fresh whole milk from grass-fed cows and absolutely no powders or fillers.



**Alter Eco Organic
Chocolate Bars**
Selected Varieties
75g-84g

\$3⁹⁹

This bar of chocolate is part of our mission to go beyond organic.



**Nature's Path
Organic Cereal**
650g-907g
Eco Pack

\$9⁹⁹

Our cereals and snacks are made from organic ingredients, grown in harmony with nature on healthy, organic farms.



**Nuts to You
Organic
Hazelnut Butter**
365g

\$12⁹⁹

Proudly Canadian since 1989.



**Faith Farms
Cheese**
360g & 380g

\$6⁹⁹

Perfect melted in a grilled cheese, quesadilla or with macaroni noodles.



**Hardbite All Natural
Potato Chips**
128g & 150g

\$3⁴⁹

By cooking in small batches and using simple ingredients we ensure the highest quality flavour.

DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND



**Elmhurst
Plant-Based
Beverages**
946 mL

\$7⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

We believe that plant-based beverages should taste just like their source. That's why we have only a few simple ingredients in each carton.



**Joyya Ultrafiltered
Milk**
1 Litre

\$4⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Discover Joyya, the 100% Canadian ultrafiltered milk with 75% more protein and 25% less lactose (sugar) than regular milk.



**Kabrita Goat Milk
Toddler Nutrition**
800g

\$39⁹⁹

Introducing Kabrita Goat Milk Toddler Formula. Made with grass-fed whole goat milk from European family farms.



**Poptastic
Popcorn**
130g

\$3⁴⁹

We're the makers of Hardbite. What we did for potato and root veggies, we're doing for corn. When we're done, popped culture will never be the same.



PREFERRED SHOPPER SPECIALS

NOVEMBER 16 - 30 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



GT's Raw Kombucha
1.4L

\$9⁹⁹ Plus Deposit, Recycling Fee Where Applicable

GT's Kombucha is the most authentic kombucha you can buy.



Ritter Sport Chocolate Bars
Selected Varieties
100g

\$3⁴⁹

With such a large selection, it's not easy to find your absolute favourite.



Nature's Path Envirokidz Organic Cereal
Also Select Boxed Cereal
283g - 400g

\$5⁴⁹

Every time you choose EnviroKidz®, we donate a portion of sales to environmental education projects that support endangered and vulnerable animals.



Nature's Path Organic Waffles
Frozen, 210g

\$4⁴⁹

Crispy, wholesome, and delicious.



Barbara's Cheez Puffs
155 & 198g

\$3⁴⁹

Taste. Made simple. Crafted the Liberté way.



Prasad Ayurveda Heritage Ghee
200g

\$14⁹⁹

A versatile, premium oil with a pleasant, mild taste, a high heating point, nutritional benefits, and medicinal qualities.



Prana Overnight Oats & Granolove Cereal
250g & 300g

\$5⁹⁹

We are Prana, a family-owned company on a mission to make delicious plant-based foods better for you and the planet.



Liberté Greek Yogurt
Multipack, 4pk

\$4⁴⁹

Taste. Made simple. Crafted the Liberté way.

NOURISHING LIFESTYLES SINCE 1990



Kicking Horse Organic Fairtrade Whole Bean Coffee
454g

\$19⁹⁹



Our coffee is Organic, Fairtrade & Rocky Mountain-roasted. Wake up with us!



Califia Non-Dairy Beverage
1.4L

\$4⁹⁹ Plus Deposit, Recycling Fee Where Applicable

With a subtle sweetness and pure taste you can use it for everything!



Coco Natura Organic Coconut Milk Powder
200g

\$8⁹⁹

Organic and vegan, and free from gluten, GMOs, artificial flavours, colours and preservatives.



Rolling Meadow Grass Fed Milk
2L

\$5⁹⁹ Plus Deposit, Recycling Fee Where Applicable

For farmers, Grass Fed Dairy is a commitment to a way of life, and a way of farming.



Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

PEARS

An underrated fruit, pears are both delicious and highly nutritious. Pears are a great source of fibre which is key for managing blood sugars. They're typically only available for 2-4 weeks, so get them while you can! Not sure what to do with them? Try adding them in oatmeal, muffins, or fruit crumble.



LENTILS

Looking for a high protein plant-based protein option for dinner this fall and winter? Make lentils the star of your plate! Just 1/2 cup of lentils contain 12 grams of protein. Try adding lentils to soups and stews in place of or along side meat. You can even swap lentils for ground beef in Shepards pie or enjoy in tacos!

HERITAGE FARMS CHICKEN

Heritage Farms chickens are raised locally in the Fraser Valley on selected family farms that have been raising chickens traditionally for over fifty years. Heritage Farms birds are Raised Without Antibiotics and raised on a 100% Vegetarian Diet with no animal by-products or preservatives added.





High Protein Pumpkin Pie Smoothie

By: The Choices Market Nutrition Team

INGREDIENTS

- 1 1/2** Frozen Banana
- 2 - 3** Ice Cubes
- 3/4 cup** Unsweetened Milk
(dairy, soy or oat for a higher protein option)
- 1/2 cup** Canned Pumpkin
(or cooked and cooled pumpkin)
- 1/3 cup** Unsweetened Greek Yogurt (dairy or soy)
- 2 tsp.** Honey
- 1 tbsp.** Nut Butter or Seed Butter
(recommend walnut, almond or pumpkin butter)
- 1 tbsp.** Ground Flax
- 1 tbsp.** Hemp Hearts
- 1 mL** Cinnamon
- Pinch** Nutmeg
- Pinch** Allspice (optional)

DIRECTIONS

1. Add all ingredients to a blender, blend until smooth and serve. Add more liquid as needed.

WE USED

PUMPKIN

Hurry up and grab your pumpkins for last minute pumpkin recipes while they last! Did you know pumpkin is rich in vital nutrients like fibre, vitamin A, vitamin C and potassium. Other than pumpkin pie, how can you include this nutrient-rich food into your diet this fall? Try roasting and pureeing to add to soups, or try mixing it up in a smoothie!





WELLNESS CENTRE SPECIALS

NOVEMBER 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



Flora Probiotics
Assorted Varieties & Sizes

20% OFF

This probiotic blend is designed with a high concentration of Lactobacillus acidophilus to support the gastrointestinal health of the small intestine and help maintain a healthy yeast balance.



NutraSea Omega-3 Fish Oil Supplements
Assorted Varieties & Sizes

20% OFF

Ultra-pure, great tasting high quality omega-3. Helps support the maintenance of good health, cardiovascular health, brain function and more.



Natural Traditions Camu C
90 caps

\$17⁹⁹

Our organic camu camu offers a convenient way to boost your immune system & support overall health.



Natural Factors Bonus Bottles
Assorted Varieties & Sizes

20% OFF

Magnesium is required for the formation of bones and teeth, and for nerve and muscle function.



3 Brains Memory Boost
120 caps

\$29⁹⁹

3 Brains supplements help maintain optimal brain health by supporting the critical relationship between the heart, the brain, and the gut.



Allimax
30 caps

\$29⁹⁹

Allimax is a traditional herbal medicine to relieve symptoms of upper respiratory tract infections and mucous membrane inflammation.



SierraSil Joint Formula Supplement
Assorted Varieties & Sizes

20% OFF

SierraSil Joint Formula14™ contains a pure mineral powder with essential minerals. Research shows SierraSil Joint Formula14™ supports joint, cartilage and muscle function. Also supports gentle detoxification because of its clay mineral structure.



Moducare Daily Immune Support
Kids 60 chewables / 90 tabs

\$29⁹⁹ / \$35⁹⁹

A proprietary blend of plant sterols and sterolins that help support a healthy immune system balance!



Innotech Colflex Throat Spray
25 ml

\$17⁹⁹

Colflex: Spray orally to help relieve coughs, sore throat, travelling challenges, and for general oral hygiene.



Gabriel Natural Cosmetics
Assorted Varieties & Sizes

20% OFF

Gabriel Cosmetics is committed to sustainable natural beauty and earth-conscious practices, never compromising on ingredients.



Refresh Facial Care
Assorted Varieties & Sizes

20% OFF

Refresh Botanical is a Canadian skincare brand that uses natural, botanical ingredients to nourish your skin.



Himalaya Botanique Toothpaste
113-150 grams Adults & Kids

\$6⁴⁹

Carefully formulated to gently clean teeth and maintain great oral health.



WELLNESS CENTRE SPECIALS

NOVEMBER 1 - 15 ONLY!

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**Prairie Naturals
Men's Supplements**
Assorted
Varieties & Sizes

20% OFF

Being a man is full of rewards. It's also full of challenges. At Prairie Naturals, we believe the best investment any man can ever make is to invest in his own health and well-being. Our premium quality men's natural health formulas give you the confidence, vigor and stamina to stand up to life's many changes and challenges.

Prairie Naturals Prost-Force is an evidence based formulation that synergistically combines the key nutritional and phytochemical ingredients researchers recommend for prostate health.



**Suku
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

SUKU Vitamins are the most convenient way to manage your functional wellness and maintain your beauty. Our products are the world's cleanest gummy vitamins derived from all-natural, safe, and high-potency ingredients that not only taste great, but work! We believe beauty and wellness within starts with SUKU love.

- Buh Bye Stress
- Helps Temporarily Relieve Stress*
- Vegan
- Source of fiber
- Sugar-free, sugar-alcohol free & keto-friendly
- Non-GMO
- Pectin based
- Gluten, dairy, tree nut, shellfish, soy, egg, peanut free



**St Francis
Herbal Supplements**
Assorted
Varieties & Sizes

20% OFF

A balanced immune system is your strongest immune system!

Deep Immune® supports and fortifies the immune system by restoring the body's innate balance through the synergistic action of eight powerful adaptogenic herbs. Taken daily, Deep Immune® helps to keep your natural defences strong – ready to take on colds and flu!

Our best-selling Deep Immune® original formula. Contains targeted herbs that support a healthy immune system and counter fatigue.

Helps to maintain immune defences against common viral infections, colds & flu.



**Boiron
Oscilloccinum**
6 doses / 30 doses

\$11⁹⁹ / \$29⁹⁹

Regulated as medicines by Health Canada since 1990, Boiron homeopathic products meet the highest manufacturing and marketing quality standards.

Oscilloccinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever and chills. Oscilloccinum does not cause drowsiness or sleeplessness and is suitable for the whole family: adults, children and infants.

Oscilloccinum is available in different size formats.



**Hyalogic
Skin Care &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Hyalogic®'s Collagen Facial Mist uses Marine Collagen with Hyaluronic Acid to support moisture levels and a firm, elastic appearance. This facial mist helps support skin with a more lifted appearance, better definition and helps make skin noticeably firmer.

Collagen is a natural protein peptide produced inside the body. When present in the skin, it helps maintains skin elasticity. When the Collagen in our bodies naturally decrease with age, the skin takes on an unhealthy appearance. The marine collagen used is hydrolyzed and reduced down to a size that your skin can absorb to maintain a healthy, firm appearance. Just a quick misting everyday can help bring back the beauty.



**Pascoe
Lymphdiaral**
Drops or Cream

20% OFF

A Homeopathic remedy used to relieve symptoms of swelling, inflammation, and infection, such as pain fever and swollen lymph nodes due to recurrent conditions including otitis media tonsillitis and sinusitis. Made with calendula and echinacea, Lymphdiaral® Drops are available in 50 mL oral drops. Lymphdiaral® Drops have adjustable dosing and are suitable for all ages.

Adding Lymphdiaral® Drops to your healing routine can help speed up the healing process and improve lymph flow. Improving lymph flow can:

- Improve immune function
- Support the removal of toxins
- Decrease swelling
- Reduce inflammation



WELLNESS CENTRE SPECIALS

NOVEMBER 16 - 30 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Salus
Calcium Magnesium**
250 mL / 500 mL

\$25⁹⁹ / \$39⁹⁹

The Salus Calcium-Magnesium liquid formulation is easy to dose, gentle on the digestive system, and highly absorbed.



**Pure-Lē Natural
Chlorophyll**
Unflavoured or Mint
450 mL

\$17⁴⁹

Pure-lē Natural Liquid Greens Chlorophyll is both food and healer.



**Host Defense
Mushroom
Supplements**
Assorted
Varieties & Sizes

20% OFF

Turkey Tail invigorates immune cells while simultaneously making sure the immune response doesn't overreact.



**Healthology
Cholesto-less**
60 softgels

\$39⁹⁹

CHOLESTO-LESS helps maintain and support cardiovascular health by lowering total blood and LDL (bad) cholesterol and maintaining healthy cholesterol levels.



**Whole Earth & Sea
Greens or Proteins
& Greens**
390-438 grams
640-710grams

\$62⁹⁹ / \$66⁹⁹

Whole Earth & Sea Fermented Organic Protein & Greens is a 100% fermented and certified organic formula providing 21 g of quality plant protein in every serving.



**Natural Wellbeing
Hair Essentials**
90 caps

\$29⁹⁹

If you want thicker, fuller hair, Hair Essentials is the product for you. For healthier overall hair condition. Works for women and men. Effective for all hair types. Doctor-formulated, clinically proven. Gluten-free, Vegan, GMO-free



**One with Nature
Dead Sea Mineral
Soaps**
Assorted Varieties
200 grams

\$7⁹⁹

Made with sea salts and mud from the dead sea, gently exfoliates skin with a light, nice scent.



**Ancient Minerals
Magnesium
Bath Flakes**
750 grams

\$11⁹⁹

Ancient Minerals® magnesium bath flakes ultra, utilize premium distilled OptiMSM® and pure magnesium chloride.



**Pure Potent Wow
Essential Oils and
Body Care**
Assorted
Varieties & Sizes

20% OFF

Certified organic and wild crafted precious essential oils.



**Nena
Glacial Face Care**
Assorted
Varieties & Sizes

25% OFF

Contain anti-inflammatory and soothing properties, increase collagen production by 70% (anti-aging benefits), reduce oil on the face by 95% and tighten pores after just one application.



**African Fair Trade
Society
Organic Shea Butter**
57 grams / 114 grams

\$6⁴⁹ / \$10⁹⁹

Raw unrefined 100% pure Shea butter organic & unscented is concentrated with the maximum benefits that produce amazing results for protecting, restoring or healing the skin.



**Island Essentials
Body Care**
Assorted
Varieties & Sizes

20% OFF

Hair and scalp nourishment comes from nutrient rich ingredients including; hemp seed oil, Chinese ginseng, nettle leaf extract, seaweed extract and botanical horsetail plant extract.



WELLNESS CENTRE SPECIALS

NOVEMBER 16 - 30 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Aeryon Wellness
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

- 100% Boric Acid, feel fresh down there...
- 100% pure boric acid
- Supports healthy vaginal pH
- Relieves vaginal candidiasis
- Relieves bacterial vaginosis

Up and away boric acid is used as a feminine suppository and is an effective, safe treatment to balance vaginal pH. Boric acid is derived from alkaline salt deposits. It is 100% natural. An ideal solution for recurrent vulvovaginal candidiasis and bacterial vaginosis such as odor, itching, irritation and vagina discharge.



**Himalaya
Hello Energy
or Hello Joy**
Adrenal Support
60 caps

\$26⁹⁹

The best views in life come after the highest climbs, but once you reach the top, you deserve to find a way to recharge. Himalaya Hello Energy® has been clinically studied to restore energy levels, improve mood, and support normal cortisol and DHEA levels, all leading indicators of adrenal health and increased vitality.

Hello Energy® can help you achieve your daily tasks without taxing your adrenals, and without having to use stimulants like caffeine.*

Happiness Through Wellness: Crafting traditional medicines based on Ayurveda, a 5,000 year old science that believes the journey back to wholeness begins with nurturing the capacity for joy. Trusting the gifts of nature and the irreplaceable relationship between the plant and its native soil for consistent healing properties



**Freshfield
Vegan Omega-3**
Assorted
Varieties & Sizes

20% OFF

OK, so we haven't discovered the fountain of youth yet but with a laundry list of benefits like boosting cognitive health and helping you age well, Vegan Omega 3 comes close. Ditch the fish oils and add this as an essential in your supplement plan.

Get the same benefits as fish oil without the negative consequences. Help reduce overfishing, plastic pollution and carbon emissions:

Fish free, algae-based omegas
Plant-based compostable & recyclable packaging
Certified carbon neutral, plastic negative and vegan



**Mineral Fusion
Natural Cosmetics**
Assorted
Varieties & Sizes

25% OFF

At Mineral Fusion, we combine natural, vegan ingredients with your daily makeup and cosmetic routine. Our hypoallergenic Liquid Foundation gives you a natural, radiant, youthful look, while our best-selling So Classy Volumizing Mascara creates an illusion of thicker, bolder lashes for all-day confidence. Discover the difference with our mineral makeup today!

Our products are formulated to leave skin in better condition than we found it. No parabens, gluten, phthalates or other harsh ingredients are used.



**New Roots
Exotic Skin Oils**
Assorted
Varieties & Sizes

25% OFF

Luxurious and revitalizing Exotic Oils that will bring out your natural glow!

New Roots Exotic Oils are Certified Organic, ethically sourced, sustainably grown, and are extracted without solvents. They are lab-tested for identity, purity, heavy metals, pesticides, and environmental toxins. This testing also guarantees zero dilution with carrier oils and fillers.

Discover their many benefits, including:

- Nourishing hair, nails, and skin
- Reducing the appearance of stretch marks
- Reducing the signs of aging skin
- Deeply hydrating your skin
- Improving skin elasticity



**Bass
Hair Brushes**
Assorted
Varieties & Sizes

20% OFF

Bass creates hair brushes with beautifully classic designs that are made with unsurpassed quality and have become renown all over the world for an emphasis on natural, genuine, and durable materials for long product life and environmental sustainability.

The women's collection is classic and distinctive with hair, body, and skin care brushes & tools that provide superior function while enhancing the beauty and enjoyment of your grooming space.

For decades, Bass Brushes has had a special focus on men's grooming. Our range of hair, beard, and shaving brushes & tools offer an uncommon experience with unique designs, classic elegance and unmatched quality.



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 Shop online at
Choices.Market

CHOICES MARKET LOCATIONS

Kitsilano

2627 W 16th Ave, Vancouver
604.736.0009

Cambie

3493 Cambie St, Vancouver
604.875.0099

Kerrisdale

1888 W 57th Ave, Vancouver
604.263.4600

Yaletown

1202 Richards St, Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr, Vancouver
604.678.9665

Kelowna

1937 Harvey Ave, Kelowna
250.862.4864

South Surrey

3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest

8683 10th Ave, Burnaby
604.522.0936

Abbotsford

3033 Immel St, Abbotsford
604.744.3567

North Vancouver

801 Marine Dr, North Vancouver
604.770.2868

Parksville

319 Island Hwy East
250.947.8000

Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO2

Smog: 5 kg NOx

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

STAR OF THE SEASON

NOVEMBER 15 - DECEMBER 24

Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley Vancouver Island and the Okanagan.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15 and December 24 for a donation of \$2.00.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE, PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraserside Community Services
- Semiahmoo Family Place
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House
- Forward House

I donated to
STAR of the SEASON



PLU 5757