



# CHOICES'

Monthly Newsletter | February 2018

## wine and good health

**The Dish** on Cooking Wine

**The Facts** on **Fats**

**Win a Dishwasher!**

IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5



# the grape vine



## Star of the Season

Every year during the holiday season, Choices runs a fundraising campaign in support of local neighbourhood houses and food banks across Metro Vancouver, the Fraser Valley and the Okanagan. We'd like to thank our customers for donating to our 16th annual Star of the Season Campaign and helping to make it an incredible success. In total, we were able to raise over \$45,000, with 100% of donations going to our local community members who need a little help over the holidays. We hope you'll contribute again next year.



## Happy Valentine's Day



Some people consider February 14th the most romantic day of the year. Here at Choices, we've got everything you need to help make that a reality. From Fairtrade chocolates and body care products to artichoke hearts and strawberries, you'll find it all.

One of the romantic activities you can do with a partner is collaborating on a home cooked meal and enjoying a glass of great, local BC wine. To help inspire you, this month we've got a few articles on the benefits and applications of cooking with a bottle of vino. There are so many different flavourful varieties of wine grown right here in our backyard, so we thought now was the perfect time to honour our local vineyards and wineries.

## COOK IT UP



# Ginger Beet Gut Shot Hummus

Courtesy of Farmhouse Foods

Gut Shots are healthy probiotic drinks. Add one serving of your favourite Gut Shot flavour to a Bloody Caesar or try mixing it into a stir fry! It adds 10 billion CFU's to your recipe (that's x5 the amount found in the leading Kombucha!). Try making this great hummus dip for a probiotic rich spread for crackers and veggies.

**1 can of garbanzo beans (drained)**

**2 tbsp tahini sauce**

**1/4 cup of cooked beets**

**2 tbsp of olive oil**

**Juice of 1/4 lemon**

**1 clove of garlic**

**2 shots of Farmhouse Culture Ginger Beet Gut Shots**

**Dash of salt**

Puree in processor until smooth

## A Better Night's Sleep

By Dr. Olisa Mak, ND, Inspirit Health Group

**Q**

**I've tried all sorts of supplements but I just can't sleep. What can I do?**

**A**

Getting a good night's sleep can be a constant struggle. You've tried every sleep supplement, yet you only feel better for a few nights before being sleepless again. You know you need help but where do you start?

To permanently improve your quality of sleep, addressing the underlying cause is crucial. Sleep supplements offer a temporary fix by heavily sedating the body but eventually your body adjusts, and old imbalances settle back in. This makes these supplements great for preventing the occasional sleepless night from jet lag or sleeping in a different bed but not effective for chronic sleep issues.

Sleep issues are just one of many symptoms that reflect a more complex imbalance that needs to be addressed. These symptoms are often digestion, hormonal, or mood/stress related. If sleep issues present on their own, then often addressing sleep hygiene issues does the trick. For example, stop using your cellphone in bed.

So what's the first step to improve sleep habits?

You might consider Food Sensitivity Testing or SIBO testing if you experience chronic digestive issues such as bloating, gas or irregular bowel movements (diarrhea, constipation, frequency/infrequency), or Dried Urine Test for Comprehensive Hormones (DUTCH) testing if you suspect your sleep is hormone or stress related.

Your individualized treatment protocol might include botanicals, supplementation, homeopathy, acupuncture, injection therapy, detoxification, infrared sauna, and dietary and lifestyle changes.



Join Dr. Mak for her seminar "A Better Night's Sleep" at St. Faith's Anglican Church (across from Choices Kerrisdale) on Thursday, Feb 22. See page 4 For full details.



**Dr. Olisa Mak practices at Inspirit Health Group in Downtown Vancouver. Want to find out more? Book your COMPLIMENTARY 20 minute Naturopathic consultation today. 604-559-8816.**

## Facts on Fats

By Choices Dietitian Anna Brisco, RD

In our bodies, fats are the building blocks of our cells, make up 60% of our brain, and carry fat soluble vitamins A, D, E and K. While more energy-dense than other macronutrients – nine calories per gram compared to four for protein and carbohydrates – fats in moderation are a key part of any healthy diet. Here are three keys to refresh your relationship with fat:

**1**

### Quality Matters

Use heart-healthy mono-unsaturated fats in daily cooking, such as olive or avocado oils. Choose foods high in anti-inflammatory omega-3 fats, like fish and hemp. Swap commercial baked goods and fried foods for whole nuts, seeds or high quality dark chocolate, to limit processed fats and avoid trans-fats. Enjoy higher-fat animal foods like cheeses and red meats less often. Avoid low-fat diet foods; they often have extra refined sugars added and are never as satisfying as the real thing.

**2**

### Variety

Eat the rainbow is a constant slogan for fruits and vegetables, but many people try only one or two types of oils. Try broiling fruit with hazelnut oil for a quick dessert. Use mashed avocado instead of sour cream in a salad dressing. Stirfry leafy greens and scallions with omega-3-rich camelina oil. Check your oil's smoke point to ensure it is the right choice for the heat of your recipe.

**3**

### Fight Fat Bias

The evidence may be changing about dietary fat, but socially we are still quite fat phobic. One in five American adults have strong feelings of internalized shame about their weight and food choices. These anti-fat attitudes affect people of all sizes, and are linked to negative health outcomes - abnormal blood lipids levels, disordered eating, depression and anxiety. Nourishing ourselves means; making peace with these negative messages, making informed and balanced food choices, and taking pleasure in every bite.

If you are interested improving your relationship with food and eating, contact Anna at [kitsilanonutrition@choicesmarkets.com](mailto:kitsilanonutrition@choicesmarkets.com)

# Upcoming Events

MARK YOUR CALENDAR

**Thursday, February 8**  
**6:30– 7:30 pm**

## Coconut Quinoa 4 Ways

with Choices Nutritionist D'Arcy Furness, RHN

**Choices South Surrey**

Join D'Arcy Furness, RHN, in-store to learn how to make delicious coconut quinoa and enjoy it 4 different ways; save time, eat well, be happy!

Cost \$7 plus tax. Register and prepay online. See top of page 5 for registration information.



**Tuesday, February 13**  
**6:00– 8:00 pm**

## Wine & Dine 3 Course Cooking Demo and Tasting

with Choices Chef Antonio Cerullo

**Choices South Surrey**

Enjoy the health benefits of wine beyond the glass – join us for a fun wine fueled evening! Watch as a delicious 3 course meal is prepared before your eyes. Featuring wine in all of the recipes, plus tasty wine pairings to boot.

Cost \$30 per person or \$50 for two (plus tax). Register and prepay online. See top of page 5 for registration information

**Thursday, February 20**  
**6:00– 7:30 pm**

## Learn to Cook with Flaxseed Cooking Oil

with Chef Alana Peckham, Alligga

**Choices Abbotsford**

Watch Chef Alana cook up some delicious and nutritious dishes with Alligga flaxseed cooking oil. She will explain the benefits of cooking with flaxseed oil as well as share her favourite recipes. Tasting and recipes are included.

Free event. Register online. See top of page 5 for registration information.

**Thursday, February 22**  
**7:00– 8:30 pm**

## 10 Health Hacks for Busy Parents

with Joy McCarthy, Holistic Nutritionist, CNP

**Choices South Surrey**

Learn daily health habits to boost your energy, the best superfoods to eat and the most important supplements for busy parents. You'll feel ready to take on whatever life hands you with these simple and highly effective strategies for your most joyous health!

Free event. Register online. See top of page 5 for registration information.

**Tuesday, February 24**  
**7:00 -8:00 pm**

## Optimize Your Pregnancy Naturally

with Dr. James Whillans, DC,  
Life Works Family Chiropractic

**Choices Kelowna**

Dr. James practices natural health care with a special focus on helping pregnant mothers, and will be talking about how to reduce discomfort during pregnancy and birth.

Free seminar, registration required. Register online or call 250-862-4864.

## REGISTRATION DETAILS

To register for events, visit [choicesmarkets.com/events](http://choicesmarkets.com/events).  
For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto:eventregistration@choicesmarkets.com).

Please note: these seminars and events are for information purposes only. For any health-related seminars or events, no diagnosis or specific treatments will be prescribed.

**Saturday, February 17**  
**1:00 -2:30 pm**

## Reboot Your Body's Ability to Heal

with Michael Rowland, TheraPhist & Terri Bernath, TheraPhist, Reflexologist

**Choices Kelowna**

Learn how TheraPhi can help with cellular metabolism and regeneration, enhanced immune function, shorter recovery time and so much more.

Free seminar, registration required. Register online or call 250-862-4864.

**Wednesday, February 21**  
**7:00 -8:00 pm**

## 3 Keys to Healing Yourself without a Green Smoothie in Hand

with Shyloe Fayad BEd, CTLC

**Choices Kelowna**

During this talk, Transformational Life Coach Shyloe Fayad will share with you the 3 more important ways to promote healing using your heart and mind.

Free seminar, registration required. Register online or call 250-862-4864.



Seminars and cooking classes at our Kitsilano store will be on a bit of hiatus this winter as we undergo some much needed renovations. Check back in the Spring when our programming will be back in full swing.

**Thursday, February 22**  
**7:00- 8:30 pm**

## A Better Night's Sleep

with Dr. Olisa Mak, ND, Inspirit Health Group

**St. Faith's Anglican Church 7284 Cypress St, Vancouver (Across from Choices Kerrisdale)**

We all know how amazing it feels to get a restful night of sleep but for many of us this can be a constant struggle. Find out how commonly overlooked factors such as digestion, hormonal balance, mood & stress wreak havoc on your sleep.

Free event. Register online. See top of page 5 for registration information.

**Thursday, March 1**  
**6:30 - 8:00 pm**

## The Stress-Weight Gain Connection

with Stefania Banman, Nurture Nourish Health Coach

**Choices Burnaby Marine**

Learn how your busy stressful life can impact your waistline and strategies you can use to de-stress.

Free event. Register online. See top of page 5 for registration information.

# preferred shopper club specials



**Stahlbush Sustainable Frozen Vegetables**  
Assorted Varieties



**2<sup>99</sup>**  
284g - 400g

The highest quality, certified sustainable and organic, frozen produce available!

**Thai Kitchen Coconut Milk, Curry Paste, Noodles, or Chili Sauce**  
Assorted Varieties



**3<sup>29</sup> to 4<sup>49</sup>**  
Assorted Sizes

Get everything you need to make a delicious Thai feast at home.

**Bob's Red Mill Yeast**



**6<sup>49</sup>**  
Active Dry Yeast  
226g  
**12<sup>99</sup>**  
Gluten Free Yeast  
226g

Fresh and reliable yeast for all your Valentine's Day baking.

**Maison Orphee Gourmet Oil**  
Select Varieties



**9<sup>39</sup> to 16<sup>99</sup>**  
Assorted Sizes

Cold-pressed oils for maximum flavour and nutrition.

**Nutiva Liquid Coconut Oil**



**9<sup>99</sup> to 16<sup>99</sup>**  
Garlic 236ml  
Classic 473ml

Coconut oil that stays liquid at room temperature, chemical and filler free!

**Spectrum Mayo, Vinegar, or Cooking Oils**



Select Varieties  
**4<sup>49</sup> to 20<sup>99</sup>**  
Assorted Sizes

Your partner for amazing cooking.

**Wrap Organic Raw Gluten Free Wraps or Pizza Crusts**  
Assorted Varieties



**8<sup>99</sup>**  
112g Wraps  
140g Pizza Crusts

Healthy, clean ingredient wraps that help you fuel your body.

**Earth's Choice Organic Coconut Milk**



Assorted Varieties  
**1<sup>99</sup> to 3<sup>39</sup>**  
160ml  
400ml

Perfect for adding richness to sweet or savoury dishes.

**Casbah Side Dishes**  
Assorted Varieties



**2<sup>99</sup> to 4<sup>69</sup>**  
170g - 340g

Make delicious Mediterranean inspired dishes with Casbah.



**MaraNatha Nut Butters**  
Assorted Varieties

**6<sup>99</sup> to 11<sup>99</sup>**  
No Stir Peanut Butter 500g  
Organic Peanut Butter 500g  
Almond Butter 340g - 368g  
Rich and velvety smooth.

**Lundberg Organic Thin Stackers or Organic Quinoa**



Assorted Varieties  
**3<sup>99</sup> to 8<sup>99</sup>**  
Thin Stackers 167g  
Quinoa 454g

Light, crunchy and flavourful. Perfect for toppings!

### Que Pasa Tortilla Chips



Assorted Varieties

**3 49**

300g - 350g

Stone ground for traditional flavour and authenticity.

### Kettle Brand Potato Chips



Select Varieties

**2 99**

200-220g

With Kettle Brand's dozens of unique flavours, you'll always find a new craving.

### Blue Monkey Coconut Chips



Assorted Varieties

**2 69**

40g

A healthy option as a snack or yogurt topper.

### Ritter Sport Chocolate Bars

Assorted Varieties



**2 79**

to

**3 49**

100g

Just look for the distinctive square packaging for an amazing chocolate experience.

### Lily's Stevia Sweetened



Chocolate Bars

Assorted Varieties

**4 99**

85g

All the indulgence you crave, with a lot less calories.

### GT's Organic Raw Kombucha



Assorted Varieties

**9 99**

1.4L +dep +eco

The original kombucha brand that started the craze.

### Kind Pressed Fruit Bars

Assorted Varieties



**1 99**

35g

**22 99**

Case of 12

Real fruit plus great ingredients like veggies, chocolate or chia.

### Sahale Gourmet Nut Snacks

Assorted Varieties



**5 79**

113g

Every bite of Sahale Snacks is a global experience.

### Chosen Foods Avocado Oil Dressing and Marinades



Assorted Varieties

Assorted Varieties

**9 99**

355ml

These avocado oil dressings are healthy and delicious.

### Blue Diamond Artisan Nut Thins



Assorted Varieties

**2 99**

120g

These crispy crackers go well with just about anything!

### Liberte Classic Yogurt

Assorted Varieties



**3 79**

750g

Exquisitely rich and smooth yogurts for true flavor experiences.

### Liberte Organic Yogurt

Select Varieties



**4 49**

650g - 750g

Decadent flavor and quality ingredients come together for a fantastic yogurt.



**W**ine and good health...sounds like an oxymoron but this widely debated topic has many people on both sides of the coin. Some believe that a moderate amount of red wine can be good for us while others talk about the damages of drinking even small amounts of alcohol. As a neutral mediator weighing both sides of this debate it appears both are technically correct!

### Red wine and heart disease

Grape skins give red wine its rich beautiful colour and are a source of antioxidants. Antioxidants occur naturally in foods and can protect our body's cells against damage. Cell damage can lead to common diseases such as heart disease and diabetes; therefore, following this logic, people make the claim that red wine can be good for us. Maybe. Animal studies have shown that the antioxidants in red wine may reduce blood vessel inflammation, a risk factor for heart disease, but excessive amounts of alcohol can increase your blood pressure leading to heart disease and stroke. Bottom line: red wine and other alcoholic beverages should not be used to prevent chronic disease like heart disease and cancer. But cooking with wine is a whole other story!

### Cooking with wine

Studies have shown that the alcohol from wine actually burns off during the cooking process, depending on how long the dish is cooking for. For instance: while a dish simmering for 30 minutes will still contain about 35% of the alcohol, a dish simmering for 2.5 hours will only have about 5% of the alcohol left, leaving behind the antioxidants. Win-win for everyone! Not sure what wine to use when? We stumbled upon this amazing chart from Today's Dietitian and think it does a great job of breaking down the confusion.



**Choices Dietitian Jess Pirnak loved doing the research for this article. Visit her and Choices Chef Antonio in South Surrey for our Wine and Dine event February 13th to do a little studying of your own!**

This article is meant for educational purposes only. The information here is NOT meant to replace consultation with a Registered Dietitian or qualified healthcare professional.



# wine and food pairings



## White Wines

### Chardonnay

**Characteristics:**

Fruit – apple (sometimes baked) pear, lemon, mango, pineapple, peach

Dairy/bakery – cream, butter, biscuits, yeast

Woody – oak, vanilla, toast, smoke

Caramelized – honey, butterscotch

Nutty – popcorn, almond, hazelnut in older wines

**Recommended Basic Food Pairings:**

Roast chicken, turkey, oysters, smoked fish (with oak aging), guacamole

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### Sauvignon Blanc

**Characteristics**

Fruit – gooseberry, passion fruit, kiwi, lime and lemon zest, grapefruit

Vegetal – asparagus, green pepper, cut grass, green beans

Earthy – wet stone, gunpowder and flint

**Recommended Basic Food Pairings:**

Fish, shellfish, mussels, pork, chicken, salads, asparagus, ceviche

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### Riesling

**Characteristics**

Fruit – lime and lemon peel, peach, quince, apricot

Other – kerosene (mature Riesling)

In the dessert wine fashion: honey, raisin, and spice

**Recommended Basic Food Pairings:**

Thai, Chinese, light fish, salty foods

## Red Wines

### Pinot Noir

**Characteristics**

Fruit – strawberry, strawberry jam, black cherry, plum, raspberry

Earthy – leather, game, mushrooms, beetroot, barnyard

Floral – violets

**Recommended Basic Food Pairings:**

Lean meats, smoked/wood-roasted meats, dried dark fruits, sweet spices, sautéed mushrooms

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### Merlot

**Characteristics**

Fruit – plum, prune, black cherry, fig

Other – fruitcake, chocolate

It is the texture or mouthfeel that is most important for the popularity of Merlot—its richness, suppleness, and softness

**Recommended Basic Food Pairings:**

Lean steak, duck, ham, lamb, mild barbeque

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### Cabernet Sauvignon

**Characteristics**

Fruit – black currant (cassis), black cherry, blackberry

Earthy – cigar box, tobacco

Herbal – mint in U.S., eucalyptus in New Zealand

Can have vegetal, bell pepper streak if a little underripe; also tannic, concentrated, full bodied

**Recommended Basic Food Pairings:**

Steak, venison, hamburger, chocolate, blue cheese

For more on wine pairings and more, visit [www.todaysdietitian.com](http://www.todaysdietitian.com).



## 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.

### Meet our Meat

#### Choices Own Organic BC Beef:

Meet Edgar, from Comox Valley, and the farmer behind Natural Pastures Beef and all of Choices Organic BC Beef. They're a third generation family farm that raises their cows on lush, organic pastures and the environment and cow contentment is top priority. Edgar's cows are SPCA certified and 100% grass-fed and grass-finished. Grass-fed animals have a higher amount of conjugated linoleic acids (CLAs) – the good for you fat! Why not try preparing a new cut for family dinner like short ribs in our Top Choice Recipe.



#### TASTY TOP CHOICES RECIPE

##### Natural Pasture's BC Organic Braised Beef Short Ribs (serves 4)



2lb BC organic short ribs	4 garlic cloves, roughly chopped
salt & pepper	2 cups red wine
2 Tbsp Chosen Foods Avocado Oil	2 cups beef stock
1 onion, diced	4 sprig thyme
2 carrots, diced	4 sprig rosemary
3 celery stalks, diced	3 bay leaves

Pat short ribs dry with a paper towel. Season with salt and pepper. Add oil to a Dutch oven or heavy bottomed sauce pan and heat oil over medium high heat. Brown ribs on all sides and remove from pan. Add onion, celery, carrots and sauté until translucent, making sure to scrap bottom of pan. Add garlic and deglaze pan with red wine using a whisk. Lower heat and let simmer until liquid has reduce to half.

Preheat oven to 350°F. Add ribs back to pan, ensuring they are submerged. Topping up with up to 2 cups water if necessary. Cover with lid or aluminum foil and bake in oven for 2 1/2 hours.

Remove from oven and ensure the ribs are fork tender, if not return for another 30 minutes. Once ribs are tender, let rest for 10 minutes. Remove herb sprigs and bay leaves from pan and serve over a bed of mashed cauliflower-don't forget the pan sauce!

## Grocery Gossip



### Rolling Meadow Milk:

A proudly Canadian company, who recently partnered with BC milk producers, to bring British Columbians local, grass fed milk. Grass fed dairy has a more balanced omega-3 to omega-6 fatty acid profile compared to grain-fed dairies.

### Welo:

Welo = We Love! Founded by two Toronto-based University students, who wanted to create real and functional products for real people. Try their innovative probiotic ferments that combine fermented botanicals (cool!) with probiotics. Plus 5 cents from every bottle goes towards building water wells.



### Rise Kombucha:

These Montreal-based brewers pride themselves in making an organic, fair-trade and vegan kombucha. The SCOBY (which is also known as the Mother or kombucha culture) metabolizes the organic sugar and caffeine in the tea, so you don't have to, resulting in a drink packed with probiotics, amino acids and enzymes.

### Farmhouse Krauts:

These delicious krauts can be added to just about anything! Sandwiches, soups, salads or on their own as a side dish. Try the Garlic Dill Pickle for a comforting taste of homemade pickles. Fermented vegetables are a critical ingredient for a healthy gut and a balanced microbiome.



## Wellness



### Within Us Collagen:

Collagen sourced from wild fish found in the waters of the South Pacific Ocean and contains no other ingredients, preservatives or stabilizers, just 100% pure marine collagen. Collagen proteins contain 18 different amino acids, 7 of which are essential for human life.

## Choice Produce Picks

### Persimmons:

Celebrate the year of the dog, this Chinese New Year, with a persimmon. Persimmons are an excellent source of fibre, which is great for gut health and packed full of nutrients such as vitamins A, C, E, and K, potassium and copper. Enjoy raw, cooked or as a chip.



### TASTY TOP CHOICES RECIPE

#### Persimmon Chips

5 fuyu persimmons, washed with leafy tops removed

1. Slice persimmons laterally (across the fattest width of the persimmon) to 1/8 inch thickness
2. Place chips on a wire mesh tray, like a grilling tray or metal cooling rack that breathes.
3. Bake in the oven at 200F for 2 hours and 15 minutes, or to the firmness that you desire.

Notes: For added flavour sprinkle the sliced persimmons before baking with cinnamon and organic cane sugar.



# wellness centre **monthly specials**

## Renew Life Cleanse More & Fiber Supplements



Assorted Varieties  
**20% Off**  
Regular Retail

Assorted Sizes  
An effective colon cleansing product that works for relieving occasional constipation.

## Renew Life Essential Fatty Acids Assorted Varieties



**20% Off**  
Regular Retail

Assorted Sizes  
Contains the fat digesting enzyme lipase for maximum utilization of the oils in the body and no fishy aftertaste!

## Renew Life Probiotics Assorted Varieties



**20% Off**  
Regular Retail

Assorted Sizes  
Enteric coated to protect the probiotics from harsh stomach acid.



## Floravit and Floradix Supplements

**23<sup>99</sup>**

250ml

**40<sup>99</sup>**

500ml

Helps to prevent iron deficiency and to maintain good health. Assists the formation of red blood cells and their proper functions. Supports tissue formation and normal growth.



## New Roots Vitamin C8

**17<sup>99</sup>**

90 Capsules

**32<sup>99</sup>**

180 Capsules

Immune antioxidant complex with 8 forms of Vitamin C!



## Garden of Life mykind Organics Vitamins and Supplements

Assorted Varieties

**15% Off** Regular Retail Assorted Sizes

The first ever 100% Certified USDA Organic, Non-GMO Project Verified, food extracted multivitamin formulas. mykind Organics offers full traceability of each ingredient from organic farms using biodynamic practices, Clean Tablet Technology™, freedom from synthetic isolates, binders, fillers or other chemicals and is Certified Vegan, Kosher, Gluten Free and Dairy Free.

## Innovite Vitamins and Supplements

Assorted Varieties



**15% Off**  
Regular Retail

Assorted Sizes

Helps in the maintenance of proper muscle function and tissue formation.

## Purica Recovery



**15% Off**  
Regular Retail

Assorted Sizes

Targets the root cause of pain to heal musculoskeletal damage.

## Purica Provascin Cardiovascular Support

Assorted Varieties



**29.99**

120 Capsules

**54.99**

240 Capsules

Cardiovascular Support for improved weight management and support for healthy cholesterol.

## Organic Traditions Probiotic



## Smoothie Powders

Assorted Varieties

With 1 billion healthy probiotics per serving + prebiotics.

**20% Off**  
Regular Retail

Assorted Sizes

**Living Alchemy**  
 Fermentation Activated Herbal

**TURMERIC Alive**  
 COMPLETE PROFILE OF ACTIVE CURCUMINS

MADE WITH ORGANIC TURMERIC & GINGER




**Living Alchemy Your Flora Series**

**Living Alchemy**  
 A Fermented Living Culture Symbiotic

**Your Flora TERRAIN**  
 (DIETARY LIVING)

MADE WITH ORGANIC ALBE TERA, SLIPPERY Elm & MARSHMALLOW ROOT



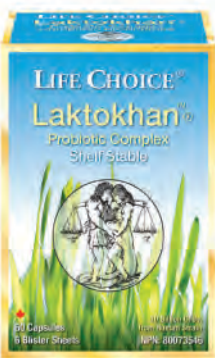
Assorted Varieties

**28<sup>99</sup>**

60 Caps

Our Living Culture Symbiotics are the result of years of research and development utilizing our unique 35 strain Kefir-kombucha fermentation process. The result is the creation of the most effective combination of micro-organisms and nutrition to create a living ecosystem of life within its natural habitat. Our Your Flora series provides a complete solution for creating and supporting a healthy digestive flora.

**LIFE CHOICE**  
**Laktokhan**  
 Probiotic Complex  
 Shelf Stable




**Life Choice Vitamins and Supplements**

Assorted Varieties

**20% Off Regular Retail**

Assorted Sizes

Clinically proven and scientifically tested supplements for a better you.

**MegaFood Multivitamins**

Assorted Varieties

**20% Off Regular Retail**

Assorted Sizes



Packed with even more farm-fresh goodness, these gender specific multivitamins are based on the latest nutritional recommendations.



**Nordic Naturals Omega Supplements**

Assorted Varieties

**20% Off Regular Retail**

Assorted Sizes

Made from 100% wild Arctic cod. No fish body oils or synthetic vitamins or additives are ever used. All Nordic Naturals formulas are produced in true triglyceride form to ensure optimal absorption and results.

**Genuine Health Advanced Gut Health Probiotics**

Assorted Varieties

**15% Off Regular Retail**

Assorted Sizes



Contains 15 strains that mimic human gut flora in an allergen- and plastic-free delayed-release capsule.

**Natural Factors Fruit & Plant Concentrates**

Assorted Varieties

**15% Off Regular Retail**

Assorted Sizes



Help reduce inflammation associated with arthritis and other inflammatory conditions.

**Natural Factors Joint Inflammation**

Assorted Varieties

**15% Off Regular Retail**

Assorted Sizes



Powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health.

**Natural Factors CoQ10**

Assorted Varieties

**15% Off Regular Retail**

Assorted Sizes



Helps increase levels of cellular energy production and is required by every cell in our body.

# wellness centre monthly specials



## Restless legs, twitching eyelids, not sleeping, heart palpitations? You need MAGsmart

Headaches, high blood pressure, leg cramps, fibromyalgia, restless legs and muscle pain all have one thing in common and that is magnesium. Magnesium controls over 300 reactions in the body, but not all magnesium is created equal. Most magnesium supplements are poorly absorbed and cause diarrhea when taken in optimal doses. Magnesium bisglycinate found in **MAGsmart** aids sleep, reduces anxiety, eliminates headaches and provides the highest level of absorption without diarrhea. **MAGsmart** is a delicious powder you can add to hot or cold water, juice or your smoothie for a great tasting drink that works fast. For kids, the elderly, athletes – everyone!

**\$21.99-200g | \$39.99-400g**

[hormonehelp.com](http://hormonehelp.com)  



## Strauss Naturals Heartdrops Original or Cinnamon

**74<sup>99</sup>** 100ml      **139<sup>99</sup>** 225ml

Helps maintain cardiovascular health and reduce blood lipids like oxidized LDL cholesterol and triglycerides. Clinical results in as soon as 90 days or your money back, guaranteed.

## Divine Essence Organic Essential Oils and Skin Oils

Assorted Varieties



**15% Off  
Regular Retail**

Assorted Sizes

Relax mind and muscles, soothe colds, and breathe better with Divine Essence.



## Weleda Body Care Assorted Varieties

**20% Off  
Regular Retail**

Assorted Sizes

Weleda believes that when we are in balance, our energy, vitality and beauty shine. We craft each product with plant and flower-sourced ingredients orchestrated to realize nature's restorative effects.

## Nordora Anti-Aging Skincare

Assorted Varieties



Natural anti-aging face care made with rejuvenative molecules from Canadian trees.

**15% Off  
Regular Retail**

Assorted Sizes



## Ancient Minerals Magnesium

Assorted Varieties

**20% Off  
Regular Retail**

Assorted Sizes - Flakes, Gel and Oil

Soaking in magnesium salts has been shown to markedly improve skin hydration, speed wound healing, enhance skin barrier function, and decrease inflammation.

## Works Wonders

Assorted Varieties



Locally handcrafted with local and sustainably grown calendula & lavender flower extracts.

**15% Off  
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# the Dish

## On Cooking Wine



**W**hen we talk about wine and food together, people are talking about either wine with food, or wine in food. While nothing is quite as spectacular as a wine perfectly paired to a dish, my expertise leads a little more to the cooking side of things. For help with pairing, check with your local wine specialist, or just have a fun night figuring things out on your own. Buy a few bottles and sample to see what you like best with your favourite dish.



It's pretty amazing how much wine can elevate a dish when you include it in your cooking. It has an incredible ability to elevate the flavour profile of even the simplest dishes. Let's try a little kitchen experiment and you'll see what I mean.

First step, make some simple sautéed button mushrooms. Slice the mushrooms and sauté them with some extra virgin olive oil, chopped garlic, salt, pepper and some fresh chopped parsley. Pretty good? Now do the same thing, but splash in a few ounces of wine while the mushrooms brown, and allow it to evaporate. Try them side by side, and marvel at how big a difference it can make in your cooking.

Sautéing and splashing wine is probably the most common way to add a little wine flavour. The amount and type of wine (red, white, fortified, etc.) will depend on your recipe and with local availability. It's very important to make sure that all the alcohol is evaporated out in the cooking process; otherwise it can have a negative impact on the taste of your dish.

Another common wine application is the marinating of meat and fish. Marinade over a long period of time for stews and large pieces of braising meat, and a shorter time for fish and more delicate cuts of meat. Generally, most red meats marinate best in a full bodied red wine, while fish and poultry work better with white. A simple way to marinate with wine is soak your meat in wine with spices, fresh herbs and chopped veggies. You'll always get a superb, flavourful food.

If sautéing and braising isn't enough for you, you can venture in to wine sauce reductions. There's a big repertoire of possibilities here. You can poach pears in wine for an amazing dessert. Try making a reduced red wine and strawberry salad dressing. On a cold day, enjoy some mulled wine or vin brulé. An amazing Italian dessert that features sweet wine is zabaglione, perfect for a unique Valentines' treat.

When purchasing wine to cook with, my suggestion is to find an inexpensive, but quality wine. There's no need to break the bank for a wine you're splashing into a frying pan; any wine you add will greatly influence the taste of the dish. If you purchase your cooking wine from a grocery store rather than a dedicated wine purveyor, make sure to check the salt content in the wine, as that will also be a big influence when reducing for your dish.

Perhaps most importantly of all, be sure to enjoy a glass of wine when you're done cooking with it. You deserve it!



**Chef Antonio loves chocolate and wine, so it's no wonder Valentine's day is one of his favourite holidays. Check out his 3 course wine-and-dine tasting at Choices South Surrey on February 13th to see that passion in person. More details on page 5.**



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