



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



January 2025

WHAT'S GOING ON THIS MONTH?

New & Noteworthy

Wild Rose Herbal Detox Save \$7

NutraSea & NutraVege Save \$2 w/in-store Coupon

Healthology Sleep Great caps Save \$5

Check out the Natural Factors Winter flyer! Great Savings all month long!

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

rootsnatural.ca



Hello Fellow Shoppers

We hope everyone enjoyed the holiday season, and is off to a good start for 2025! In chatting with customers over the last couple days, it seems there's quite a few people suffering with digestive disturbances. This is the typical fallout we all face from indulging in yummy sweet treats, and the numerous heavy meals at family gatherings over the last few weeks. If you're feeling bloated and uncomfortable, we can help you get back on track. There are several ways to help get your digestive system back to normal, and the number one way is to do a gentle cleanse. Not only does cleansing help to remove unwanted toxins from the body, but it also encourages us to follow a healthy meal plan for the duration of the cleanse which helps us shed those extra holiday lbs and can alleviate that feeling of constant fullness or indigestion. If you've never done a cleanse before, talk to someone in our vitamin department for assistance in choosing the appropriate program for you.

As always, thank you so much for all of your support over the years, we look forward to serving you in 2025!

The Roots Crew

Crunchy Detox Salad

Ingredients:

- 2 heads broccoli (1 bunch), stems removed
- 1 head cauliflower, stems removed
- 2.5 cups shredded carrots
- 1/2 cup sunflower seeds
- 1 cup currants
- 1/2 cup finely chopped fresh parsley
- 1/2 cup raisins
- 4-6 tbsp fresh lemon juice, to taste
- kosher salt, pepper to taste (1/4-1/2 tsp salt and lots of pepper)
- kelp granules or Herbamare (optional), to taste
- Pure maple syrup, to drizzle on before serving



In a food processor (or chop by hand) process the broccoli (no stems) until fine. Add into large bowl. Now process the cauliflower (no stems) until fine and add into bowl. Do the same with the carrots. Stir in the sunflower seeds, currants, raisins, and parsley. Add lemon juice and seasonings to taste. Drizzle with maple syrup to taste.

Note: I saved the stems for a stir-fry later on in the week.

STAFF PICKS

A few of Our Favourite Things This Month

Could Hormonal Imbalance Be Getting In The Way On Your Weight Loss Journey?



This all-natural supplement supports healthy weight management by promoting fat loss through estrogen metabolism and thermogenesis. Aeryon Wellness is committed to providing science-backed solutions for overall health and well-being.

Löse It for women, unlike others that only boost thermogenesis, works to balance out the female hormonal system and unlock estrogen's hold on your slimming potential. Löse It is specifically formulated for a woman's unique hormonal system and starts to work with the first pill.

Löse It goes beyond simple thermogenesis. It promotes a healthy hormonal balance by supporting estrogen metabolism, while also increasing thermogenesis and calorie burning. This unique approach helps unlock your body's natural fat-burning potential.

Löse It utilizes a powerful blend of natural ingredients, including:

- **Hormone Balancing: Indol-3-carbinol and Olive Leaf support healthy estrogen levels.
- **Metabolism Boosters: Red Pepper Extract and Green Tea enhance thermogenesis and metabolism.
- **Energy & Performance: L-carnitine converts fat to energy, Vitamin B12 supports energy levels, and caffeine provides a natural pre-workout boost.

Stabilize Blood Sugar & Improve Symptoms of PCOS



If you're looking to grow your family in 2025, but are struggling with fertility issues or irregular cycles, supplementing with Inositol may be helpful. Inositol (or myo-inositol) is among the B-vitamin complex and often referenced as "vitamin B8." It exerts hormone-like benefits for blood-sugar regulation as well as mood-related brain signaling, and distinct benefits for those afflicted with polycystic ovarian syndrome (PCOS). PCOS is a common cause of infertility, with symptoms including irregular menstrual frequency; not releasing an egg during menstruation (anovulation); ovarian cysts; and undesirable, systemic male-pattern hair growth. Improved insulin receptivity for cells is among the most important benefits inositol delivers for alleviating PCOS. As a natural insulin sensitizer, inositol stimulates ovarian cell growth and embryo development. It's an affordable organic compound that's a great alternative to type-two prescription drugs taken alone or as part of assisted reproductive therapy (ART). Inositol is also an integral component of healthy cell membranes, which strengthens their resistance to oxidative stress (OS). OS is caused when the by-products of normal oxygen metabolism are produced faster than the body's antioxidant network can neutralize them. Supplementation with inositol for patients with PCOS can definitely safeguard the delicate process of egg-cell formation critical for fertility.

In Stock Now! Just In Time For Detox Season!

The Wild Rose Herbal D-Tox Kit has been clinically tested to provide a full body cleanse, including a complete detoxification of the colon, while supporting the natural processes of the liver, kidneys and lymphatic system. By following the Recommended Diet and taking the herbal formulas provided, the Herbal D-Tox program helps to keep a healthy balance of assimilation and elimination. Whether to stay in good health, to clear a congested system, or to use after over-consumption, a herbal cleanse can be an integral part of your continued health. For many, a detox is the beginning of a new lifestyle, and a time for breaking unwanted habits.



January

Featured Specials & many more instore

GOOD TO GO
Soft Baked Bars

Simple and natural with organic ingredients, only 2g of sugar and high in fibre. Keto-Certified by the Paleo Foundation.

Reg \$2.99 **\$2.49**

Cha's ORGANICS
Organic Coconut Milk

Our organic Premium coconut milk is the perfect dairy-free choice for cooking and preparing tasty dishes!

Reg \$6.49 **\$5.99**

STAHLBUSH ISLAND FARMS
Frozen Premium Fruit

Located in the heart of Oregon, we have a hand in the entire farming process of our line of wholesome veggies from seed to store.

10% off

Fody
Low Fodmap Dressings

Dress up any meal with the mouth watering flavour of our low fodmap salad dressing formulas.

236ml
Reg \$8.99 **\$7.99**

LUNDBERG
Organic Rice Stackers

Light, crunchy, flavorful, and thin. Great alone or with your favorite topping. The perfect Organic, whole grain snack.

Reg \$7.99 **\$6.99**

Amy's
Organic Dumpling Bowl

Organic garlic, onions, carrots and ginger are carefully folded into delicate dumplings then laid on top of organic noodles, our house-made tofu and finished with a rich and savoury hoisin sauce.

Reg \$8.49 **\$7.99**

FREEYUMM
Soft Baked Cookies

All FreeYumm products are made in our dedicated allergen-free bakery and designed specifically to protect you, your family and your friends living with food allergies.

Reg \$5.99 **\$4.99**

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**

BUBBIES
Natural Sauerkraut

Bubbies Sauerkraut is made from the crisp, center leaves of the finest quality winter cabbages, which are shredded, salted and naturally fermented for several weeks.

750ml
Reg \$14.49 **\$12.99**

Lakewood
100% JUICE
Organic Lemon & Lime Juice

Fresh Pressed - Not from Concentrate Unsweetened Juices - No Sugar Added - GMO Free - GLASS Non-Toxic | BPA Free

370ml
Reg \$6.29 **\$5.79**

Annie's
Organic Mac and Cheese

Annie's vegan mac and cheddar flavour contains USDA Certified Organic, non-GMO ingredients with no artificial flavours or synthetic colours.

Reg \$5.29 **\$4.49**

Bob's Red Mill
Bob's Oat Bars

Wholesome and delicious, made with whole grain oats, peanut butter and organic honey.

50g
Reg \$2.99 **\$1.99**

eco max
Laundry Liquid

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

3L
Reg \$23.99 **\$20.49**

Elmhurst
Est. 1925
Plant Based Beverages

We pack more nuts and whole grains in every glass, so you get more nutritious good stuff in every deliciously creamy sip. Find the perfect variety for your routine.

946ml
Reg \$9.99 **\$8.99**

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 \$4.49ea **\$3.49**

PRANA
Organic Overnight Chia

Say goodbye to rushed mornings and hello to your new favourite, nutritious and oh-so-convenient breakfast.

Reg \$7.99ea **\$6.99**

earth balance
Soy-Free Buttery Spread

Earth Balance spread is 100% natural, non-GMO, and free of trans fat, hydrogenated oils, and artificial ingredients.

425g
Reg \$8.99 **\$8.49**

NATURE'S PATH
Organic Hot Oatmeal

A hearty back to school breakfast. Quick cooking oats packed with flavours the whole family will love.

400g
Reg \$6.49 **\$5.99**