



# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

November 2024

## WHAT'S GOING ON THIS MONTH?

### Store Notice

We've started taking orders for fresh, free range, non-medicated and locally raised turkeys! If you're looking for a particular size or quantity, please reserve early as we assign turkeys on a first come first serve basis. Our birds come from Skye Hi farms in Yarrow, BC and are always a crowd pleaser! Sizes generally range between 10-20lbs and cost \$6.29/lb.



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,*

Well, it seems like fall has finally arrived! The shorter, darker, and rainier days of November have set in and many of our customers have been coming in looking for products that can help them feel happier and more energetic. If you suffer from low mood, or mild to moderate seasonal affective disorder (S.A.D) this time of the year, you're not alone! Many North Americans report feeling fatigued, anxious, and depressed during the fall and winter months. If this sounds familiar, please remember you don't need to "tough it out". There are many things that can help you get through with ease. First and foremost, we always encourage everyone to get adequate exercise and to eat a healthy varied diet to help elevate mood, but sometimes this just isn't enough, so we also carry several different supplements that are designed to boost mood naturally!

*The Roots Crew*



## Grain Free Baked Porridge!

*-Julie Daniluk*



### Ingredients:

- 1 cup unsweetened coconut, shredded
- 3 tbsp. ground flax or chia seeds
- ½ tsp. baking powder
- 1 cup unsweetened coconut beverage
- 1 tbsp. pure vanilla
- ½ tsp. pure monk fruit extract (or ¼ tsp. chocolate-flavoured stevia or 1 tsp honey)
- ¼ tsp. unrefined pink salt

### Instructions

Preheat the oven to 175 ° (350 °). Set out six ½-cup mason jars or three 1-cup mason jars. In a large bowl, mix together the coconut, flax or chia seeds, baking powder, and salt. Add the coconut beverage, vanilla, and monk fruit. Stir until well combined. Add the ingredients for your preferred flavour option (on the right), stirring to combine. Set aside for 5 minutes to allow the mixture to meld together. Evenly divide the mixture among the mason jars, leaving about 2.5 cm (1") at the top. If any milk remains at the bottom of the mixing bowl, divide it equally among the jars. Place the jars on a small baking sheet and bake for 22 to 24 minutes, or until slightly firm and golden on top. Enjoy immediately or let cool completely. Seal with a lid and store in the fridge for up to 5 days or in the freezer for up to 3 months.

# STAFF PICKS

*A few of Our Favourite Things This Month*

## Support Heavy Metal Detoxification with PMA Zeolite!

Zeolite-clinoptilolite is a mineral of volcanic origin, which belongs to the most important natural materials on earth. It is not known to many people, but it has a unique effect: it is extremely binding and can easily bind other substances in the gastrointestinal tract and transport them away, release them or exchange them. Thus, it can also release important minerals such as magnesium, calcium, sodium and potassium to the body in traces when taken at the same time.

However, not all zeolite is the same. On the world-wide market place, numerous products in the most diverse compositions and for the most diverse ranges are offered for purchase. Unfortunately, however, to the disadvantage of the ignorant, because it does not always stand up to a quality comparison. The approval as a medical device, as is the case with PMA zeolite, must be guaranteed. Only a highly pure natural zeolite-clinoptilolite is used as the original product, which is strongly ground under a patented activation process and then still released by a strict medical approval process.

PMA Zeolite can:

- \* neutralize irritants in the gastrointestinal tract (binding and elimination via the stool)
- \* favourably influence the intestinal environment and the microbiome
- \* strengthen and support the immune system
- \* reduce local and systemic inflammation
- \* help remove heavy metals like lead, mercury, and cadmium



## Can Probiotics Reduce Symptoms of Depression?

It's beginning to seem that way. A healthy gut population of beneficial bacteria is increasingly being found to have not just physical but mental health benefits. In the latest study, researchers found that probiotics actually seem to chase away bad feelings.

It's all about the "brain-gut axis"-the two-way communications network between the intestines and the brain that affects the nervous system, hormones and immunity. In previous research, a few small human studies had found that either probiotic supplements or probiotic-rich foods such as yogurt reduce stress, reduce anxiety or improve mood. What's particularly interesting about the latest study is that it focused on the kind of bad moods that are linked with an increased risk for depression-even in psychologically healthy people. And anything that can help with depression and that is also totally safe, well, that's exciting.



## This Month's Feature Sale!

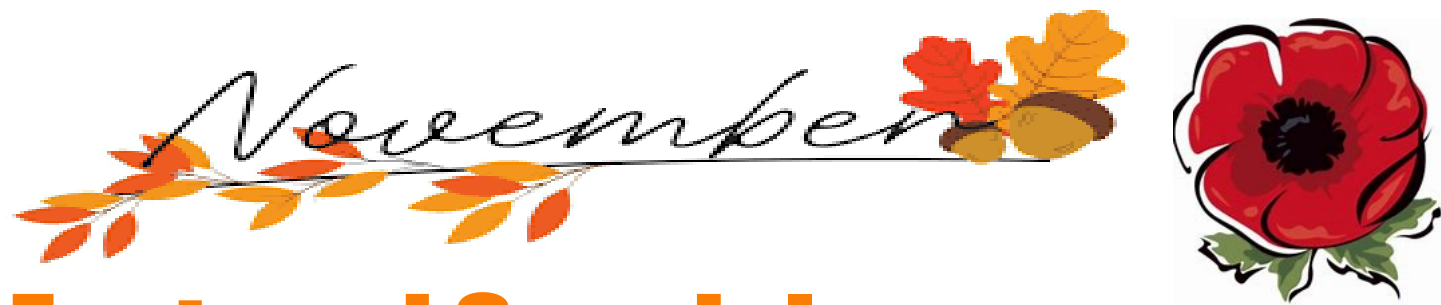
Preferred Nutrition Magnesium Bisglycinate is a gentle magnesium formula that helps support bones, teeth, nutrient metabolism, and muscle function, including the heart. Each vegetarian capsule provides 200 mg of this critical mineral to support easier absorption while being gentle on the digestive system.

- \*\* Easily absorbable form of magnesium
- \*\* Helps support the body's ability to metabolize nutrients
- \*\* Helps maintain normal muscle function, including the heart muscle
- \*\* Helps in energy metabolism and tissue formation
- \*\* Help prevent magnesium deficiency

**Buy 1, Get 1  
50% Off!**







# Featured Specials & many more instore

**caboo**  
Bamboo Baby Wipes

Our bamboo baby wet wipes are made from 99.9% naturally derived ingredients, unscented & MADE SAFE® certified.

72ct  
Reg \$7.49 **\$6.49**

**SAVÖR**  
Organic Stoned Wheat Crackers

Stoned wheat crackers serve up a delicious dip platform with the goodness of cracked wheat!

283g  
Reg \$6.99 **\$6.49**

**MADE GOOD**  
Real goodness for real life.

Chocolate Chip Granola Bars

Gluten free oats and delicious chocolate chips that deliver antioxidants and the nutrients of one full serving of vegetables while satisfying your sweet tooth.

5x24g  
Reg \$5.49 **\$4.99**

**daiya**  
deliciously dairy free™

Non-Dairy Pumpkin Cheezecake

Rich, velvety and deeply satisfying, this Pumpkin Cheezecake is a classic favourite.

Reg \$10.49 **\$7.99**

**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**

**Amy's**  
We love to cook for you.

Organic Ravioli

Made with organic spinach, tomatoes, onions and creamy ricotta cheese inside tender pasta, covered with our home-style tomato sauce then sprinkled with Parmesan cheese.

Reg \$8.49 **\$7.99**

**GO GO QUINOA**

Organic Vegan Puffs

We have created the first range of Plant-Based Puffs in Canada, with a short list of healthy, organic and gluten free ingredients. Delicious and ultra savoury!

Reg \$4.49 **\$3.49**

**Hardbite**  
HANDCRAFTED-STYLE CHIPS

Natural Potato Chips

Made in Maple Ridge from GMO-free Fraser Valley potatoes. Naturally seasoned, free of trans fats, gluten-free and cholesterol-free.

150g  
Reg \$5.49ea **\$4.49**

**GOOD TO GO**  
Chocolate Chip Blondies

Take dessert off the cheat list. Made with almond flour, no added sugar so you can ALWAYS say yes to treating yourself.

40g  
Reg \$3.29 **\$2.79**

**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**

**we dig plants**  
**LEARTH' OWN**

Holiday Coconut Nog

We take the best-tasting oat around and add nutmeg and cinnamon for a festive flavour that's a gift in itself.

946ml  
Reg \$5.99 **\$4.49**

**Amy's**

Organic Homestyle Soups

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

Reg \$5.49 **\$4.99**

**love goodfats**

Good Fats Bars

With only 1-2g of sugar and 9-10g of protein per bar, they are loaded with as many good and healthy fats as we could possibly get in there.

39g  
Reg \$3.29 **\$2.49**

**seasnax**  
Strangely Addictive!

Seaweed Snacks

Lightly roasted and seasoned seaweed. Grab and Go! Strangely Addictive!

Reg \$2.79 **\$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 \$19.99 **\$18.99**

**NATURE'S PATH**  
ORGANIC

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**