



# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

December 2024

## WHAT'S GOING ON THIS MONTH?

### In Store Savings

Look for these featured in-store specials for the month of December.

Floradix Iron Tabs  
Buy 1, get 1 half price!

Buy any Nature's Way herbal supplement and receive a FREE bottle of zinc lozenges!  
\*While supplies last

Preferred Nutrition Mag Bisglycinate 300cap  
Buy 1, get 1 half price!

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

Can you believe we're nearing the end of 2024?! Where has the time gone??

For most, December is a very busy and somewhat stressful month. Let us help make your month run as smoothly as possible. Along with a plethora of stress busting supplements, you can also count on us for unique gifts, stocking stuffers, hostess favours and of course anything you may need for your turkey dinner all without having to step foot in a busy mall!

We've already begun taking orders for fresh, free range, non medicated turkeys from Skye Hi Farms in Yarrow, BC and if you're looking for a certain size bird we recommend that you reserve yours sooner rather than later as the turkeys are assigned on a first come, first serve basis. To reserve your turkey please call us at (604)467-1822 or visit us in store.

We hope everyone has a happy and healthy December. We look forward to serving you soon.

The Roots Crew

## Immune Boosting Fire Cider

### INGREDIENTS

- 1/2 cup fresh horseradish root, grated, chopped, or coined
- 1/2 cup fresh ginger root, grated, chopped, or coined
- 2 fresh jalapeno peppers, coined or halved and chopped
- 1 medium yellow onion, peeled and chopped
- 1 large lemon, juiced
- 10 large cloves garlic, peeled and crushed, or chopped
- 1 tablespoon rosehips
- 2 springs fresh, or dried, rosemary
- 1 tablespoon organic turmeric powder
- 1 teaspoon whole black peppercorn
- 2 teaspoon dried astragalus root, or 2 to 3 slices dried
- unpasteurized apple cider vinegar
- 1/4 cup raw honey, more to taste



### INSTRUCTIONS

Prepare the roots, herbs, and lemon, placing the ingredients into a half-gallon glass jar. Next, add the unpasteurized apple cider vinegar, covering the ingredients by 1-inch of vinegar. Add the plastic lid to the jar and shake well. Store the jar in a cool dark location for a minimum of one month, shaking the mixture daily. Once thoroughly infused, place the cheesecloth on top of the glass jar, securing the cloth in place with a rubber band. Strain the fire cider vinegar into a glass bowl. Next, add the honey, mixing well until it has dissolved. Taste the fire cider tonic, adding additional honey if needed. The final step is to bottle the fire cider. Using the bottle funnel, slowly add the vinegar to the swing top bottle. Store the final product in a cool dark place, consuming as desired.

# STAFF PICKS

A few of Our Favourite Things This Month

## Why do some people age better than others? Slow the aging process with NMN!

Aging is caused by so many processes, however, DNA and telomere damage, as well as mitochondrial dysfunction are the leading causes. Several natural compounds are pivotal to human health and healthy biological aging, notably NAD+. Did you know that by middle age, our NAD+ levels have plummeted to half that of our youth? Reduced NAD+ levels can result in fatigue, decline in metabolism - leading to weight gain and increased risk of developing type 2 diabetes, as well as age-related cognitive decline and muscle loss. Numerous studies have demonstrated that boosting NAD+ levels can reverse mitochondrial dysfunction and improve insulin sensitivity. One of the most effective ways to boost NAD+ levels is by supplementing with NMN, also known as nicotinamide mononucleotide. NMN is precursor to NAD+, and is rapidly absorbed and converted to NAD+. NMN is shown to be superior to that of another NAD+ precursor called nicotinamide riboside (NR).



Featured Special  
Save \$5!

## NEW Improve Mood and Alleviate Sleep Issues

Quality Sleep is an innovative formula that combines the power of herbal medicine with modern science to deliver restful sleep. It combines Affron, a well-researched and premium source of Saffron, clinically proven to improve sleep quality within 4 weeks, with key nutrients to help relieve restlessness and improves restorative sleep. Quality Sleep offers a natural solution to sleeplessness without the use of melatonin.

**Affron (Saffron extract):** Supports neurotransmitter systems crucial for mood regulation and sleep-wake cycles. Backed by 8 human clinical studies, Affron has shown efficacy in improving mood and alleviating sleep issues. Sourced from the finest *Crocus sativus L.* species and processed through low energy, proprietary method to ensure consistent potency and effectiveness.

**Chamomile:** A traditional remedy that calms the brain, making it easier to fall asleep.

**Passionflower:** Helps to reduce anxiety and stress, enhances GABA availability, and promotes relaxation and improved sleep quality.

**L-Theanine:** Helps to enhance alpha brain activity for a relaxed yet alert state, conducive to falling asleep.

**Apigenin:** An antioxidant flavonoid found in many plants providing restorative sleep.



## Safe and Effective Remedy For Flu & Fever



Boiron Oscillococcinum is a homeopathic medicine for the relief of flu-like symptoms such as body aches, headaches, fever and chills.

**How to use Oscillococcinum:**  
Adults and children from 2 years of age and older - At the onset of flu symptoms, dissolve in the mouth the entire content of 1 tube-dose of pellets. Repeat 2 more doses at 6-hour intervals. Established flu symptoms, take one tube-dose of pellets morning and evening for 3 days. For infants 0-2 years: Dissolve contents of one tube in water before administering, and follow the same dosing regimen as mentioned above.



# DECEMBER



## Featured Specials & many more instore

Skye Hi Farms follows the highest industry standards. Our program guarantees you that our birds are given... NO Medication, NO Antibiotics, NO Growth Hormones or Promotants. Our birds are fed free-choice grain diet with access to grass pastures.

**\$6.29/lb**

### 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 \$2.99 **\$1.99**

### STAHLBUSH ISLAND FARMS

## Frozen Vegetables

Located in the heart of Oregon's lush Willamette Valley, we have a hand in the entire farming process of our line of

**15% off**

### Chao's ORGANICS

## Organic Coconut Whip

Fair Trade certified, BPA free easy open cans, certified organic, gluten free, no added sugar, preservative free, non-irradiated.

400ml  
Reg \$7.99 **\$7.49**

### 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**

### Simply Organic

## Organic Bottled Spices

Simply Organic's 100% pure, organic herbs, spices and seasonings plus fresh food equal a delicious and healthy meal for you and your family.

**Save 20%**

### FENTIMANS

ESTD 1905

Botanically Brewed BEVERAGES

## Premium Soft Drinks

At Fentimans our soft drinks are Botanically Brewed for superior quality and unrivalled flavour.

Reg \$4.49ea **\$3.99**

### DANDIES

## Vegan Marshmallows

Light and fluffy gluten-free. Dandies melt just like regular marshmallows. They make perfect rice krispy squares and they even roast like traditional marshmallows.

Reg \$7.99 **\$6.99**

### BLUE DIAMOND GROWERS

## Nut Thin Crackers

Wonderful as an appetizer and ideal for snacking, with three grams of protein per serving, they're a great afternoon pick-me-up. Gluten-Free

Reg \$7.49 **\$6.99**

### Olivia's CROUTONS

## Traditional Stuffing

A mix of French and Multigrain breads generously seasoned with our own blend of traditional poultry inspired seasonings.

Reg \$11.99 **\$9.99**

### 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**

### Sweeve

the all-natural sweetener

## Sugar Replacement

Made from ingredients found in select fruits and starchy vegetables, and contains no artificial ingredients, preservatives or flavours.

340g  
Reg \$12.99 **\$11.99**

### earth balance

## Vegan Buttery Sticks

Fire up those ovens, because our fully plant-based buttery sticks make the perfect Dairy Free, Gluten Free replacement in all your favourite baking recipes.

Reg \$8.99 **\$7.99**

### FRANKIE'S

## Organic Clouds

These puffs are full of good for you ingredients such as sprouted quinoa and brown rice. Go ahead, indulge!

Reg \$4.49 **\$3.99**

### Go Bio!

## Organic Gravy Cubes

Our easy-to-use cube format make these a staple pantry item. Health-conscious, at-home cooks will appreciate our clean and simple ingredients.

60g  
Reg \$5.99 **\$5.49**

### FREEYUMM

## Gluten Free Crackers

Enjoy a snackable crunch that's full of irresistible flavour! Perfectly salted to satisfy your savoury craving... these crackers are ideal for dipping and topping!

Reg \$5.99 **\$5.49**

### we dig plants EARTH 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

While Supplies Last.

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

### ACROPOLIS ORGANICS

## Organic Olive Tapenade

Acropolis organic olives are handpicked from their family orchard in Argolida, Peloponnese, Greece. They are cured in barrels of brine made with local fresh spring water and local Cretan sea salt.

190g  
Reg \$6.99 **\$5.99**