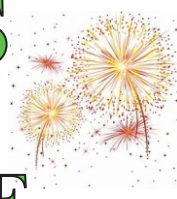




ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



January 2026

WHAT'S GOING ON THIS MONTH?

New & Noteworthy

Wild Rose Herbal
Detox Save \$7

A. Vogel
Echinaforce
Throat Spray
Save \$5

Purica Effervescent
Mag Powders
Save \$4

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 2026! 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 2026!

The Roots Crew

Warming Thai Squash Soup

- 1 Tbsp vegetable or coconut oil
- 1/4 cup Thai red curry paste
- 1 onion, chopped
- 2 tsp julienned fresh ginger
- 1 stalk lemon grass, bulb smashed
- 2 small squash, peeled, seeded, and chopped (about 6 cups)
- 5 cups water or low-sodium vegetable broth
- 14 oz can light coconut milk
- 2 Tbsp honey
- 1 cup plain Greek yogurt
- 1/4 cup chopped cilantro



Recipe From Alive Magazine

Heat oil in Dutch oven or stockpot over medium heat. Add curry paste, onion, ginger, and lemon grass. Stir often, until onion is soft, 5 to 7 minutes. Add squash and stir to coat. Stir in water. Bring to a boil, then cover and reduce heat to medium-low. Simmer until squash is tender, 15 minutes. Stir in coconut milk and honey. Simmer for 5 more minutes.

Meanwhile, using hand blender, whirl yogurt with cilantro until well mixed. Set aside.

When squash is tender, discard lemon grass. Using hand blender, blitz until smooth. Spoon into bowls and drizzle with yogurt sauce.

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.

NEW Stabilize Blood Sugar & Support Cardiovascular Health

Forget the yellow brick road-nature has its own path to real metabolic support with Real Berberine by LeafSource. This next-generation supplement is designed to help your body work smarter, not harder, by combining clinically backed ingredients that enhance absorption and effectiveness. At its core is Berberine HCl, a powerful compound supported by over 5,000 studies for promoting healthy blood sugar, lipid metabolism, and cardiovascular function.

Unlike ordinary formulas, Real Berberine also includes Ceylon Cinnamon to support insulin sensitivity and post-meal blood sugar stability, along with humic and fulvic acids from purified Shilajit to boost nutrient absorption. Together, these ingredients activate AMPK, your body's metabolic switch, to support energy balance, cholesterol health, and cellular performance-naturally and without harsh side effects.

- * Metabolism Support
- * Blood sugar support
- * Cholesterol balance
- * Canadian made & 3rd-party tested



Grass-Fed Beef Protein: One of The Most Bioavailable Protein Powders on The Market

ALT Grass-Fed Beef Protein Isolate provides premium hydrolyzed beef protein in a revolutionary clear, juice-like formula that delivers complete amino acid nutrition without dairy, soy, gluten, or lactose.

This advanced hydrolyzed protein undergoes enzymatic breakdown into smaller peptides for superior digestibility, rapid absorption, and minimal digestive stress, making it ideal for athletes with dairy sensitivities or those following paleo protocols. Perfect for active individuals, or anyone seeking complete animal-based protein without the bloating and inflammation associated with dairy proteins.

- * Sugar-free
- * Fat-free
- * Dairy free
- * Naturally sweetened with monk fruit.



JANUARY

Featured Specials & many more instore




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.



15% off



Organic Baked Beans

Amy's Vegetarian Beans are a delicious organic version of a traditional favourite. You will enjoy their rich, hearty flavour. Non-dairy/gluten free/no cholesterol.



Reg \$6.49 **\$5.99**



Organic Teas

We at Yogi believe in using whole spices and botanicals for their natural goodness and we complement them with intriguing, delightful flavors



Reg \$6.99 **\$5.99**



Organic Coconut Milk

SALE INCLUDES: Coconut Cream, Premium Coconut Milk & Light Coconut Milk



Reg \$6.49 **\$3.49**



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 **\$5.49**



Probiotic Coconut Milk

1 Tbsp contains 4+ trillion live bacteria and 40+ strains including Lactobacillus and Bifidobacterium.



500ml
Reg \$29.49 **\$23.49**



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**



Organic Mushroom Risotto

Tender, organic Arborio rice meets the rich flavour of porcini mushrooms and young green peas in a delectable creamy sauce.



Reg \$8.49 **\$7.99**



Natural Probiotic Sodas

With 1 billion probiotics, this fizzy treat isn't just tasty, it's also super good for your digestive health.



355ml
Reg. \$3.29 **\$2.69**



Avocado Oil Potato Chips

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



128g
Reg \$4.99ea **\$4.49**



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**



Alive Adaptogenic Tea

Inspired by Ayurvedic tradition, this offering pairs loose leaf tea with an infusion from a trio of adaptogenic plants (reishi, chaga, and turkey tail),



480ml
Reg \$5.99 **\$5.49**



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 \$3.49 **\$2.99**



Plant Based Creamer's

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



473ml
Reg \$8.49 **\$7.99**




Seaweed Snacks

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




Reg \$2.79 **\$1.99**



Hornby Island Energy Bars

Hornby organic energy bars offer sustained nutrition, boasting 10-12 grams of plant based protein per bar.



Reg \$3.99 **\$2.99**



Organic Homestyle Soups

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



Reg \$5.49 **\$4.99**



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**