



# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

February 2025

## WHAT'S GOING ON THIS MONTH?

### Noteworthy Savings

#### Harmonic Arts

Medicinal Mushroom Powders & Lattes  
20% Off

#### Natural Factors

Total Body Collagen  
Save \$3

#### Preferred Nutrition

Magnesium Bisglycinate  
200mg, 300 caps  
Save \$13.00

#### Real Easy w/PGX

Meal Replacement Shakes  
Save \$10.00

#### In-Store Demo

Saturday, Feb 15th  
New! Salad Girl Organic  
Merinades & Dressings  
11-3pm

rootsnatural.ca



## Hello Fellow Shoppers

February is known as the month of love, so here at Roots we're thinking of our hearts! Of course, we're here to help you take care of your heart, too. Exercising, eating well, and taking carefully selected supplements can help keep your ticker in tip-top shape. Remember, don't be fooled by low-fat diets. When planning your meals, embrace healthy fats such as oily fish and avocados. Avoid trans fats and seed oils, instead choose plant oils like coconut and olive. When it comes to heart-healthy supplements, we've got it all - from omega-3s, garlic, and nattokinase to niacin, hawthorn and coenzyme Q10, plus much more!

We have a lot of customers coming in complaining of low or no energy this time of year. This is a common problem, and it can be the result of a few different issues. Diet, sleep patterns, blood sugar and adrenals all play a huge role in helping to maintain healthy energy levels throughout the day. If you're needing a little boost, we'd be happy to help with a few dietary or supportive supplement suggestions. Stop by anytime and chat with one of our knowledgeable staff in the vitamin department.

### The Roots Crew

## Heart Healthy Beet & Kale Salad

### INGREDIENTS

4 medium beets, grated (or 2 cups grated beets)  
2 bunches kale, washed and ripped away from stems into bite size pieces and then finely chopped.  
1/3 cup pumpkin seeds  
6 medjool dates, chopped (remove the pit)



Recipe by Joy McCarthy

### DRESSING

1/2 cup fresh lemon juice (from 1 lemon)  
1/2 cup extra virgin olive oil, to taste  
2 tbsp honey  
1/2 teaspoon sea salt

### INSTRUCTIONS

1. Chop, chop, and chop the kale. Combine the kale, beets, pumpkin seeds and dates in a large bowl.
2. Whisk dressing ingredients together.
3. Pour over top of salad and enjoy!

# STAFF PICKS

## A Few of Our Favourite Things This Month



### Reduce Blood Pressure Naturally!



Over 60 million North Americans have high blood pressure, including more than half (54%) of all North Americans age 65 to 74 years old.

High blood pressure is a major risk factor for a heart attack or stroke. In fact, it is generally regarded as the most significant risk factor for a stroke.

Are you trying to lower your blood pressure without the harmful side effects of pharmaceuticals? The good news is that there are a number of safe, effective, and natural foods and nutrients that will help you do it! Here are just a few:

#### 1. Drink beet juice.

Several recent studies have shown that drinking fresh beet juice can lead to clinically meaningful reductions in blood pressure. For example, a study at the Baker IDI Heart and Diabetes Institute, found that drinking just 16 ounces of fresh beet juice a day significantly reduced blood pressure in healthy subjects. Beet juice lowered blood pressure within just an hour with a peak drop occurring 3 to 4 hours after ingestion.

Why it works: The decrease in blood pressure is due to the chemical formation of nitrite from the dietary nitrates in the juice. Once in the general circulation, nitrite can be converted to nitric oxide (NO) by the cells that line blood vessels. NO is a powerful dilator of blood vessels, resulting in lower blood pressure.

#### 2. Eat fresh, raw garlic.

Garlic has a wide range of well-documented effects, including helping to lower blood pressure. Studies showing a positive effect of garlic and garlic preparations are those that deliver a sufficient dosage of allicin. In double-blind studies with garlic preparations providing a daily dose of at least 10 mg allicin, blood pressure readings dropped with typical reductions of 11 mm Hg for the systolic and 5.0 in the diastolic within a 1 to 3-month period. To get enough allicin, eat 1 to 4 cloves of fresh garlic a day.

Why it works: All of the beneficial effects of garlic are attributed to its sulfur-containing compounds: allicin, diallyl disulfide, diallyl trisulfide, and others. Allicin is mainly responsible for the pungent odor of garlic. It is formed by the action of the enzyme alliinase on the compound alliin. The enzyme is activated by heat, oxygen, or water. This accounts for the fact that cooked garlic, odourless supplements, "aged garlic preparations," and garlic oil products produce neither as strong an odor as raw garlic nor nearly as powerful medicinal effects as raw fresh garlic.

#### 3. Get more magnesium.

A British analysis of 22 studies, published in the European Journal of Clinical Nutrition, found that taking at least 370 mg of magnesium per day reduced systolic blood pressure by 3-4 points and diastolic pressure by 2-3 points in 1,173 study subjects.

This is key, because research shows many adults don't get the recommended dietary allowance of at least 320 mg of magnesium for women and 420 mg for men, and that for every 100 mg increase in magnesium intake, the risk of stroke is reduced by about 9 percent.

Why it works: Magnesium helps dilate blood vessels and prevents spasm in your heart muscle and blood vessel walls. It also helps to dissolve blood clots. All of these aid optimal heart and blood vessel function and can help to lower blood pressure.





# Featured Specials & many more instore

**TUNAH**  
Vegan Tuna Alternative

TUNAH is a delicious vegan canned tuna alternative that can be used in vegan tuna salad sandwiches, tuna casseroles and many other traditional tuna recipes that you'd like to veganize.

150g  
Reg \$5.69 **\$4.99**

**ROAR**  
Organic Electrolyte Beverage

Our vibrant, invigorating, hydrating functional beverages are bursting with bold flavours that turn Complete Hydration into a celebration.

532ml  
Reg \$3.99 **\$3.49**

**FENTIMAN'S**  
ESTD 1905  
Botanically Brewed BEVERAGES

Premium Soft Drinks

At Fentimen's our soft drinks are Botanically Brewed for superior quality and unrivalled flavour.

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

**eco max**

Dishwashing Soap

An all natural, plant-based, hypoallergenic dish washing liquid which uses only biodegradable, renewable and sustainable ingredients.

740ml  
Reg \$6.99 **\$4.99**

**caboo**

Bamboo Toilet Paper

Made with renewable bamboo and sugarcane. Reduces impact on the environment. 100% biodegradable.

4 pk  
Reg \$6.49 **\$5.99**

**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**

**ALTER ECO**

Organic Chocolate Bars

Organic, Fair Trade cocoa from Ecuador transformed into amazing chocolate by Swiss chocolatiers. Velvet, Blackout, Mint, Quinoa, Coconut Toffee, Sea Salt, Brown Butter and Burnt Caramel.

80g  
Reg \$5.99 **\$5.49**

**RAINCOAST TRADING**

Wild Salmon Jerky

Our Wild Salmon Jerky is made with wild Pacific Northwest salmon and smoked with natural hardwood smoke.

50g  
Reg \$8.49 **\$7.49**

**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**

**TREE ISLAND**

Grass Fed Yogurt

We handcraft our premium yogurt in the Comox Valley on Vancouver Island. We use only 100% whole milk from grass-fed cows, who happily roam local pastures

350g  
Reg \$5.99 **\$5.49**

**GURU**  
GOOD ENERGY

Organic Energy Drink

GURU Energy Drink is made with plant-based goodness. Green Tea, Guarana, Ginseng & Echinacea create the naturally-occurring caffeine boost you crave.

355ml  
Reg \$4.49 **\$3.99**

**Sweve**  
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**

**seasnax**

Seaweed Snacks

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

Reg \$2.79 **\$1.99**

**wildbrine**

Fermented Vegetables

Fermentation is a natural, traditional method of preserving the health benefits of raw food.

Reg \$12.99 **\$11.49**

**Bob's Red Mill**

Gluten Free Pancake Mix

Gluten Free Pancake Mix makes light and fluffy flapjacks that raise the standard of how good gluten free foods can be.

680g  
Reg \$9.99 **\$8.49**

**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**

**Amy's**  
We love to Cook for you

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**

**Annie's**

Organic Vegan 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 \$5.99 **\$5.49**