

News from CFS and our Community



The CFS Wellness Advisory Team is a unique group of compassionate, knowledgeable, and committed Holistic Health Care professionals.

Setting the bar high, in the health-food industry, is our on-going mission.

We strive to meet each of our customers where they are at, in their uniquely individual journeys, with friendly curiosity and humility.

Our enthusiastic team is stacked with credentials in

Holistic Nutrition, Herbology, Reflexology, and Energy Medicine.

We strive to stay up-to-date with the latest leading-edge research that can help us to serve our customers and community to the best of our ability.

It is our collective calling to serve and we are always here to help!

Meet the Wellness Advisory Team



Tiffany C. Brawn, R.H.N.C. - Wellness Department Manager
Dayana Robinson, R.H.N. - Wellness Department Manager
Katherine Dorie, Herbalist - CFS Apothecary Manager
James Day, R.H.N. - Chef, CFS Cafe Manager
Jenny Shrewsbury, R.H.N. - Wellness Advisor
Veronica Carpenter, D.S.H.M. - Wellness Advisor
Debbie Whitburn - Wellness Advisor
Tricia Perrier, B.Sc., PHEc - Wellness Advisor

What's New in Wellness



Organika Electrolytes Defence ~ Save 20%*

Organika Electrolytes Defence with Elderberry & Echinacea contains essential vitamins and minerals that keep you optimally hydrated and provide powerful immunity support – all with zero grams of sugar. This blend is a source of vitamin C and zinc which provide immunity and protection. Electrolytes Defence is formulated with Echinacea extract and Elderberry extract. Echinacea extract has been used for centuries to help fight off infections, especially those of the upper respiratory tract. Elderberry extract has been used to help relieve symptoms of cold and flu.

INGREDIENTS: Elderberry extract, Echinacea purpurea extract, Natural elderberry flavour, Natural lemon flavour, Citric acid, Magnesium citrate, Potassium citrate, Natural strawberry flavour, Red beet powder, Natural orange flavour, Ascorbic acid, Stevia extract, Natural monk fruit flavour, Zinc citrate.

*During March, while supplies last



SURO DIY Elderberry Gummy Kit

Make up to 200 delicious, antioxidant packed, organic gummies with this great kit from [Suro!](#) It includes a gummy mold, recipe card, and elderberry concentrate. We carry large bottles of elderberry concentrate for future batches!

Kids Health



St. Francis TiliaCalm ~ Save 15%*

Kids can feel restless and not get the nourishing sleep they need! **St. Francis** TiliaCalm for Kids tincture can help to calm children's bodies and minds and help them get the rest they need. Not just for bedtime, this is a wonderful formula to use throughout the day. Certified organic linden, chamomile, catnip, and lemon balm are blended to soothe the nervous system, relieve anxiety and mild digestive disturbances like gas and bloating.

For a soothing bedtime routine:

Mix the daily dose for kids (ages 2-4: 1 tsp – ages 5-9: 1 ¼ tsp) with a little warm water and sweeten with a bit of honey. Give to kids 1 hour to 30 minutes before bedtime to calm nervous energy and prepare their bodies and minds for a restful sleep!

*During March, while supplies last

Apothecary Attraction



OM Children's Tea

A wonderful tea for children and adults alike. Children's Tea contains Linden flower and leaf, one of the traditional uses of linden was “quelling hysteria” and decreasing anxiety-related symptoms, such as indigestion, heart palpitations, and vomiting.

Studies suggest that linden extract may have calming effects because it mimics the effects of the neurotransmitter GABA which inhibits excitability in the nervous system. The presence of antioxidants such as flavonoids is also thought to help regulate nervous system activity.

Paired with calendula, fennel seeds and orange peel for soothing digestive upsets makes for a delicious tea. Find the Children's Tea in the tea section of the Apothecary!

Ingredients: Linden flower and leaf, rose petals, fennel seeds, orange peel, and calendula petals

Read on to learn more: <https://draxe.com/nutrition/linden-tea/>

Herbal Helpers



A.Vogel Allergy Relief Tablets

This non-drowsy, homeopathic formula is clinically proven to treat the symptoms associated with hay fever such as sneezing, itchy nose, scratchy throat, burning eyes, and watery eyes. **A. Vogel** Allergy Relief Tablets target most allergy types, including pollen, hay fever, dust, and animals. It helps to eliminate the toxins that overload the immune system, promoting a return to normal immune function. Long-term use reduces the incidence and severity of allergic reactions.

Essentials & Essences



Ginger Essential Oil

A slice of ginger root is something you add to honey, lemon and hot water when you feel a cold coming on, but it also has many benefits for both mind and body. Ginger is one of the ancient treasured spices, not only as a pungent spice but also as medicine. It is most often taken for stomach ache, diarrhea, nausea, and pain.

Ginger essential oil has warming and soothing properties that make it useful in everyday life. In aromatherapy, Ginger is used as a digestive tonic - for nausea, diffuse two to three drops or apply one to two drops over the stomach, to treat vomiting add one drop of ginger oil to a glass of water or tea and drink slowly. It has the ability to add heat to a blend which will relieve achy muscles and is also great for warming cold hands and feet. In a diffuser, it brings a warmth to a blend and adds an invigorating spicy note, as well as an aphrodisiac quality. From nausea and upset stomach to menstrual disorders, inflammation and respiratory conditions, ginger oil deserves a place in your wellness routine. Find ginger essential oil from [Divine Essence](#) and [Pure Potent Wow](#) in our Essential Oil Apothecary.

Fantastic Ferments



Living Alchemy Your Flora ~ Save 20%

Living Alchemy's Your Flora Probiotics are made by fermenting whole foods that create tonics naturally teaming with diverse strains of microorganisms to help you balance and protect your own unique microbiome. Living Alchemy's supplements are formulated to focus on four basic principles of good health:

- Nourish - with key nutrients found in functional foods
- Restore - with healthy microbes found in fermented whole-food
- Build - with whole-food prebiotics and enzymes
- Support - with targeted medicinal herbs

Living Alchemy Your Flora products provide natural probiotics, prebiotics, and digestive enzymes in a complete digestive solution, the way nature intended. Utilizing a traditional Kefir-Kombucha fermentation process of whole, organic foods, Living Alchemy encapsulates a variety of beneficial and resilient micro-organisms that can survive stomach acid and the journey through the entire digestive tract. Human clinical trials have shown that Your Flora has an 80% microorganism survival rate without the need for an enteric-coated capsule!

*Save on Your Flora Family, Immune, Men's, and Professional formulas during March, while supplies last

Homeopathic Heroes



Boiron RhinAllergy ~ Save 20%*

RhinAllergy provides relief for the whole family from seasonal and environmental allergies. This homeopathic **Boiron** formula is designed for ages two and up, it's free of dyes and

preservatives, and is easy to take without water. It's non-drowsy ingredients relieve symptoms such as sneezing, runny nose, watery eyes, itchy throat. Let springtime be a breeze!

Supplemental Spotlight



Sloth MD Aloe & Artichoke ~ Save 15%*

The ultimate digestive duo! **Sloth MD** Full Globe Artichoke provides natural relief for digestive upset. It increases bile flow, protects the liver, and has a positive overall effect in balancing cholesterol and blood sugar. Their African Aloe provides non addictive relief from constipation. It acts as both a laxative and stool softener, and is a potent colon cleanser.

*During March, while supplies last

Superfood Sensations



Bernard Jensen's Chlorophyll ~ Save 20%*

Made from the finest alfalfa leaves available, **Bernard Jensen's** Liquid Chlorophyll allows humans to take advantage of the same green pigment found in plants. Chlorophyll helps to cleanse the blood and change blood pH to a more alkaline state. Chlorophyll also helps to neutralize body odours. Available in natural and mint flavour.



Harmonic Arts Superfood Elixirs ~ Save 15%*

Harmonic Arts Superfood Elixirs provide a tasty, convenient way to add nourishing mushrooms, herbs, and superfoods to your daily routine. Wrapped up in 100% compostable packaging, each blend is formulated by H.A. Certified Clinical Herbalists with specific wellness features in mind. Harmonic Arts Dual Extraction Medicinal Mushroom powders are added to these therapeutic, and extremely popular elixirs. Come in today and discover how you can nourish your mind, body, and spirit while sipping these wonderful elixirs in the coziness of your holiday home. We promise you will be hooked...in a good way.

- 5 Mushroom Chocolate - Immunity & Stress
- Matcha Mind - Energy & Focus
- Golden Mylk - Digestion & Inflammation
- Kickstart – Pick Me Up Coffee Alternative
- Activate - Deep Immune & Adrenal Support

*During March, while supplies last

Tincture Treasure



St. Francis Lymph Tonic

St. Francis' expertly crafted Lymph Tonic encourages healthy lymphatic flow and detoxification. This formula is a smart and supportive way of ensuring a safe and healthy detox season. It features blue flag, cleavers, red root, and phytolacca - all lymphatic herbs. This is a great formula to use after a cold to help the body rid itself of old cells and contaminants.

NPN Use Claim:

Blue Flag is used in traditional Western herbalism as an alternative for the glandular and lymphatic system.

Contraindications:

Do not use: if pregnant or breastfeeding; if you have heart disease, high or low blood pressure, kidney or liver disorder, diabetes or edema (swelling of hands, face and feet) or are taking other diuretic products; if you are allergic to plants of the Asteraceae/Compositae/Daisy family.

Bodacious Body Care



Dry Brushing

Dry brushing your skin is a daily body massage with a dry, stiff-bristled brush to help get rid of flaky skin, increase circulation, detoxify, help digestion – and even improve the appearance of cellulite. It also helps detoxify your skin by increasing blood circulation and promoting lymph flow and drainage. Also, by unclogging pores, it's easier for the body to sweat and eliminate toxins in your system. Dry brushing can make you feel good since it has the additional benefit of stimulating your nervous system. It can also leave you feeling invigorated like a massage often does.

To get the benefits of dry brushing you'll want to use a natural stiff-bristled bath or shower brush, preferably one with a long handle. Some bristles are stiffer than others, and it depends on your skin's sensitivity and preference. The long handle is helpful for tough-to-reach areas like your back. Do not use dry brush or cloth on skin that's broken. This includes cuts, scrapes, lesions, sores or burned skin, including sunburns. Don't ever brush over areas of infection, redness or general irritation, inflammation, cellulitis or skin cancer. Stop dry brushing if skin becomes irritated or inflamed.

The best time to dry brush is just before a shower. Then you can wash off any dead skin cells and flaky skin. Be sure to apply lotion or body oil afterward to put moisture back into your skin. We love [Sea Wench Naturals](#) and [Weleda's](#) amazing body oils for the ultimate self care experience.

How to:

1. Start from the feet or ankles and work your way upward in a circular motion with fluid strokes on limbs.
2. Next, move the brush in a circular motion on your torso and back.
3. Since this process can be a little too much for sensitive areas like the abdomen, breasts and neck, lighten up the pressure as needed.

[Read on](#) to learn more!



Natural Sunscreens

If you're heading to the sunshine, or even to the top of the ski hill, make sure you protect your body's largest organ with an effective, non-toxic sunscreen! One of our favourite sun protection lines is **All Good**. They're a certified B Corp business based in Morro Bay California, that measures their success by environmental, social, and economic vitality. They are committed to inspire their customers to live in balance with nature and become good stewards of natural habitats around the world.

Conventional sunscreens are unfortunately loaded with toxic chemicals which absorb through the skin and into the blood stream. These harmful chemicals, like the worst offender oxybenzone, also wash off in lakes, rivers, and oceans polluting our precious waterways and injuring corals and aquatic wildlife. All Good sunscreens offer broad-spectrum UVA & UVB protection, are officially reef-friendly, won't cause skin or eye irritation, and all without relying on toxic ingredients.

The CFS Wellness Department carries a wide variety of natural sun care products in regular, children's, and waterproof formulations. We'll find your perfect match!

Natural DIY Sunscreen

- 2 tablespoons beeswax (for water resistance)
- 3/4 cup coconut oil
- 1/4 cup shea butter
- 1/2 cup Dragonfly Dreaming (non-nano) zinc oxide powder

Mix all ingredients together and apply as needed for effective sun protection.

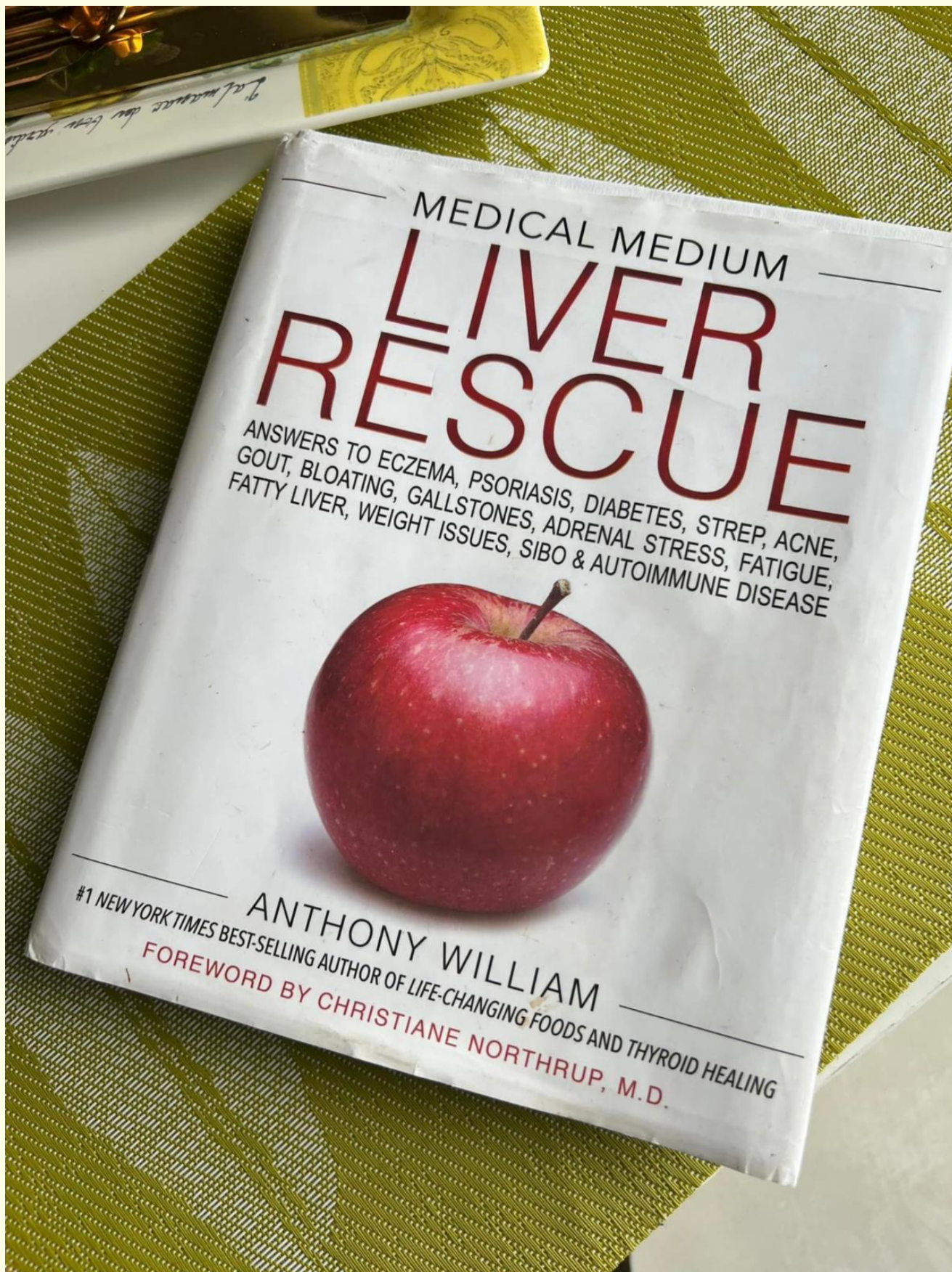
Purrfect Pets



BiologicVet BioDIGEST

BiologicVET BioDIGEST is a plant-based probiotic and prebiotic, digestive, and immune system support formula in a lignan-rich base. It helps maintain proper gut pH, intestinal health, and flora in the digestive tract. Most human probiotic strains are not acid-resistant enough to survive the digestive tract of cats and dogs so using a clinically proven, acid-resistant strain like BioDIGEST's *Pedicoccus acidilactici* is essential to get the benefits and results pets need. *Pedicoccus acidilactici* has a long history of use in food as a starter for kimchi, sauerkraut, and sausage fermentation.

Brilliant Books



Medical Medium Liver Rescue

Anthony William, the one and only Medical Medium, has a rare gift. He's able to hear a high-level spirit, he refers to simply as "Spirit" as clearly as if they were in the room together, who provides him with extraordinarily accurate healing information that's ahead of its time. When Anthony was four years old, he shocked his family when he announced at the dinner table that

his symptom-free grandmother had lung cancer. Medical testing soon confirmed the diagnosis. With access to health secrets that the medical community won't discover for decades and his ability to see illness and disease in anyone, Anthony has become an invaluable resource for doctors who need help solving their most difficult cases. He also brings highly valuable answers to individuals looking for direction concerning their physical, emotional, and spiritual wellbeing. Anthony's unprecedented accuracy and success rate have earned him the trust and love of thousands worldwide.

Wellness Events

March CFS Wellness Talk

DETOXING FOR EVERYONE

Join Dayana and learn why spring cleansing is essential for healthy bodies!



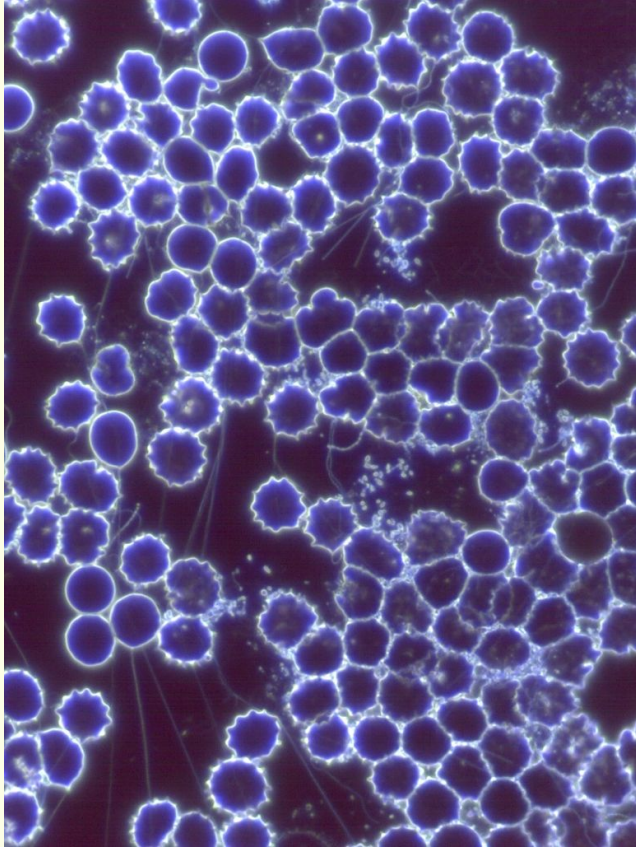
Thursday, March 9th
10-11am

CFS Mezzanine

\$10 suggested donation

Live Blood Analysis/Darkfield Microscopy

Maureen Fontaine is returning monthly to do 1-hour pre-booked Live Blood Analysis sessions! This technology reveals the consistencies and inconsistencies, micro-organisms that lurk in the plasma, a



compromised digestive system, an overworked liver, or poor circulation. It confirms the existence of inflammation within the body therefore validating your aches and pains, and list of uncomfortable and nagging symptoms, however small. Protein absorption and vitamin/mineral deficiencies are evident by the shapes of blood cells and the integrity of cell walls. Just like in a swimming pool, if the pH is out of balance, you end up with a very unhealthy environment. Booking appointment for June. Learn more [here](#).



The Community Farm Store

Organic Health & Whole Food Market

Proudly serving the community since 1993

Monday - Saturday 9-6
Closed Sunday

#2, 5380 Trans Canada Hwy.
Duncan, BC V9L 6W4
Phone: 250-748-6227
FAX: 250-748-6292

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