

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.

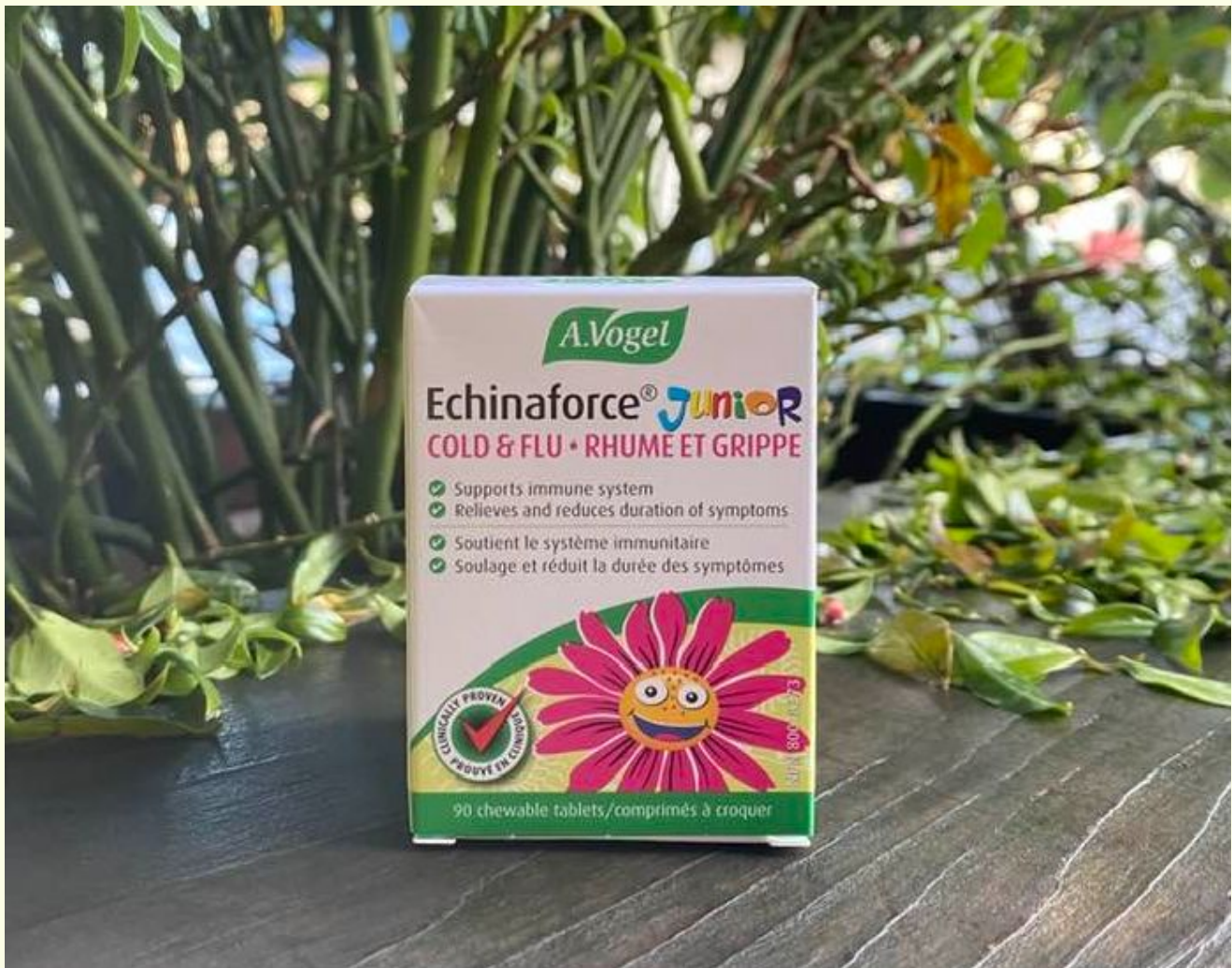
Our enthusiastic team is stacked with credentials in Holistic Nutrition, Herbology, Reflexology, and Energy Medicine. We strive to stay up-to-date with the latest leading-edge research that can help us to serve our customers and community to the best of our ability. It is our collective calling to serve 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
Natasha Vaz, C.N.P. - Wellness Advisor

What's New in Wellness



New! A. Vogel Echinaforce Junior

A.Vogel's Echinaforce Junior is the perfect remedy for all kinds of infections. Like other A.Vogel products derived from *Echinacea purpurea*, Echinaforce Junior is an immune system stimulant that has been proven to help fight off both viral and bacterial infections. Research clearly shows that *Echinacea purpurea* helps rid children of cold and flu symptoms faster and reduces the risk of recurrence. Taken preventively, it also increases the time between infections.

Kids Health



AquaOmega Kids Chewables

These chewables make it easy to take your Omega-3s! The flavoured softgel is made from tapioca and it's filled with the same premium oil found in all AquaOmega products. You simply bite down for an explosion of flavour. These don't need to be refrigerated so they can be kept wherever is most convenient for you, so you never miss a dose.

AquaOmega Chewable High DHA fish oil is the highest concentrated DHA Omega-3 supplement on the market today. EPA & DHA play key roles in early-stage brain development in the fetus and young children. Many studies also suggest that DHA may slow down symptoms associated with cognitive disruption while aging. These formulas also packs a healthy dose of Vitamin D!

Apothecary Attraction



Gotu Kola

Gotu kola is a perennial plant native to India, Japan, China, Indonesia, South Africa, Sri Lanka, and the South Pacific, where the leaves and stems of the plant are used as medicine. Medicinal uses for Gotu Kola include reducing swelling, improving blood flow, healing wounds, and even reducing the symptoms of anxiety, decreasing joint pain and skin hardening, and improving movement.

Gotu Kola is available in tea and as dried herb, tincture, capsule, tablet, and ointment. Products should be stored in a cool, dry place and used before the expiration date on the label. Gotu Kola is not recommended for children under 18 years old.

Dosage:

The standard dose of Gotu Kola (*Centella asiatica*) is different depending on what kind you use and what you use it for. Your health care provider can help you choose the right dose for you.

Most studies have used standardized extracts:

Dried herb: You can make a tea of the dried leaf, 3 times daily.

Powdered herb: available in capsules

Tincture (1:2 w/v, 30% alcohol): 30 to 60 drops (equivalent to 1.5 to 3 mL, there are 5 mL in a tsp.), 3 times daily.

Doses used in studies mentioned in the treatment section include 20 mg for scleroderma and up to 180 mg in one study for venous insufficiency, although most of the studies for this condition used 90 to 120 mg daily.

Precautions:

Gotu Kola has been used in some studies that lasted up to one year. However, it does have the potential to be harmful to the liver. It is best not to use it for more than 6 weeks without talking to your doctor. You may need to take a 2-week break before taking the herb again. People with liver disease, or who take medications that affect the liver, should not take Gotu Kola. **Ask your doctor if you take any prescription medications, or often take over-the-counter pain relievers.**

Read on to learn more [here](#).

Herbal Helper



St. John's Wort

Commonly thought of as a weed, St. John's Wort, with its small, yellow, flowers, has amazing healing properties when made into oils and tinctures. Best known for its effectiveness to treat anxiety and depression, which was first documented by the ancient Greek physician Hippocrates. The finished extraction produces a bright red oil or tincture and can be used as an analgesic nerve healer, internally and externally.

Made from 100% organic, hand-picked flowers and then gently blended into organic sunflower seed oil, A. Vogel St. John's Wort Oil can relieve chapped skin, speeds wound and burn healing, and dampens pain due to inflammation. St. John's Wort is well known for treating conditions like fibromyalgia, sciatica, hemorrhoids, bruises, shingles, enlarged glands, and swelling anywhere on the body. St. John's Wort is high in phytochemicals that are antibacterial and help to treat skin infections and skin disorders like eczema.

Caution: Always check with a qualified Health Care Practitioner before taking St. John's Wort internally, especially if you are taking prescription medications (including birth control, allergy drugs, sedatives, and medications for migraines or cardiovascular diseases), other herbal remedies, and/or supplements.

Read more about St. John's Wort [here](#).

Essentials & Essences



Bach Original Flower Remedies

Let flower power help you flourish in this beautiful new year! Flower essences can help you move through and release whatever emotional blocks may be coming up for you. We carry all 38 of the remedies and are excited to be able to offer this powerful medicine. Not sure which one is right for you? Explore this [link](#) or come in and ask us to help find the right combination for you.

The Bach Flowers' Story

The system of plant and flower-based essences was developed in the 1930s by Dr. Edward Bach, a physician, and homeopath who was convinced that emotional well-being was key to overall health.

Dr. Bach devoted his life to exploring the use of flowers and plants to create a simple, natural, and gentle approach to emotional balance. He eventually went on to establish The Bach Centre in Oxfordshire, England, where he developed the essences as we know them today. As demand for the essences grew, The Bach Centre partnered with Nelsons Pharmacy to help make and bottle the essences, and Nelsons have been responsible for the signature brand essences ever since. Nelsons is the owner of the [Bach Original Flower Remedies](#) brand and is the only maker authorized by The Bach Center.



Clary Sage Essential Oil

This wonderful essential oil helps with hormonal balance during both menstrual cycles and menopause. During menopause, inhale or add a few drops of clary sage to a massage oil to help treat hot flashes and mood swings. During menstruation, it can help relieve menstrual cramps or heavy flow; rub three to five drops in a carrier oil on the abdomen for a soothing massage. For a relaxing bath blend, combine clary sage with lavender and chamomile, 3 drops of each. Adding Clary Sage to your diffuser at bedtime promotes feelings of relaxation, allowing for a restful night's sleep.

Essential oils are contraindicated during pregnancy, however Clary Sage E.O has been used during labour to promote ease in dilation and child birth.

We offer Clary Sage Essential Oil from [Divine Essence](#) and [Pure Potent WOW](#) in our Essential Oil Apothecary. Add to a carrier oil for a soothing self massage, or to a diffuser for relaxation.

Fantastic Ferments



Living Alchemy Wisdom

A healthy and active mind requires an abundance of nutrition. WISDOM provides fermented, activated nutrients from holy basil, gotu kola, green tea, turmeric, and ginger plus lion's mane mushroom to keep your cognition sharp.

Living Alchemy use a unique Kefir-kombucha fermentation, combining diverse strains of live micro-organisms to convert a select blend of certified organic foods and herbs into a living matrix of bio-activated nutrients, enzymes, and beneficial flora.

Homeopathic Heroes



New! Boiron Compose Formulas ~ Save 20%*

These great new Boiron Compose formulas are now available at CFS wellness! Explore the following supportive products at 20% off :

- **Acidum Phosphoricum** - Physical and mental overwork, fatigue relief.
- **Lobelia Compose** - Nervousness, Irritability, headaches, dizziness, smoking withdrawal symptoms.
- **Nux Vomica Compose** - Digestive problems, heartburn, nausea, due to overindulgence in food, indigestion relief.
- **Passiflora Compose** - Insomnia, restlessness, nervousness, stress.

These quality homeopathic remedies use no dyes, or preservatives, are unflavored and come in convenient melt-in-your-mouth pellets for easy dosing.

*During January, while supplies last

Supplemental Spotlight



True Hope EMP

EMP is a game-changing, performance enhancing formula of 36 vitamins, minerals, amino acids, and antioxidants. **True Hope** produces EMP with an Apex Biosynthesis method that ensures optimal absorption, so you're actually getting all that good stuff in your body. This Canadian-made, time-tested formula really is an all-in-one micronutrient, and it has been proven in dozens of independent studies to not only significantly increase an individuals' mental well-being but also their physical well-being.

Mushroom Magic



Host Defense MycoBotanicals Stress Decompress

Promote natural calm and tranquility while building immunity with **Host Defense** Stress Decompress! This MycoBotanicals formula combines two complementary strategies to offer an expanded spectrum of benefits tailored to your needs:

Mushrooms

- Reishi - Supports a calm mind and stress-reduction.
- Lion's Mane - Supports a calm and balanced mood.

Herbs

- Skullcap - Promotes mental relaxation.
- Lemon Balm - Supports a peaceful emotional state.
- Ashwagandha - Promotes a healthy stress response.

Superfood Sensations



Harmonic Arts Mushroom Powders, Tinctures & Capsules ~ Save 15%

[Harmonic Arts'](#) amazing mushroom sale is back! This includes their mushroom powders, tinctures, and capsules. These herbalist-created formulas are made with certified organic mushrooms containing both the fruiting body and mycelium extracts, and they're easy to add to your daily routine.

- **Reishi** - Adaptogenic & grounding
- **Lion's Mane** - Focus & nerve support
- **Turkey Tail** - Gut health & deep immunity
- **Cordyceps** - Stamina & stress support
- **Chaga** - Immunity & anti-oxidant
- **5 Mushroom Blend** - Whole body health & immunity

*During January, while supplies last

Bodacious Body Care



Sea Wench Bodacious Body Oil

Bodacious Body Oil is a longtime staff and customer favourite! It's a therapeutic blend of organic and natural cold pressed botanical oils to soothe, soften, and restore the skin's flexibility and luminescence. Rich in linoleic acids, vitamins, and antioxidants. This exquisite oil provides a light glide for a deep tissue massage and all over body absorption, and it's excellent for intimate and romantic moments. Made in Tofino by Sea Wench Botanicals. We offer both the 60 ml & 250 ml sizes down the beauty aisle in the Wellness Department.

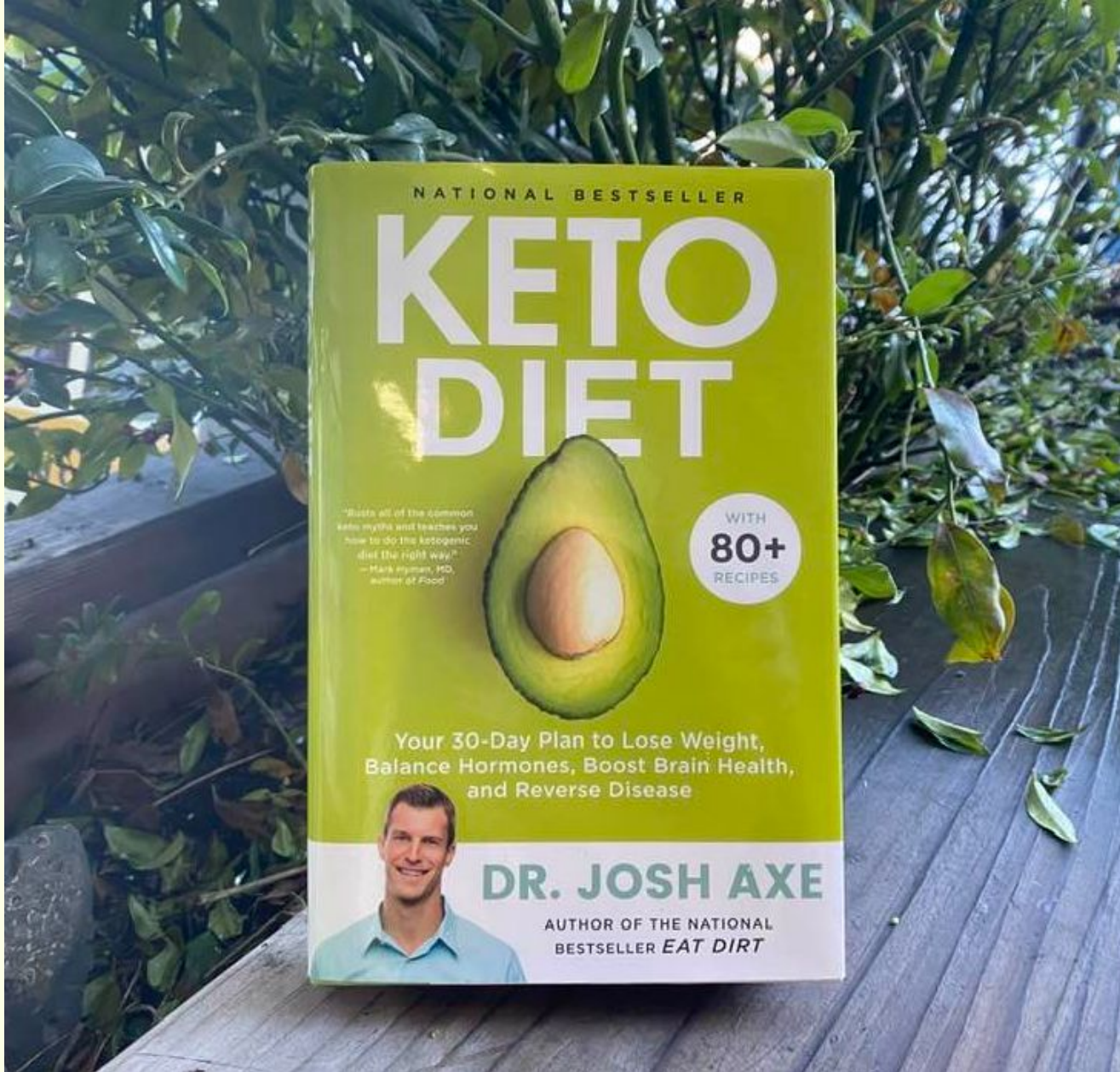
Purrfect Pets



Sea Wench 4 Paws Pet Wash

Unleash with 4 Paws Pet Wash - an aromatic, therapeutic, Fido-connection to land and sea, with nature's soothing gentle herbs, extracts, and replenishing oils. [Sea Wench Naturals'](#) formula is anti-inflammatory, anti-itch, and non drying to cleanse and nourish your pet's coat, leaving a pleasant, safe, and natural scent of forest and beaches.

Brilliant Books



Keto Diet

In *Keto Diet*, bestselling author Dr. Josh Axe sets the record straight, offering thorough, step-by-step guidance to achieving lifelong health. Unlike other books on the subject, *Keto Diet* identifies and details five different ketogenic protocols and explains why picking the right one for your body and lifestyle is fundamental to your success.

Inside, you'll find all the tools they need to say goodbye to stubborn fat and chronic disease once and for all, including:

- shopping lists
- delicious recipes
- exercise routines
- accessible explanations of the science behind keto's powerful effects
- five different keto plans and a guide to choosing the one that fits you best!

Product Update



Longtime CFS favourite, **Terry Naturally**, is pulling out of the Canadian market. This means once our current stock is sold, we will no longer be offering their products. Luckily, we are blessed to have the locally made **Purica** Curcumin in store, which is a product we absolutely love and recommend.

Wellness Events

KETO CURIOUS

WITH
NATASHA VAZ
HEALTH COACH

WHERE
**Community
Farm Store
Mezzanine**

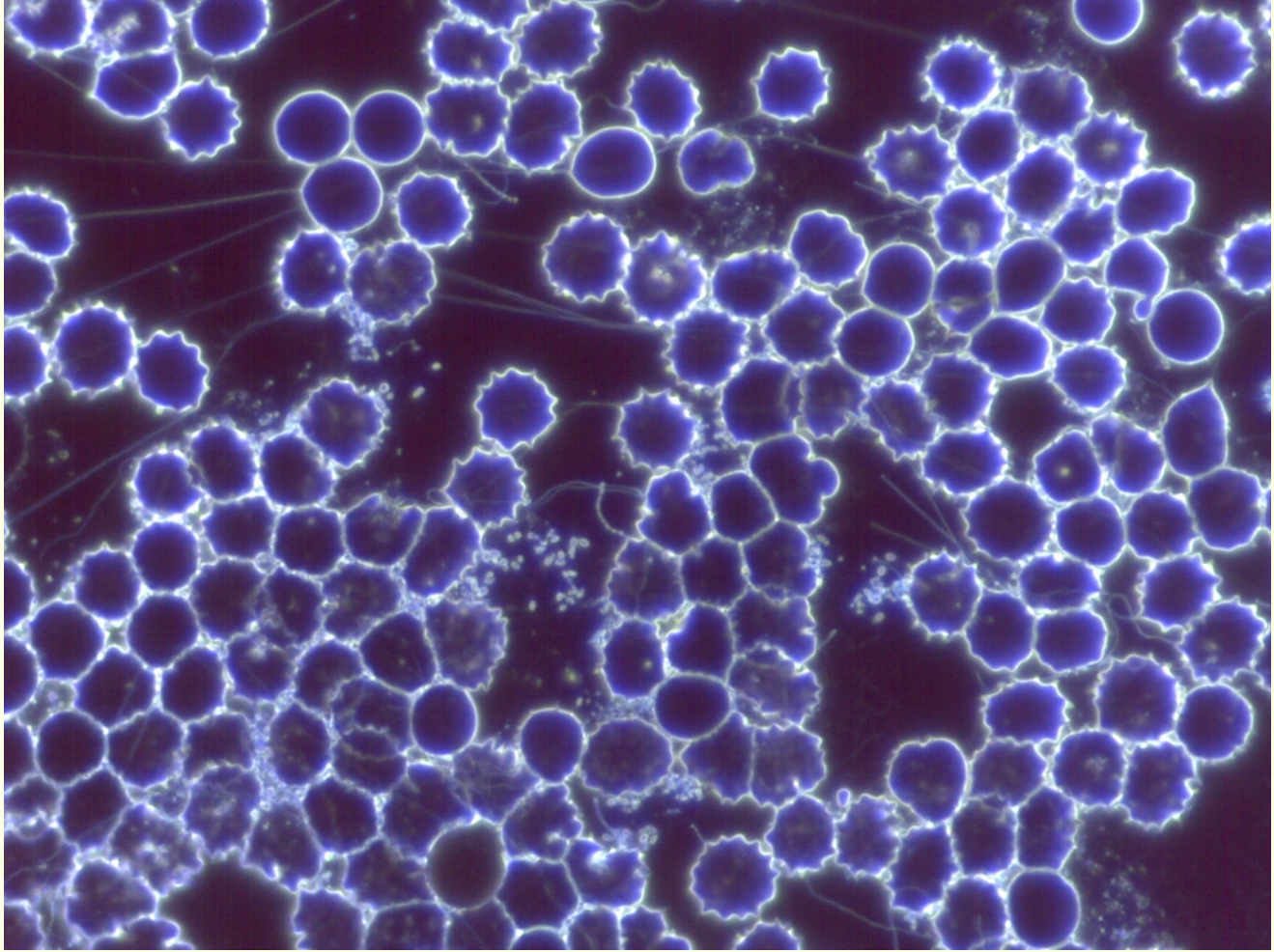


WHEN
10:00 am
Thursday
January 12th

IN-STORE SEMINAR

- **WHAT'S THE DIFFERENCE BETWEEN KETO & KETO FOODS ?**
- **WHY KETO CAN MAKE INTERMITTENT FASTING EASIER**
- **BEST FOODS FOR KETO / KETOVORE / CARNOVORE / PALEO**
- **15 MINUTE Q & A**

\$10 SUGGESTED DONATION



Live Blood Analysis/ Darkfield Microscopy

Next session with open is Friday, February 10th

Maureen Fontaine will be returning to The Community Farm Store to do 1-hour pre-booked Live Blood Analysis sessions! Live Blood Analysis using Darkfield microscopy 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. Learn more [here](#).

Why do a Live blood analysis?

Live Blood Analysis can provide unique information that lends insight into where your body is and where it is heading. It is both predictive and preventative. By making adjustments to your current approach, healing and health are optimized! Live Blood Analysis is safe and not invasive, as you only need a tiny prick of blood to help better understand what is going on in the body regarding issues like the following:

- Digestion
- Absorption
- Hydration
- Immune System
- Allergies
- Circulation
- Congestion
- Liver Stress
- Plaque, crystals
- Debris, cellular exhaust

- Chemicals
- Fungus
- Endocrine system
- Deficiencies

Your results and recommendations are accomplished in one session. Follow-up sessions are beneficial to keep you on track and achieve your health goals. Interim support is provided at no charge between appointments.

**Avoid caffeine and food for three hours prior to your appointment. If your appointment is first thing in the morning, it is even more advantageous to fast over night. Drink plenty of water.*

Registration

Registration is \$160 cash (non-refundable). Please reserve your space with a Wellness Advisor. Spaces will fill quickly, so book yours soon.



Contact Us

The Community Farm Store Organic Health & Whole Food Market

Proudly serving the community since 1993

Monday - Saturday 9-6
Closed Sunday

~ **Holiday Hours** ~
Closed January 1st

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