

# 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 Advisor  
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



### Innotech Nutrition Solutions

Innotech is a family owned company based out of Winnipeg, MB. With roots in nutritional science for over 50 years, Innotech's focus is to make products designed to guide health conscious consumers along their wellness journey. Their products help maintain cardiovascular health, promote superior immune function, support healthy blood glucose levels, and generally work with you to maintain your good health. With a strong commitment to quality and purity, Innotech's formulas are focused primarily around powders, liquids, and sprays for best absorption of nutrients to aid in balancing our potential nutrient needs, and are free from herbal stimulants, fillers, sugar, fructose, aspartame, or sucralose. Their products are also 3rd party tested before they are sold to ensure label claims and safety.

**Innotech Nutrition** was formed in 2001 and is a premium source for convenient and effective natural supplements. Based on scientifically researched ingredients, their proprietary, innovative products are designed to help customers achieve their wellness goals at all stages of their healthy lifestyle journey.



### **Botanical Bliss Wild Hip Facial Oil**

Wild-crafted rose hips, organic wild rose petals, **Botanical Bliss'** own organic comfrey root and calendula petals are steeped in organic olive and grapeseed oils, then finished with drops of pure Indian Rose essential oil to create this amazing Wild Hip Facial Oil. Each bottle also contains 9 wild rose hips. Rose oil is a powerful anti-inflammatory, helps with acne and scarring, reduces anxiety and depression, and even acts as an aphrodisiac for some.

### **Kids Health**



## HerbaLand Kids Immune Bears ~ Save 20%\*

Great for the whole family! With a combination of elderberry, zinc, vitamin C, and echinacea, delicious sugar-free **HerbaLand** Immune Bears are formulated to maintain your child's health and wellness. An easy and delicious way to boost immunity!

\*During April while supplies last

## Apothecary Attraction



## Gentian

Gentian (*Gentiana lutea*) is a bitter herb that has been used as a liver tonic and digestive aid in traditional systems of medicine practiced throughout Europe for over 2,000 years. It also has a long history of use in Ayurveda and Traditional Chinese Medicine. Like other bitter herbs and foods, herbalists commonly use gentian's taste and quality to support digestive health as it helps with stimulating bile, increasing the appeal of food, and detoxing the liver, gallbladder, and other organs.

[Head here](#) for more information about this amazing herb.

## Herbal Helpers



## Salus Nettle Juice ~ Save 20%\*

This well-known household remedy contains the full range of the plant's components in their natural balance, without preservatives, added sugar, colourings or flavourings. Just a sip or two a day of this fresh **Salus** Nettle Juice offers many health benefits, including:

- It is a natural antihistamine. It alleviates seasonal allergy symptoms such as itching, watery eyes, puffiness, and lung congestion or stuffy nose.
- Nettle helps flush harmful bacteria from your body. It acts as a diuretic that aids the kidneys to eliminate toxins, salt, and excess water from the body.
- It is a natural source of anti-inflammatories. Nettle extract may suppress pain and inflammation associated with osteoarthritis and arthritis.
- Used as a nutritive tonic, nettle juice is an excellent source of vitamins and minerals like calcium, magnesium, iron, zinc, and antioxidants that heal and protect our cells from free radicals.

\*During April, while supplies last

## Essentials & Essences



## Juniper Berry Essential Oil ~ Save 20%\*

In aromatherapy, Juniper Berry Oil is believed to provide a grounding and calming effect that can help balance emotions and support mental health. This natural anxiety remedy is one of the most effective essential oils for helping people navigate their fears and heal inner trauma. Juniper berries have a strong, pungent aroma that is often described as being similar to pine, cedar, or even gin. Insects hate this fresh, woody scent, making it a great oil for pest control.

As a reputed natural antiseptic, Juniper Berry Oil is used in low dilutions for skin care purposes such as treating acne, dermatitis, and eczema. It can also be diffused to help cleanse and purify the air.

This [Divine Essence](#) oil comes from Nepal; it is a powerful detoxifier and immune system booster. By mixing 2 drops of this oil with 10 drops of other oils like orange, lemon, peppermint, etc., the individual can make a strong natural appetite suppressant.

## Fantastic Ferments



## NutriStart Lactospore Supreme

While the original Lactospore may be sufficient for most people, those with a severely disrupted microbiome may need stronger therapy. **NutriStart** Lactospore Supreme is 5x stronger than their original formula, containing 2 billion spores, and has been clinically proven to help those suffering from IBD (Crohn's Disease and Colitis), from SIBO, and those with candidiasis. We offer both formulas on our shelves. Modern research studies on spore probiotics have also shown positive results for the treatment of certain mood disorders. Lactospore Supreme contains the prebiotic Sunfiber (hydrolyzed guar gum), which is better tolerated than inulin by those with compromised digestive tracts.

Are you confused about what probiotic supplement is actually right for you? Come in today and let one of our accredited and knowledgeable Wellness Advisors help demystify this important aspect of supplement therapy today!





## Harmonic Arts Chaga Syrup ~ Save 20%\*

Formulated by herbalists and inspired by traditional folk medicine, [Harmonic Arts](#)' potent syrups make plant medicine tasty and convenient for the whole family. Their Chaga Syrup features the flavourful and highly medicinal mushroom that has been used for centuries to support immunity, enhance digestion, stabilize blood sugar, ease inflammation. Use it for an antioxidant boost and immune system support. Use it with a soda stream, or add it to tea, coffee, smoothies, or even on your morning oatmeal.

\*During April, while supplies last

## Homeopathic Heroes



## Acidum Phosphoricum Composé ~ Save 20%\*

**Boiron** Acidum Phosphoricum Composé is a homeopathic medicine formulated to relieve fatigue due to physical and mental overwork. It is designed to help those who do physical or mental work all-day long, five or six days a week. It is made of 100% naturally-sourced medicinal ingredients in non-habit forming formula.

\*During April, while supplies last

## Supplemental Spotlight



## NOW Niacinamide

Niacinamide (Vitamin B-3) is an essential member of the B-vitamin family that must be obtained from the diet. It is the precursor to Niacin, but does not cause the "flush" normally associated with Niacin intake. It helps metabolize proteins, fats, and carbohydrate; aids growth and development; and maintains good health. It also helps brighten and clear the skin, even reducing fine lines and wrinkles.

**NOW** supplement bottles are made from 100% post consumer recycled plastic!



## Himalaya LiverCare ~ Save 20%\*

Not only is [Himalaya LiverCare](#) one of the best-known supplements around for liver detox and liver cleanse, it also supports the metabolic capacity of your liver to promote liver performance. In addition, LiverCare protects liver cells from free radical damage and promotes nitrogen retention, which your body needs to create new protein and muscle.

\*During April, while supplies last

**Superfood Sensations**



## Harmonic Arts Mushroom Capsules, Tinctures & Powders ~ Save 20%\*

Save on [Harmonic Arts](#)' amazing mushroom powders, tinctures, and capsules until the end of April! 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.

Come learn about these wonderful mushrooms at our in-store presentation by Yarrow Willard on Thursday, April 20th from 4-5pm. Pre-registration required; \$10 fee. More information below.

\*During April, while supplies last

## Tincture Treasure



## Prairie Doctor Brand Liver Formula ~ Save 15%\*

Used for gentle liver cleansing, [Prairie Doctor Brand](#) Liver Formula contains are Milk Thistle Seeds, Dandelion Root, and Fennel. It's a great formula to add to your spring detox or for liver support!

- Milk Thistle is hepatoprotective and helps support a healthy liver.
- Dandelion Root the polysaccharides in dandelion are known to reduce stress on the liver and support its ability to produce bile. They also help your liver filter potentially harmful chemicals out of your food
- Fennel seeds contain high levels of selenium; this nutrient is known for its detox benefits for the liver. It boosts the production of enzymes in the liver and helps it detoxify naturally.

\*During April, while supplies last

## Bodacious Body Care



## New! Dragonfly Dreaming Mango Butter & Eczema Suprema

**Dragonfly Dreaming** has been creating organic skin care products in Cobble Hill since 1996 all plant based, with no petrochemicals, preservatives, nut or animal oils.

### **Eczema Suprema**

Eczema Suprema Calendula Salve is actually the same formula as Dragonfly's Baby's Bum. When they discovered how many parents were snitching their kids' Baby's Bum to use on their own eczema, it seemed sensible to give it a new name!

Not only is the formula a superb salve for diaper rash (tested and raved over by Mums and Dads for over two decades) Eczema Suprema is also effective in cases of eczema and dermatitis, bringing relief in cases both chronic and occasional; as well as weather-induced dry skin, vaginal or anal pruritus (itching), anal fissures, hemorrhoids, bedsores, chaffing, dry and flakey skin patches, and especially for hand care for over-washing and excessive use of hand sanitizers.

### **100% Pure Mango Butter**

Mango Butter is rich in antioxidants and emollients as well as Vitamins A and E, and it can be used to soften and moisturize rough and dry skin. Its natural properties are useful for reducing the appearance of fine lines. Mango Butter is ideal in formulations for lotions, body butters, balms, soaps, shaving creams, hair care products and lip balms.

## **Purrfect Pets**



## Purica Pet Curcumin+ ~ Save 20%\*

**Purica** Pet Curcumin+ is a potent antioxidant supplement that is designed to optimize your pet's immune system and support healthy joints and flexibility. Pet Curcumin+ differs from Purica's classic Recovery Pet products in that it is much more focused on regulating chronic inflammation and protecting muscle from breaking down (as in old age).

The combination of BioBDMC30 Curcumin, Hyaluronic acid, and Glucosamine provides the basic building blocks for hydrating and regenerating connective tissues and cartilage post-injury or post-surgery. Purica Pet Curcumin+ also assists an animal's body to recycle pain-managing compounds such as MSM and sulphur.

Similar to Purica's Curcumin for humans, Pet Curcumin+ works quickly and effectively to control pain, modulates inflammation, and supports a strong immune system. Help your four-legged friends today and try Purica Pet Curcumin+.

\*During April, while supplies last

## Wellness Events





## Upcoming Demos

### VegiDay All In One Nutritional Shakes

Friday, April 28th 12-3

### Innotech Nutrition

Saturday, April 29th 1-4pm

### Beaulance Beauty Care

Saturday, April 29th, 12-3

# MODERN MUSHROOM MEDICINE

WITH HERBALIST  
YARROW  
WILLARD CI.H.

IN-PERSON SEMINAR  
THURSDAY, APRIL 20TH | 4-5PM PT



Learn how to support immune system intelligence, mental wellness and whole-body vitality with medicinal mushrooms. With centuries of clinical evidence and decades of scientific research, mushrooms are quickly becoming a preferred choice for addressing many chronic health conditions of our time.

Join Yarrow Willard, CI.H (The Herbal Jedi) in exploring the folklore, science and healing power of the world's top functional mushrooms as food and medicine.

In this seminar, you'll learn:


- The top 5 mushrooms for supporting immunity and stress resilience
- The best growing and extraction methods to unlock their healing potential
- Dosage, safety and best practices
- How to easily add medicinal mushrooms to your daily routine



\$10 registration fee. All attendees will receive a \$10 Gift Card to the Community Farm Store.

TO REGISTER:  
Please sign up in-store  
or call (250) 748-6227  
to reserve your spot.

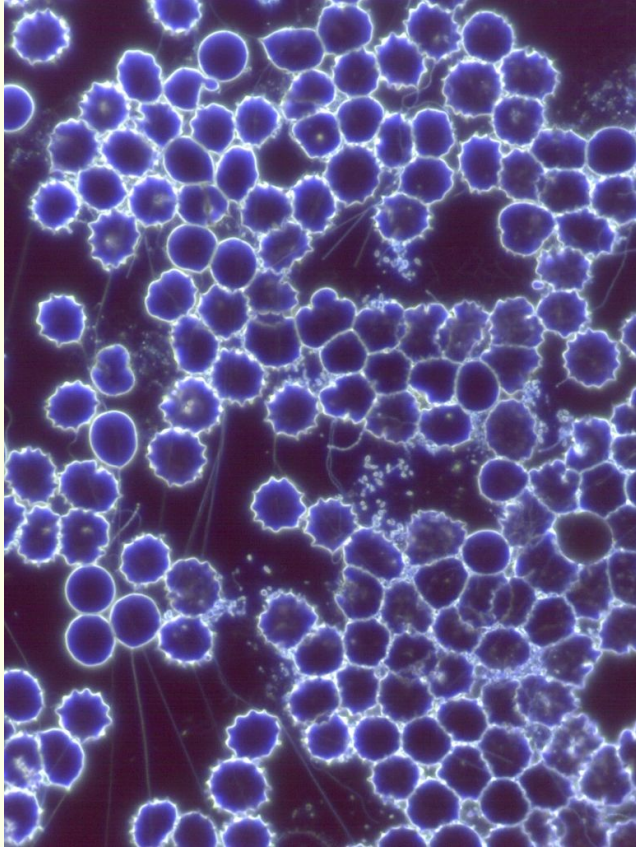


 HARMONIC ARTS

LOCATION:  
The Community Farm Store  
5380 Trans-Canada Hwy  
Duncan, BC  
V9L 6W4

## 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, microorganisms 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.

Maureen Fontaine is now coming for an extra day in June (Thursday, June 8th, as well as her already booked and filled June 9th). She will also be coming for one Wednesday a month throughout July and August. We will be taking reservations for June onwards. Please come in to register at the Wellness Desk. 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

[Contact Us](#)



The Community Farm Store | 5380 Trans Canada Highway, Duncan, V9L 6W4 Canada  
2507486227

[Unsubscribe news@communityfarmstore.ca](mailto:unsubscribe_news@communityfarmstore.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent bynews@communityfarmstore.cain collaboration  
with



Try email marketing for free today!

---