

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



Leaf Source Real Multi ~ Save 20%*

Looking for a way to boost your overall health and well-being? Look no further than **LeafSource** Real Multi - a 100% natural and organic whole-food derived multi vitamin formula! Packed with 21 essential vitamins and minerals, as well as nutrient co-factors and humic and fulvic acids, this formula provides your body with the nourishment it needs to thrive.

*During February, while supplies last



Purica Curcumin Bonus Bottles ~ Save 20*

Purica Curcumin is extra strength. It works to provide rapid relief and optimal performance on the strength of 30% bisdemethoxycurcumin (BDMC), compared to the 1% BDMC found in regular curcumin extract. That's a 30-to-1 ratio designed to make a difference for you! BDMC improves curcumin stability, bioavailability and prolonged survival in blood. It also inhibits NF-kB and MSK1 to combat inflammation from two targets. Regular curcumin only inhibits NF-kB. Save on the bonus bottles and get 20% more for 20% off!

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Ancient Minerals Topicals

Transdermal magnesium therapy is easy, convenient, and affordable. Transdermal, or “topical” magnesium is particularly helpful for those seeking a safe method of increasing magnesium intake beyond that possible with oral supplements.

Ancient Minerals transdermal magnesium is also an excellent choice for the many people who suffer from with low tolerance to oral magnesium, evidenced by diarrhea or other intestinal complaints. Transdermal magnesium is a powerful tool in the battle against magnesium deficiency.

Benefits reported by those who use transdermal applications of magnesium relate specifically to its therapeutic application on the skin and its direct absorption into the cells:

- Increased sleep
- Reduced muscle aches, pains, cramping and spasms
- Healthy skin and reduced outbreaks of eczema and psoriasis
- Better relaxation and stress management
- Increased energy levels and improved moods
- Increased athletic performance

Kids Health



Garden of Life Organic Kids+ Probiotics

Garden of Life Dr. Formulated Probiotics Organic Kids + is a Certified USDA Organic, Non-GMO Project Verified delicious chewable probiotic, designed to build a healthy microbiome and support children's gut and immune health.

Available in three great tasting, shelf stable flavours: Berry Cherry, Watermelon, and Strawberry Banana. These chewables are packed with 5 billion CFU¹ from 14 probiotic strains, plus vitamin C from organic amla (30mg) and vitamin D (400IU) to help maintain a healthy immune system.

Apothecary Attraction



Hawthorn

Hawthorn helps to relax muscular tension, improve blood flow, and may help to regulate blood pressure. Hawthorn juice has been traditionally used by people with reduced cardiac function, athletes who need an energy boost, and those who suffer from chronic fatigue. Hawthorn's active agents stimulate circulation, ensuring increased blood flow to the muscles with a greater oxygen supply.

Combining Hawthorn with Supplements for Greater Effect

Hawthorn is sometimes combined with other herbs for heightened effectiveness. According to Herbal Supplement Resource:

- Using hawthorn supplements with Coenzyme Q10 may curb early stages of heart disease.
- Hawthorn can be combined with ginkgo (*Ginkgo biloba*) to improve blood circulation so more oxygen is transported to your brain.
- Used with garlic (*Allium sativum*) and arnica (*Arnica montana*), Hawthorn may remedy angina and low blood circulation.
- An herbal tea of Hawthorn is said to calm your nerves and induce sleep, especially when used with lemon balm (*Melissa officinalis*) and St. John's wort.

Herbal Helpers



Harmonic Arts Artisan Teas ~ Save 15%

Sip your way to wellness with [Harmonic Arts](#) Artisan Tea blends that are good for you, and good for the planet. They're even in compostable packaging! Each tea blend is handmade and formulated by clinical herbalists, featuring organic and wild-Harvested herbs. Infuse your day with the slow ritual of loose-leaf herbal tea. Find the full collection in the Apothecary.

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Salus Beet Crystals

Salus Organic Red Beet Crystals are naturally sweet tasting and instantly soluble as a pure concentrate, obtained from the juice of freshly pressed, certified organic beets. Blend into fruit smoothies, shakes, fruit juices, milk products, soup, muesli, cereals, and other sweet or savoury dishes.

Beets are well known to be high in essential nutrients including fibre, vitamin C, folate, manganese, potassium, and iron and may even help to lower high blood pressure. Each 200g jar of Salus Red Beet Crystals contains the equivalent of 2.5 kg of fresh-pressed organic beets, free of additives and preservatives, and fresh pressed within 2 to 3 hours of harvest. Delivered in a fast, convenient, and delicious form for daily consumption, Red Beet Crystals are a great choice for athletes of all ages. Use Red Beet Crystals in your pre-workout tonic for an added source of complex carbohydrates, protective antioxidants that counteract the oxidative stress of exercise, to improve recovery time, and as a precursor to nitric oxide which has been scientifically validated to help expand blood vessels and oxygenate the cardiovascular system.

Benefits of Salus Red Beet Crystals include:

- Supports healthy liver function and gentle liver detoxification
- Encourages healthy blood pressure and circulation

- Acts as a gentle diuretic, easing symptoms of edema
- Aids muscle performance and cardiovascular health during exercise
- Contains all of the active and synergistic phytochemicals of unprocessed beets for optimal well-being



Red Velvet Smoothie

This smoothie is packed with chocolatey flavour like your favourite cake. Made with simple, nutritious ingredients and ready to sip in 5 minutes. This recipe will serve 2.

Ingredients:

- 1 1/2 to 2 cups unsweetened almond or nut-free milk, adjusted to desired consistency

- 1/2 to 1 cup purple beet chunks (lightly-steamed, peeled, and chilled or frozen), adjusted to taste
- 1/2 avocado, ripe or frozen in chunks
- 1/2 frozen banana
- 2 to 3 pitted Medjool dates
- 2 Tbsp raw cacao powder
- 2 Tbsp almond butter (omit for nut-free)
- 2 Tbsp chia seeds
- 1 Tbsp Salus Red Beet Crystals
- 1/2 tsp pure vanilla extract
- pinch of sea salt
- Lakanto sugar-free monk fruit sweetener, pure stevia, or sweetener of choice, adjusted to taste (optional, or sweeten with dates alone)
- optional toppings: granola, bee pollen, cacao powder, red beet crystals, or toppings of choice

Directions:

Blend all ingredients until smooth.

Essentials & Essences



Ylang Ylang Essential Oil

Ylang ylang is a yellow, star-shaped flower that grows on the Cananga tree (*Cananga odorata*). Its heady, aromatic scent is fruity, flowery, and rich. Ylang-ylang opens the heart chakra, our center for compassion for ourselves and others. Apply the oil to pulse points: neck, chest, and wrists.

Emotionally, Ylang Ylang Essential Oil is helpful with stress and anxiety. It's also used in cases of depression or when trying to cope with anger, stimulate oil production in the skin and on the scalp. Ylang Ylang Oil has been used in blends intended to focus upon happiness, gratitude, and celebrating blessings. Some people use it as an aphrodisiac.

Disclaimer: Ylang-ylang is poisonous to dogs and cats. Do not apply ylang ylang to your pet's skin, paws, or coat, and make sure not to use it where your pet might lick or inhale it.

We carry ylang ylang oil from [Divine Essence](#) and [Pure Potent Wow](#) in our essential oil apothecary in the Wellness Department to help you create your own calming oasis.

Fantastic Ferments



Living Alchemy Warrior ~ Save 20%*

Unleash your inner warrior with a fermented, activated blend of Siberian ginseng, Maca root, Baobab fruit, Turmeric and Ginger root, plus Cordyceps medicinal mushroom. [Living Alchemy Warrior](#) helps to decrease systemic inflammation, balance hormones, increase vigor, and improve over-all vitality for both women and men daily. The unique Kefir-kombucha fermentation combines 35 strains of live micro-organisms to convert a selected blend of certified organic foods, and herbs into a living matrix of bio-activated nutrients, enzymes, and beneficial flora. Fermenting herbs ensures that they are recognized, absorbed, utilized by the human body in the most natural and optimal way. The powerful herbs, and superfoods, in Living Alchemy Warrior have been clinically shown to increase energy and libido, improve fertility, and to support the human stress response helping to encourage overall wellbeing.

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Living Alchemy Black Garlic ~ Save 20%*

[Living Alchemy](#) uses an exceptional fermentation process to naturally slow age organic garlic bulbs over a long period. This increases the many nutrients in the garlic for the highest potency and superior absorption, while softening its odour and aftertaste. Living Alchemy's Black Garlic has 2x more antioxidants and polyphenols than raw garlic, plus it has cayenne and hawthorn for added health benefits. It's a great ally to support cardiovascular health, improve circulation, reduce elevated blood lipid levels, relieves upper respiratory tract infection symptoms such as nasal congestion and excess mucus also aids in liver protection (stimulates glutathione production). Black Garlic for Heart Health and more.

Homeopathic Heroes



Natrum Muriaticum

One of the most prevalent tissue salts of the body, Natrum Muriaticum, is the bearer and distributor of water. Whenever there is an overabundance of fluid occurring in one part of the body and a dryness or lack of water occurring in other places - Nat. Mur. Is well indicated.

Think of using this remedy for the following issues:

- Any clear, watery, salty nasal discharges, or tearing of the eyes.
- Bronchitis, if loose phlegm is clear
- Glands may be swollen, accompanied by lots of saliva.
- White, scaly excema or dandruff - may have some watery discharges.
- Constipation with concurrent watery symptom elsewhere in the body.

Supplemental Spotlight



New Roots Prostate Perform ~ Save 20%*

Prostate Perform is a comprehensive formula that goes beyond minor concerns of BPH (benign prostatic hyperplasia), offering total prostate support for older men. This formula acts as a proactive, one-stop supplement to help ensure optimal male health later in life. This effective formulation combines critical vitamins, minerals, amino acids, antioxidants, herbs like nettle and pau d'arco, nutraceuticals (like Beta-sitosterol and stigmaterol), and essential fatty acids to support prostate metabolism and protection from disease.

New Roots Prostate Perform relieves the symptoms BPH like frequent urination particularly at night, inconsistent stream, the strain to urinate, prostate inflammation and abnormal growth, and infertility. Typically, problems with the prostate show up for men around age 40 and are characterized by higher than normal levels of dihydrotestosterone (DHT). The accumulation of DHT may encourage the growth of prostate cells in the prostate gland and can become problematic by causing pressure against the urethra, resulting in many BPH symptoms.

If you are experiencing any of these symptoms or want to prevent them before they occur, add New Roots Prostate Perform to your health-supportive lifestyle.

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NutriStart Liposomal CoQ10 ~ Save 25%

Coenzyme Q10 is present in the human body in the highest levels in the heart, liver, kidneys and pancreas, where it's stored in the mitochondria of your cells. CoQ10 is used for important functions like supplying cells with energy, transporting electrons, and regulating blood pressure levels. As a “coenzyme,” it also helps other enzymes work properly. As a powerful antioxidant, it can increase absorption of other essential nutrients. It's even been shown that it helps recycle vitamin C and vitamin E, further maximizing their effects.

NutriStart Liposomals are the most bioavailable oral way to deliver nutrients to the body, and they are especially effective for herbs and nutrients that are poorly absorbed, and/or easily damaged by the digestive system.

Recommended use or purpose:

- (Provides) an antioxidant
- Helps to maintain and/or support cardiovascular health
- Helps to reduce the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic/ preventative. (Use for at least 3 months to see

beneficial effects in migraine prophylaxis/prevention.)

- Helps with Chronic Fatigue Syndrome and low stamina or endurance

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Superfood Sensations



Maca

Maca is a plant that originated in the Peruvian Andes mountains. It is a natural remedy that can be used to treat certain health issues, including infertility, relief from menopausal symptoms, and improving mood, memory, and low sex drive. It's a cruciferous vegetable related to broccoli, cauliflower, cabbage, and kale. Maca root, the part of the plant most commonly used, contains fiber, amino acids, vitamins, and minerals. It also contains other bioactive compounds, including macamides, macaridine, alkaloids, and glucosinolates, which are thought to be responsible for maca's medicinal benefits.

Which Colour of Maca?

Each type has specific healing properties. The most abundant, the yellow, is considered best for daily use. Red and black are considered rare and sacred, thus they are saved for medicinal use. In traditional medicinal systems of the area, red maca is considered feminine and is used to nourish and nurture internal systems. Both red and black varieties have shown a positive effect on bone density, but the red variety was more beneficial. Research showed that red powder does not have a significant effect on the increase in the sperm volume in men, while

yellow and black types have more impact on this effect.

You can add maca powder to smoothies, oatmeal, baked goods, energy bars, and more. It has a nutty, butterscotch-like taste, so it pairs well with many sweeter flavours. Maca is available in capsules and fermented powders - find them all down the Superfood Aisle~

Bodacious Body Care



Sutil Lubricants ~ Save 20%*

Just in time for the day of love - save 20%* on amazing [Sutil](#) personal lubricants! Made on Vancouver Island with the finest botanical eco-certified ingredients, these luxurious water-based lubes leave no trace of residue or stickiness, plus they're vagina pH friendly. Available in two silky herbal formulations, and flavoured varieties, too! Plus, the tubes are biodegradable.

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Curelle Cacay Oil ~ Save 20%

Curelle Cacay Oil helps stimulate the production of collagen in the skin. With twice the amount of naturally-occurring Vitamin E than Argan oil, Cacay is clinically shown to reduce the appearance of fine lines and wrinkles by significantly increasing hydration, improving elasticity and firmness. Safe for all skin types and for sun exposure, Cacay oil also helps to heal burns and skin irritations and can even be used to condition hair and control the frizzies.

Curelle's Cacay Oil is wild-harvested from the nut seeds of the Caryodendron Orinocense tree, indigenous to the Amazon jungle. The sustainable production and international trade of Cacay oil helps Columbia's indigenous families earn a living through Fair Trade business practices. With a 3-year shelf life (if unopened) and guaranteed quality for over 1 year after opening, why not come in today and try this organic, antioxidant-rich facial oil for yourself? Your friends and family will all wonder what your youthful secret is!

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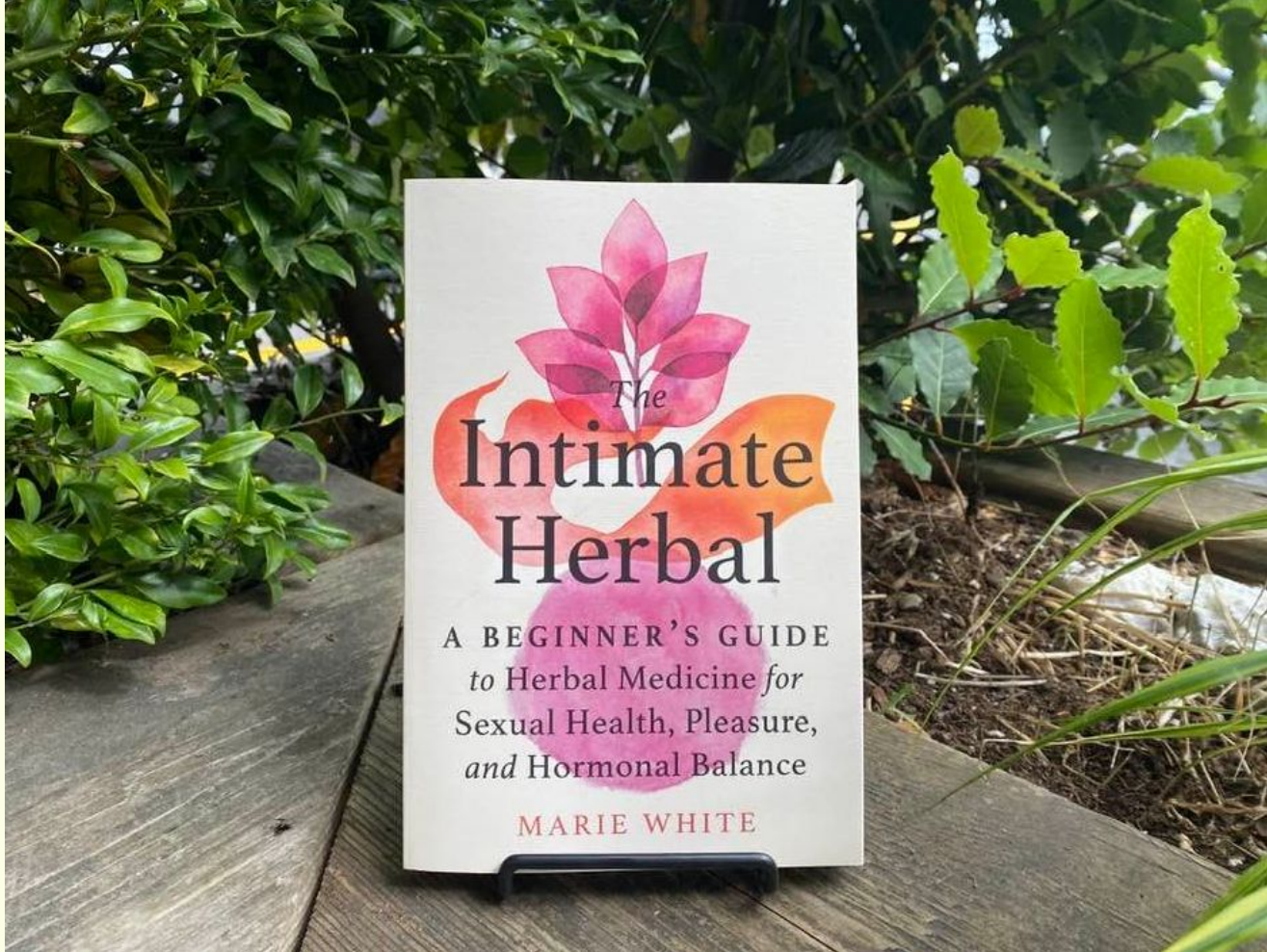
Purrfect Pets



BiologicVet BioSkin & Coat

BiologicVET's Skin and Coat is a bioflavanoid enriched antihistamine formula developed to support healthy skin and Coat through support of normal immune system and histamine response to allergens. This product does not contain any artificial flavors, colors, binders, and is GMO-free. The foundation of the powder is a prebiotic, lignan rich blend of organic defatted flax, sunflower, and sesame fibre which cats and dogs love!

Brilliant Books



The Intimate Herbal

Written by Cowichan Valley's very own Herbalist, Marie White

This book contains a wonderful wealth of easy-to-understand and accessible knowledge, providing the readers with practices, protocols, and DIY herbalist recipes to help enhance your pleasure and sexual health. With information to support both men and women in all stages of life, it is a great tool for anyone looking to take their health into their own hands, increase their herbal knowledge, and improve their vibrancy through hormonal and sexual health.

Wellness Events



CFS Wellness Talks

BACH FLOWER REMEDIES

Presented by the lovely Diana Pink
Thursday, February 9th
10-11am

CFS Mezzanine
\$10 suggested donation



The Community Farm Store
Organic Health & Whole Food Market
Proudly serving the community since 1993

Monday - Saturday 9-6



Closed Sunday

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